

MTB Grade 1 Sikh Sacred Music

Recital (*sabad* List A, *sabad* List B)

The candidate must select List A or List B and present all pieces of their chosen list in the exam (25 marks each piece).

List A

Composer/Artist	Title	Book/Cat. Ref.	Publisher/ Buy Here
South Asian Music Committee	ਬਲਿਹਾਰੀ ਗੁਰ ਆਪਣੇ (ਰਾਗ ਆਸਾ), Tintal Balihārī gur āpaṇē (Raag Asa), Tintal	MTB Sikh Sacred Music Grade 1 Book	MTB Bookshop
South Asian Music Committee	ਸੁੰਦਰ ਸਾਂਤਿ ਦਇਆਲ ਪ੍ਰਭ (ਰਾਗ ਬਿਲਾਵਲ), Dadra Suṇdar sâti diāl prabh (Raag Bilaval), Dadra	MTB Sikh Sacred Music Grade 1 Book	MTB Bookshop
South Asian Music Committee	ਜੇ ਸਉ ਚੰਦਾ ਉਗਵਾਹਿ (ਰਾਗ ਆਸਾ), Tintal Jē sau chaṇḍā ugavahi (Raag Asa), Tintal	MTB Sikh Sacred Music Grade 1 Book	MTB Bookshop

List B

Composer/Artist	Title	Book/Cat. Ref.	Publisher/ Buy Here
South Asian Music Committee	ਹਰਿ ਹਰਿ ਨਾਮੁ ਜਪੰਤਿਆ (ਰਾਗ ਆਸਾ), Dadra Hari hari nāmu japaṇtiā (Raag Asa), Dadra	MTB Sikh Sacred Music Grade 1 Book	MTB Bookshop
South Asian Music Committee	ਹਰਿ ਪ੍ਰਭੁ ਸਜਾਨੁ ਲੋੜਿ ਲਹੁ (ਰਾਗ ਬਿਲਾਵਲ), Tintal Hari prabhu sajanu lōri lahu (Raag Bilaval), Tintal	MTB Sikh Sacred Music Grade 1 Book	MTB Bookshop
South Asian Music Committee	ਜਿਹ ਘਟਿ ਸਿਮਰਨੁ ਰਾਮ ਕੋ (ਰਾਗ ਬਿਲਾਵਲ), Tintal Jih ghaṭi simranu rām kō (Raag Bilaval), Tintal	MTB Sikh Sacred Music Grade 1 Book	MTB Bookshop

Technical Exercises (25 marks)

Prepare all the technical exercises (*tal*, *vocal* and *saaj palta*) required for this grade below. Further guidance can be found on our MTB Sikh Sacred Music Grade 1 Book.

Technical Exercises (*tal*)

[Page 2](#)

Technical Exercises (*vocal*)

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Technical Exercises (*saaj palta*)

[Page 4](#)

Technical Exercises (tal)

Perform the tal test, as found in the MTB Sikh Sacred Music Gade 1 Book.

Students must speak the number of each *tal* and keep rhythm with their hands and fingers.

Students must remain in rhythm with the *tal* cycle at the minimum speed prescribed.

Tal test 1, Tintal, 90bpm

1 ^x	2	3	4	5 ²	6	7	8	9 ^o	10	11	12	13 ³	14	15	16
dha	dhin	dhin	dha	dha	dhin	dhin	dha	dha	tin	tin	ta	ta	dhin	dhin	dha

Tal test 2, Dadra, 90bpm

1 ^x	2	3	4 ^o	5	6
1	2	3	4	5	6

Tal test 3, Dadra, 90bpm

1 ^x	2	3	4 ^o	5	6
dha	dhin	na	dha	tin	na

Tal test 4, Roopak, 90bpm

1 ^o	2	3	4 ²	5	6 ³	7
1	2	3	4	5	6	7

Tal test 5, Roopak, 90bpm

1 ^o	2	3	4 ²	5	6 ³	7
tin	tin	na	dhin	na	dhin	na

Technical Exercises (vocal)

Perform the vocal sequence, as found in the MTB Sikh Sacred Music Grade 1 Book, as follows at the minimum speed prescribed:

- Vocal Palta 1, 3 times.
- Vocal Palta 2, 3 times.

