



**FLAMENCO FACILE (Effective Members Area) - GOLD LEVEL CONTENT LIST**

GOLD LEVEL (CONTAINS SILVER LEVEL)	SILVER LEVEL (CONTAINS BRONZE LEVEL)				BRONZE LEVEL			
	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>EFFECTIVE MEMBERS AREA</b>	1			2				
<b>THEORY</b>								
Historical Notes on Flamenco								
A bit of history... (Part One)	1	1				1		
A bit of history... (Part 2)	1	1				1		
The Compás and the Palos in Flamenco								
What is Compás	1	1				1		
What is a Palo Flamenco	1	1				1		
Palos in 12 Tempos								
1) Martinete	1	1	2			2		
2) Siguriya	1	1	1			2		
3) Solea'	1	1	1			2		
4) Alegrías	1	1	2			3		
5) Bulerías	1	2	2		1	3		
<b>PARTIAL TOTALS</b>	<b>10</b>	<b>10</b>	<b>8</b>	<b>2</b>	<b>1</b>	<b>16</b>	<b>0</b>	<b>0</b>





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	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>PRACTICE</b>								
<b>The Flamenco Guitar</b>								
Description	1						2	
Setting and Posture	1						2	
<b>The Technique of Flamenco Guitar</b>								
<b>1 - Hand Setting</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
<b>2 - Fluency and Empowerment</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
Exercise No. 3	1		1	1	1	1		
Exercise No. 4	1		1	1	1	1		
<b>PARTIAL TOTALS</b>	<b>8</b>	<b>0</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>4</b>	<b>0</b>



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	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>2 - Fluency and Empowerment</b>								
Exercise No. 5	1		1	1	1	1		
Exercise No. 6	1		1	1	1	1		
Exercise No. 7	1		1	1	1	1		
<b>3 - The "Legato"</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
Exercise No. 3	1		1	1	1	1		
Exercise No. 4	1		1	1	1	1		
Exercise No. 5	1		1	1	1	1		
Exercise No. 6	1		1	1	1	1		
<b>PARTIAL TOTALS</b>	<b>9</b>	<b>0</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>0</b>	<b>0</b>

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	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>4 - The "Rasgueo"</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
Exercise No. 3	1		1	1	1	1		
Exercise No. 4	1		1	1	1	1		
Exercise No. 5	1		1	2	1	1		
Exercise No. 6	1		1	1	1	1		
Exercise No. 7	1		1	1	1	1		
Exercise No. 8	1		1	1	1	1		
Exercise No. 9	1		1	1	1	1		
Exercise No. 10	1		1	1	1	1		
Exercise No. 11	1		1	1	1	1		
Exercise No. 12	1		1	1	1	1		
<b>PARTIAL TOTALS</b>	<b>12</b>	<b>0</b>	<b>12</b>	<b>13</b>	<b>12</b>	<b>12</b>	<b>0</b>	<b>0</b>

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	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>4 - The "Rasgueo"</b>								
Exercise No. 13	1		1	1	1	1		
Exercise No. 14	1		1	1	1	1		
<b>5 - The "Golpe"</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
Exercise No. 3	1		1	1	1	1		
Exercise No. 4	1		1	1	1	1		
<b>6 - The "Pulgar"</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
Exercise No. 3	1		1	1	1	1		
<b>PARTIAL TOTALS</b>	<b>9</b>	<b>0</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>0</b>	<b>0</b>

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	SILVER LEVEL (CONTAINS BRONZE LEVEL)				BRONZE LEVEL			
	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>6 - The "Pulgar"</b>								
Exercise No. 4	1		1	1	1	1		
Exercise No. 5	1		1	1	1	1		
Exercise No. 6	1		1	1	1	1		
Exercise No. 7	1		1	1	1	1		
Exercise No. 8	1		1	1	1	1		
Exercise No. 9	1		1	1	1	1		
<b>7 - The "Arpeggio"</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
Exercise No. 3	1		1	1	1	1		
Exercise No. 4	1		1	1	1	1		
Exercise No. 5	1		1	1	1	1		
<b>PARTIAL TOTALS</b>	<b>11</b>	<b>0</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>11</b>	<b>0</b>	<b>0</b>

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	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>7 - The "Arpeggio"</b>								
Exercise No. 6	1		1	1	1	1		
Exercise No. 7	1		1	1	1	1		
Exercise No. 8	1		1	1	1	1		
<b>8 - The "Tremolo"</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
Exercise No. 3	1		1	1	1	1		
Exercise No. 4	1		1	1	1	1		
<b>9 - The "Picado"</b>								
Exercise No. 1	1		1	1	1	1		
Exercise No. 2	1		1	1	1	1		
<b>PARTIAL TOTALS</b>	<b>9</b>	<b>0</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>0</b>	<b>0</b>



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	VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI
<b>9 - The "Picado"</b>								
Exercise No. 3	1		1	1	1	1		
Exercise No. 4	1		1	1	4	4		
Exercise No. 5	1		1	1	1	1		
Exercise No. 6	1		1	1	1	1		
<b>The Palmas</b>								
A) Palma Sorda VS Palma Clara	1			1				
B) Compás in 12 tempos	1			1				
C) Compás in 4 tempos	1		1	2		1		
D) Compás in 3 tempos	1		1			1		
E) Compás in 2 tempos	1		1			1		
F) Palmas in Countertime (First part)	1		1		1	1		
<b>PARTIAL TOTALS</b>	<b>10</b>	<b>0</b>	<b>8</b>	<b>8</b>	<b>8</b>	<b>11</b>	<b>0</b>	<b>0</b>



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The Palmas								
G) Palmas in Countertime (Second part)	1		1		1	1		
End Step Checks								
YouTube link submission form (video verification)	1			1				
60' Live Online Lessons Included (Gold Level Reserved): No. 5								
Live Lessons								
Calendar for booking lessons (for a fee)	1							
Final Test								
Form for sending YouTube final test video link	1			2				
Flamenco Metronome								
A) Compás of Bulerías (12 tempos)								
Bulerías with accents: B(12) - 3 - 6 - 8 - 10	2				1	1		1
<b>PARTIAL TOTALS</b>	<b>6</b>	<b>0</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>1</b>



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		VIDEO	TEXTS	SCORES	INSTRUCTIONS	MP3 L. S.	MP3 H. S.	PHOTO	MIDI	
Flamenco Metronome										
Bulerías with accents: B(12) - 3 - 7 - 8 - 10		2				1	1		1	
Bulerías with accents: B(12) - 6		2				1	1		1	
Suggestions										
How to file your nails		1								
How to re-build nails		1								
Groove Flamenco (under construction)										
1) Bulerías										
Exercise No. 1		1		1	1	1	1			
<b>PARTIAL TOTALS</b>		<b>5</b>	<b>7</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>3</b>	<b>3</b>	<b>0</b>	
<b>GOLD LEVEL GRAND TOTAL</b>		<b>CLASS. INCL.</b>	<b>VIDEO</b>	<b>TEXTS</b>	<b>SCORES</b>	<b>INSTRUCTIONS</b>	<b>MP3 L. S.</b>	<b>MP3 H. S.</b>	<b>PHOTO</b>	<b>MIDI</b>
		<b>5</b>	<b>98</b>	<b>17</b>	<b>84</b>	<b>71</b>	<b>70</b>	<b>106</b>	<b>4</b>	<b>3</b>