



4 week, 20 Day A.P.S. Tuning Trainer™ Curriculum

by Joseph M. Pisano, Ph.D

Objective: *Develop increased abilities with regard to comparing pitches (tuning)*

Materials: *A.P.S. Tuning Trainer™*

Time: *20-30 minutes on 5 different days on 4 consecutive weeks (suggested: Monday through Friday)*

NAfME National Standards Met: *6 and 7*

Week 1:

Day 1:

- Octave Selection: A4-A5 (1 Octave)
- Pitch Variance: X=40 and Y=40
- Reference Timbre: Bell
- Determinant Pitch Timbre: Bell
- Pitch Playing Length: 2
- Space In-Between: 2

Day 2:

- Octave Selection: A4-A5 (1 Octave)
- Pitch Variance: X=39 and Y=39
- Reference Timbre: Piano
- Determinant Pitch Timbre: Piano
- Pitch Playing Length: 2
- Space In-Between: 2

Day 3:

- Octave Selection: A4-A5 (1 Octave)
- Pitch Variance: X=38 and Y=38
- Reference Timbre: Brass
- Determinant Pitch Timbre: Brass
- Pitch Playing Length: 2
- Space In-Between: 2

Day 4:

- Octave Selection: A4-A5 (1 Octave)
- Pitch Variance: X=37 and Y=37
- Reference Timbre: Piano
- Determinant Pitch Timbre: Piano
- Pitch Playing Length: 2
- Space In-Between: 2

Day 5:

- Octave Selection: A4-A5 (1 Octave)
- Pitch Variance: X=36 and Y=36
- Reference Timbre: Choir
- Determinant Pitch Timbre: Choir
- Pitch Playing Length: 2
- Space In-Between: 2

Week 2:

Day 6:

- Octave Selection: A3-A4 (1 Octave)
- Pitch Variance: X=35 and Y=35
- Reference Timbre: Strings
- Determinant Pitch Timbre: Strings
- Pitch Playing Length: 2
- Space In-Between: 2.5

Day 7:

- Octave Selection: A3-A4 (1 Octave)
- Pitch Variance: X=33 and Y=33
- Reference Timbre: Flute
- Determinant Pitch Timbre: Flute
- Pitch Playing Length: 2
- Space In-Between: 2.5

Day 8:

- Octave Selection: A3-A4 (1 Octave)
- Pitch Variance: X=31 and Y=31
- Reference Timbre: Bell
- Determinant Pitch Timbre: Piano
- Pitch Playing Length: 2
- Space In-Between: 2.5

Day 9:

- Octave Selection: A3-A4 (1 Octave)
- Pitch Variance: X=29 and Y=29
- Reference Timbre: Bell
- Determinant Pitch Timbre: Flute
- Pitch Playing Length: 2
- Space In-Between: 2.5

Day 10:

- Octave Selection: A3-A4 (1 Octave)
- Pitch Variance: X=27 and Y=27
- Reference Timbre: Bell
- Determinant Pitch Timbre: Choir
- Pitch Playing Length: 2
- Space In-Between: 2.5

Week 3:

Day 11:

- Octave Selection: A3-A5 (2 Octaves)
- Pitch Variance: X=20 and Y=25
- Reference Timbre: Bell
- Determinant Pitch Timbre: Piano
- Pitch Playing Length: 1.5
- Space In-Between: 2.5

Day 12:

- Octave Selection: A3-A5 (2 Octaves)
- Pitch Variance: X=20 and Y=25
- Reference Timbre: Bell
- Determinant Pitch Timbre: Random
- Pitch Playing Length: 1.5
- Space In-Between: 2.5

Day 13:

- Octave Selection: A3-A5 (2 Octaves)
- Pitch Variance: X=19 and Y=22
- Reference Timbre: Bell
- Determinant Pitch Timbre: Random
- Pitch Playing Length: 1.5
- Space In-Between: 2.5

Day 14:

- Octave Selection: A3-A5 (2 Octaves)
- Pitch Variance: X=19 and Y=21
- Reference Timbre: Bell
- Determinant Pitch Timbre: Random
- Pitch Playing Length: 1.0
- Space In-Between: 2.5

Day 15:

- Octave Selection: A2-A4 (2 Octaves)
- Pitch Variance: X=19 and Y=20
- Reference Timbre: Bell
- Determinant Pitch Timbre: Random
- Pitch Playing Length: 1.0
- Space In-Between: 2.5

Week 4:

Day 16:

- Octave Selection: A3-A5 (2 Octaves)
- Pitch Variance: X=18 and Y=18
- Reference Timbre: Random
- Determinant Pitch Timbre: Bell
- Pitch Playing Length: 1.0
- Space In-Between: 3.0

Day 17:

- Octave Selection: A2-A5 (3 Octaves)
- Pitch Variance: X=17 and Y=17
- Reference Timbre: Random
- Determinant Pitch Timbre: Bell
- Pitch Playing Length: 1.0
- Space In-Between: 3.0

Day 18:

- Octave Selection: A2-A5 (3 Octaves)
- Pitch Variance: X=14 and Y=16
- Reference Timbre: Random
- Determinant Pitch Timbre: Random
- Pitch Playing Length: 1.0
- Space In-Between: 3.0

Day 19:

- Octave Selection: A2-A5 (3 Octaves)
- Pitch Variance: X=11 and Y=13
- Reference Timbre: Random
- Determinant Pitch Timbre: Random
- Pitch Playing Length: 1.0
- Space In-Between: 3.0

Day 20:

- Octave Selection: A2-A5 (3 Octaves)
- Pitch Variance: X=10 and Y=10
- Reference Timbre: Random
- Determinant Pitch Timbre: Random
- Pitch Playing Length: 1.0
- Space In-Between: 3.0



(Find this complete User Guide with Curriculum on the [A.P.S. Development LLC @ Website \[PDF\]](#))

If you follow this curriculum precisely, you will notice VAST improvements in your ability to tune properly and accurately. You may need to adjust this curriculum to suit your schedule or fit your needs by adding additional times and variances and some people may progress faster or slower than others.

The KEY to success is to do use the A.P.S. Tuning Trainer™ over a period of time and to apply what you are learning with it to real-world applications. Find this app on the Apple Store → Search for “A.P.S. Tuning Trainer”.