

10-Tap Method for Learning Charts 4 and 5

Chart 4 Alt. – Intermediate Tracking

When progressing onto Chart 4 Alt, (the chart with the letters L, R and C underneath the regular alphabet letters), first read **Module J, Intermediate Tracking Exercises** beginning on page 155 in your instruction book. This will provide a good understanding for doing this exercise. However, we are going to making some changes from what is written or is shown on the video.

Instead of using Chart 4 as shown in the instruction book, we will be using an alternative chart labeled as **Chart 4 Alt. (alternative)**. The reason for this is so you and your student will not have to learn additional patterns. We will continue using the F, B, SI, SO, Diag F and Diag B patterns that your student should have grown familiar with.

The easiest way to learn this chart is using what I call the **10-Tap Method**. Using this method, you or your student stands on the balance board and taps the swinging ball with the indicated section of the color-banded stick 10 times for a given letter, five times with your eyes open and five times with your eyes closed.

For the letter A, you would tap the swinging ball with the **left** section of the color-banded stick. Do this five times with your eyes open and five times with your eyes closed. **Some students have found that 10 times is not enough and find out that doing 20 or 30 taps per letter helps create better motor memory.**

For the letter B, you would tap the swinging ball with the **right** section of the stick. Do this five times with your eyes open and five times with your eyes closed. Once you have done this, then go back and forth between the A and the B saying the letter and tapping the swinging ball with the **associated** section of the stick.

For the letter C, you would tap the swinging ball with the **center** section of the stick. Do this five times with your eyes open and five times with your eyes closed. Then mixing up the sequence, go between the letters A, B and C saying the letter and tapping the swinging ball with the associated section of the stick. You might say A, C, B, C, A, B, B, C, B, A... Once you are **proficient** with this, go on to the next letter.

For the letter D, you would again tap the swinging ball with the **center** section of the stick. Do this five times with your eyes open and five times with your eyes closed. Then mixing up the sequence, go between the letters A, B, C and D saying the letter and tapping the swinging ball with the **associated** section of the stick. You might say D, A, C, D, B, C, A, D, C, B, D, ... Once you are proficient with this, go on to the next letter. **Make sure you are proficient before going on.**

Continue on for the letters E-J and this ends the first practice day.

On the second practice day, repeat the practice sequence for the letters A-J and **if proficient**, continue on to the next row, K-O. If not, continue to practice the **associations**.

On the third practice day, repeat the practice sequence for the letters A-O and **if proficient**, continue on to the next row, P-T. If not, continue to practice the **associations**.

On the fourth practice day, repeat the practice sequence for the letters A-T and **if proficient**, continue on to the last row, U-Z. If not, continue to practice the **associations**.

On the fifth practice day, repeat the entire sequence for the letters A-Z, and mix up all the letters.

It may take you one to three weeks, but in time, you should have strongly developed (through motor memory) the association or correlation between the letters and the positions on the stick. You should be able to do the letters with both your eyes open and closed.

Now, overlay the automaticity of the associations with the Patterns F, B, SI, SO, Diag F, and Diag B. Do the patterns both with your eyes open and looking away from the alphabet chart (a coach standing next to the chart may just flip it over to hide the letters).

Chart 5 Alt. - Advanced Tracking

Only do this chart if you have made great progress in the program, and are moving through the program in a timely manner. For very young kids or those who have struggled greatly with Chart 4, I recommend passing on this chart and moving on to the optional math charts (there may be more value in allocating time to those than to Chart 5). For middle school kids and up (through adults), Chart 5 is an important chart to accomplish.

The principles for learning Chart 5 are essentially the same as for Chart 4. The biggest difference is that the Chart is much “messier” or “harder on the eyes”. Accomplishing this chart will improve eyesight tracking, the mental process called figure-ground (pulling details out of the background) and visual memory skills. Avoid drawing any lines on the chart or doing anything to make the chart easier to break into rows. This difficulty is an intentional part of the exercise.

First, read the instructions for **Module K, Advance Tracking Exercises** in the instruction book beginning on page 163. This will give you a good overview of what needs to be done.

Instead of using Chart 5 as shown in the instruction book, we will be using an alternative chart labeled as **Chart 5 Alt**. The reason again for this is so you and your student will not have to learn additional patterns. We will continue using the F, B, SI, SO, Diag F and Diag B patterns that you have grown familiar with. If you whiz through the Alt charts and want to add some extra challenge, then feel free to learn the new patterns of Charts 4 and 5 as shown in the book.

Learn this chart using the same 10-Tap Method as you used on Chart 4 Alt. It may take you several weeks, but in time, you should have strongly developed (through motor memory) the association between the letters and the more precise positions on the stick. You should be able to do the letters with both your eyes open and closed. Overlay the automaticity of the associations with the Patterns F, B, SI, SO, Diag F, and Diag B. Do the patterns both with your eyes open and looking away from the alphabet chart (a coach standing next to the chart may just flip it over to hide the letters). Most people find this Chart easier to do in the Looking Away mode than looking at the letters. ☒