



Gorden Gibson

Arranger, Composer, Teacher

United States (USA)

About the artist

I compose and arrange music for the guitar as well as conduct sing-alongs and perform at retirement homes and hospitals. I hope you are enjoying my compositions and arrangements. My wish is that you share all of your music by volunteering to perform for the underprivileged and play in hospitals and retirement homes for seniors and the disabled. I've included lyrics with some of my music. If you want to really learn the music and become an entertainer, try singing the lyrics while playing the music. If you can do that, you indeed can entertain people. In addition, if you are interested in improving your memory skills for guitar music, I would recommend reading the book, "Moonwalking with Einstein" by Joshua Foer - especially chapter 8, 'The OK Plateau'. While this book does not directly address how to memorize guitar music, it is an excellent general book on memory skill techniques.

Artist page : www.free-scores.com/Download-PDF-Sheet-Music-gorden-gibson.htm

About the piece



Title:	Pilates
Composer:	Gibson, Gorden
Arranger:	Gibson, Gorden
Licence:	Gibson, Gorden © All rights reserved
Publisher:	Gibson, Gorden
Instrumentation:	Guitar solo (standard notation)
Style:	Traditional
Comment:	This tune is dedicated to Joseph Pilates, a physical-culturist from Germany who invented PILATES during the first half of the 20th century. He developed a system of exercises which were intended to strengthen the human mind and body. Joseph Pilates believed that mental and physical health are interrelated. PILATES was used during the First World War with the proposal to improve the rehabilitation program for the many returning veterans. Alo... (more online)

Gorden Gibson on free-scores.com



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Pilates

This tune is dedicated to Joseph Pilates, a physical-culturist from Germany who invented "PILATES" during the first half of the 20th century. He developed a system of exercises which were intended to strengthen the human mind and body. Joseph Pilates believed that mental and physical health are interrelated. "PILATES" was used during the First World War with the proposal to improve the rehabilitation program for the many returning veterans. Along with controlled breathing Joseph Pilates recommended a few precise movements emphasizing control and form to aid injured soldiers in regaining their health by strengthening, stretching, and stabilizing key muscles.

6=D
Moderato
GTR.

Gorden Gibson
Typesetting Finale 2014

The score is written for guitar in 6=D tuning and 3/4 time. It is marked 'Moderato'. The piece consists of seven staves of music. The first staff (measures 1-5) includes fretting instructions III, I, and I. The second staff (measures 6-10) includes fretting instructions BV. The third staff (measures 11-15) includes fretting instructions III and I. The fourth staff (measures 16-20) includes fretting instructions III and I. The fifth staff (measures 21-25) includes fretting instructions III and I. The sixth staff (measures 26-30) includes fretting instructions III and I. The seventh staff (measures 31-35) includes fretting instructions III and I. The score includes various fingering numbers (1-4) and circled numbers (2, 3, 4, 5) indicating specific techniques or fingerings. The piece concludes with a double bar line and a key signature change to D major.

Pilates

2

36

5/6BII

41

BVII

46

3/6BII

51

III

56

V

II

V

IX

rit.