

Sindhènan 1Wangsalan

Witing klåpå | kalåpå kang maksih mudhå
 Saluguné | mung mardi pikir raharjå

Sekar pisang | pisang sesajining karya
 Patut lamun | linulutan mring sasåmå

4 syllables

sèlèh 5 sléndro sångå 1 2 6 1 6 5
 Wit -ing klå -på

sèlèh 5 sléndro sångå 1̇ 2̇ 6 1̇ 6 5
 Sa -lu -gu -né

8 syllables

sèlèh 1 sléndro sångå 5 6 5 1̇ 5 2 3 2 1 1
 ka -lå -på kang mak -sih mu -dhå

sèlèh 5 sléndro sångå 2 2 1 1 6 2 6 1 6 5
 mung mar -di pi -kir ra -har -jå

sèlèh 5 sléndro sångå 1̇ 2̇ 1̇ 6 1̇ 5 3 2 5 5
 mung mar -di pi -kir ra-har -jå

Abon-abon / isèn-isèn

råmå / råmå råmå / ramané dhéwé
 gonès / gonès nè nè
 yå mas / yå mas yå mas

sèlèh 2 sléndro sångå 5 1 6 5 2
 ra -ma-né dhé -wé

sèlèh 2 sléndro sångå 3 5 5 3 2 2
 rå -må rå -må

mlèsèd 2 sléndro sångå 6 1 6 5 6 1 2
 rå -må

Exercises for Sindhènan 1

1. Try to memorise at least one wangsalan and one set of abon-abon. In the wangsalan, take note of where the break occurs and practise saying the text in groups of four, eight or twelve syllables.
2. Practise the cèngkok as written remembering to phrase according to the melody and not the text. There is often a natural break before the last two syllables.
3. Practise the cèngkok substituting different texts according to the syllable count.
4. Practise the cèngkok transposed up one note in sléndro, e.g.:

$$\begin{array}{ccccccc}
 1 & 2 & 6 & 1 & 6 & 5 & \Rightarrow & 2 & 3 & 1 & 2 & 1 & 6 \\
 \text{Wit} & \text{-ing} & \text{klâ} & \text{-pâ} & & & & \text{Wit} & \text{-ing} & \text{klâ} & \text{-pâ} & & \\
 \end{array}$$
 This transposition essentially converts the cèngkok from pathet sângâ to manyurâ.

5. Sing wangsalan in the following patterns, making sure you use the texts sequentially:

(a) slendro sângâ	(b) slendro sângâ	(c) slendro manyurâ
4 syllables — sèlèh 5	4 syllables — sèlèh 5	4 syllables — sèlèh 6
8 syllables — sèlèh 5	8 syllables — sèlèh 5	8 syllables — sèlèh 2
4 syllables — sèlèh 5	4 syllables — sèlèh 5	4 syllables — sèlèh 6
8 syllables — sèlèh 5	8 syllables — sèlèh 5	8 syllables — sèlèh 6

6. Practise the following possible scheme for the umpak of Ladrang Wilujeng in sléndro manyurâ, going to the ngelik:

wangsalan — 4 syllables — sèlèh 6

abon-abon — 4 syllables — mlèsèd 3

wangsalan — 8 syllables — sèlèh 2

abon-abon — 4 syllables — sèlèh 3 (from above)

wangsalan — 4 syllables — sèlèh 6

wangsalan — 8 syllables — sèlèh 6