

Preparation of bones

1) You have to get 6 or 7 beef ribs about 6 to 7 inches long (15 to 18 cm) at the meat market (they often keep it for dogs so there is no meat on it so it's cheap). Be sure to ask for the thinnest ribs because you will need to hold them in between your fingers.

2) In an appropriate size pan (it should hold all the bones), fill with water and bring to boil. Lower the heat and add the bones. Do not cover: it may crack them. Simmer for at least an hour.

3) Put the heat off the and remove the bones with appropriate tongs or a tall spoon. Rinse in cold water.

4) With a knife (not too sharp), remove the leftover form the bones. Ask your parents to be sure that you won hurt yourself. Wash the bones with water and dishwashing liquid to remove grease.

5) Air drying or dry in the stove, low temperature.

6) When dry, cut at the appropriate size (see #1) and soften with sandpaper. (Again, ask your parents to help you).

Now, you are ready to learn how to play the bones! Enjoy it!



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Spoons

Acquire the basic skills to play spoons in different musical rhythms.

Find the perfect spoons:

- Table metal spoons, how to shape it
- Wooden spoons: best type

Holdings spoons:

- Increasing or releasing tension

1) Reels:

- Rolls
- 3 sounds basic, inversion
- 7 sounds basic, inversion
- Fingers Triplets
- Galop
- Using different parts of the body
- Mouth tricks
- Creating your own solo

2) Jigs:

- Making the difference in between reels and jigs
- Basic 2 sounds, 3 sounds, 5 sounds

3) Waltzes:

- Basic 3 sounds, 5 sounds
- Triplets

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