MTB Pre-Grade
Sikh Sacred Music

Recital (*shaan* and *sabad)*

Perform <u>three</u> pieces, one Sabad and two Shaans
from the following list (25 marks each).

Composer/Artist	Title	Book/Cat. Ref.	Publisher/ Buy Here
South Asian Music Committee	Bilaval shaan (Raag Bilaval), Tintal	MTB Sikh Sacred Music Pre-Grade Book	MTB Bookshop
South Asian Music Committee	Asa Shaan (Raag Asa), Tintal	MTB Sikh Sacred Music Pre-Grade Book	MTB Bookshop
South Asian Music Committee	ਨਾਨਕ ਨਾਮ ਚੜਦੀ ਕਲਾ (ਰਾਗ ਬਿਲਾਵਲ), Tintal Also available in Roman: Nanak nām chardī kalā (Raag Bilaval), Tintal	MTB Sikh Sacred Music Pre-Grade Book	MTB Bookshop

Technical Exercises (25 marks)

Prepare all the technical exercises required for this grade below.

Further guidance can be found on our MTB Sikh Sacred Music Pre-Grade Book.

Technical Exercises (*tal)*:

Page 2

PLUS

Technical Exercises (vocal):

Page 3

PLUS

Technical Exercises (saaj palta):
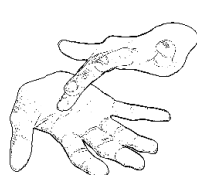
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Technical Exercises *(tal)*

Perform the tal test, as found in the MTB Sikh Sacred Music Book, 3 times.

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

Students must remain in rhythm with the *tintal* cycle.

1$^{\times}$
(clap)

2
(first finger on palm)

3
(second finger on palm)

4
(third finger on palm)
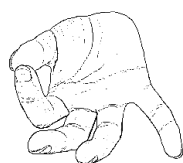
5^{2}
(clap)

6
(first finger on palm)

7
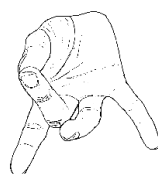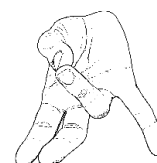(second finger on palm)

8
(third finger on palm)

9°
(blank)

10
(first finger on thumb)

11
(second finger on thumb)

12
(third finger on thumb)

13^{3}
(clap)

14
(first finger on palm)

15
(second finger on palm)

16
(third finger on palm)

Technical Exercises *(vocal)*

Perform the vocal sequence as follows:

- Sargam 3 times.

- Akar 3 times.

Sargam, Tintal, 60BPM

1ˣ	2	3	4	5²	6	7	8	9°	10	11	12	13³	14	15	16
S	R	G	M	P	D	N	Ṡ	Ṡ	N	D	P	M	G	R	S

Akar, Tintal, 60BPM

1ˣ	2	3	4	5²	6	7	8	9°	10	11	12	13³	14	15	16
S	R	G	M	P	D	N	Ṡ	Ṡ	N	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 Pre-Grade Book, as follows:

- Palta 1, 4 times.
- Palta 2, 6 times.
- Palta 3, 6 times.
- Palta 4, 4 times.
- Palta 5, 3 times.

Palta 1, Tintal, 50BPM

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

Palta 2, Tintal, 50BPM

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

Palta 3, Tintal, 50BPM

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

Palta 4, Dadra, 60BPM

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

Palta 5, Tintal, 70BPM

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

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 please 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.