Please sing this with a tanpura (P & S only) and electronic tabla.

Vocal Palta 1, Tintal, 50BPM

1 ^x	2	3	4	5 ²	6	7	8	9 ^o	10	11	12	13 ³	14	15	16
S	R	G	M	P	–	R	G	M	P	D	–	G	M	P	D
N	–	M	P	D	N	Ṣ	–	Ṣ	N	D	P	M	–	N	D
P	M	G	–	D	P	M	G	R	–	P	M	G	R	S	–

Vocal Palta 2, Dadra, 50BPM

1 ^x	2	3	4 ^o	5	6
S	R	G	M	P	D
R	G	M	P	D	N
G	M	P	D	N	Ṣ
Ṣ	N	D	P	M	G
N	D	P	M	G	R
D	P	M	G	R	S

Technical Exercises (saaj palta)

Play each palta with the saaj (no vocals), as found in the MTB Sikh Sacred Music Grade 1 Book, as follows at the minimum speed prescribed:

- Palta 1, 4 times.
- Palta 2, 6 times.
- Palta 3, 6 times.

Saaj Palta 1, Tintal, 90BPM

→		←		→		←		→		←		→		←	
1 ^x	2	3	4	5 ^x	6	7	8	9 ^o	10	11	12	13 ^x	14	15	16
S	R	G	M	P	D	N	–	R	G	M	P	D	N	Ṡ	–
Ṡ	N	D	P	M	G	R	–	N	D	P	M	G	R	S	–

Saaj Palta 2, Dadra, 90BPM

→			←		
1 ^x	2	3	4 ^o	5	6
S	R	G	R	G	M
G	M	P	M	P	D
P	D	N	D	N	Ṡ
N	Ṡ	Ṡ	Ṡ	Ṡ	Ḡ
Ṡ	N	D	N	D	P
D	P	M	P	M	G
M	G	R	G	R	S
R	S	Ṡ	S	Ṡ	Ḡ

Saaj Palta 3, Rupak, 90BPM

→			←			
1 ^o	2	3	4 ²	5	6 ³	7
S	R	G	S	R	G	M
R	G	M	R	G	M	P
G	M	P	G	M	P	D
M	P	D	M	P	D	N
P	D	N	P	D	N	Ṡ
Ṡ	N	D	Ṡ	N	D	P
N	D	P	N	D	P	M
D	P	M	D	P	M	G
P	M	G	P	M	G	R
M	G	R	M	G	R	S

MTB Grade 1

Sikh Sacred Music

Syllabus Guidance

- The teacher is encouraged to speak to the candidate during the exam to put them at ease or to help them understand what is being requested. For more guidance on conducting/taking the exam, [click here](#).
- The recording should not be turned off at any point during the exam until all elements of the assessment have been completed. For more recording advice, [click here](#).
- For Practical Grades follow the above syllabus requirements. To learn about Performance Grade requirements, [click here](#).

• Recital Guidance:

- Announce your base sur, e.g. "I have used G# as my base sur". Replace 'G#' with the base sur you used.
- The candidate should introduce each piece they are about to perform by stating its title, e.g. palta 1, akar, tal, etc.
- The sounds of the saaj, vocals and the tabla app must be clearly audible when applicable.
- The teacher may help the candidate tune up before the exam begins. This should be done before starting the recording.
- For Tabla you must use a Tabla app/recorded accompaniment and not a live Tabla player.
- Specify the grade that you are submitting, e.g. Pre-Grade, Grade 1 etc.
- Specify the performance title, e.g. palta 1, akar, tal etc.
- For Grade 1 and above, state the List that you have selected, e.g. List A, List B etc.

• Technical Section Guidance:

- The tempi given for the technical section exercises (tal, vocal, saaj palta) are minimum speed requirements.
- There are no unprepared elements in an MTB exam. All Technical and Musicianship elements should be practised by the candidate prior to taking the exam.
- If the Vocal Skills fall outside of the candidate's vocal range, they may be transposed. However, all exercises within a test must be transposed by the same interval. The entire test must be completed in one singular base sur.