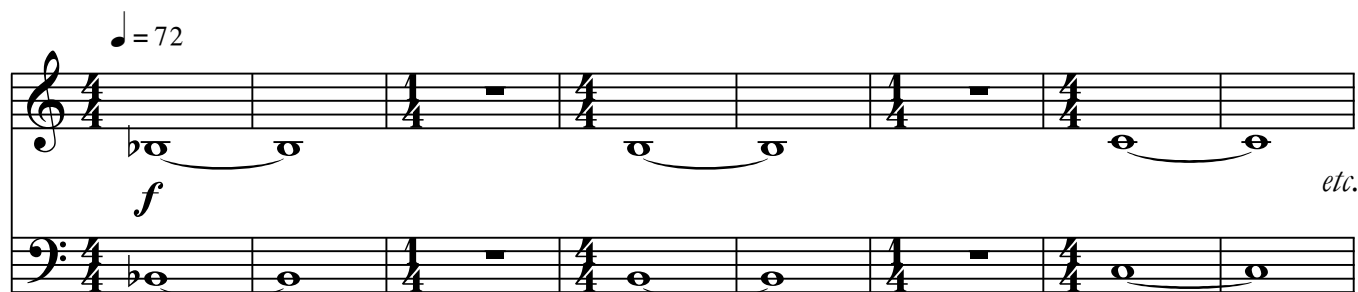


Recommended Practice Sequence

1. Long Tones

Long tones are the most important fundamental warmup exercise for a wind instrument. An example of a long tone exercise is below. Player should breathe during the 1 count bar while maintaining the embouchure and move up and down chromatically.



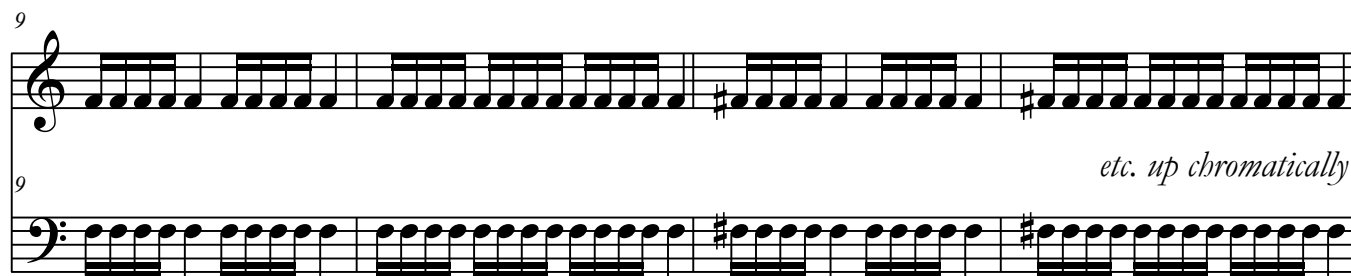
What to concentrate on: good embouchure, good air stream (i.e. support, tongue position, relaxed body, chest, and neck), and consistent, unwavering, beautiful tone. This exercise is also to warm up your embouchure muscles, and increase their endurance. Stop the long tones either when you get to tired to maintain proper embouchure

2. Scales

Execution: Play Chromatic and major every day. Begin to learn minor as well. Start at a comfortable fast tempo (112-124) and work them up in five steps to a very fast tempo (160-180). If you do not know your scales this fast, work them up to these tempos and keep them in your daily warm-up as you work up the others in your normal practice sessions.

What to concentrate on: Maintaining good embouchure, airstream, tone, and dynamics in all ranges; and fluid, even motion of fingers.

3. Tonguing



Execution: Find a tempo where you just barely get to the last note of the exercise on time, and repeat it until it feels like your tongue is going to fall off from fatigue. This may take up to five minutes of playing. Concentrate on consistent, crisp articulation, using the syllable "ta" in your thoughts. After you have rested your tongue for 20-30 seconds, play the exercise again until it feels like your tongue is going to fall off, then you are through with it. In several days or weeks, when you consistently get to the last note of the exercise on time, move your metronome up one click - but not before this time. Continue this pattern until you reach your limit of speed, and maintain the exercise daily to keep your tongue fast and crisp.

4. Intonation/Dynamic Long Tones

These are similar to the first long tones, but this time with dynamics:

13 *up and down chromatically*

The image shows a musical exercise for dynamic long tones. It consists of two staves, treble and bass, in 4/4 time. The exercise is divided into three measures. In each measure, the top staff has a whole note with a dynamic marking (pp, ff, or pp) and a slur indicating a chromatic scale. The bottom staff has a whole note with a dynamic marking (pp, ff, or pp) and a slur indicating a chromatic scale. The dynamics are pp, ff, and pp for the first measure; pp, ff, and pp for the second measure; and pp, ff, and pp for the third measure. The exercise is labeled '13' and 'up and down chromatically'.

Play with a metronome and tuner, and keep consistent pitch and tone quality as dynamics rise and fall.

What to concentrate on: Maintaining good tone, intonation, air stream, and embouchure at all dynamics.

5. Specific Instrument Exercises

Flutes - vibrato, overtones, tone and clarity in lower and higher register

Clarinets - smooth octaves, 12ths, crossing break, altissimo register

Saxophones - vibrato, dynamic control in low register

Brasses - lip slurs for flexibility, range (low and high)

6. Literature

Solo, chamber, Symphonic Band, etc.