

#5

Musical staff 1: Bass clef, key signature of one flat. Measures 1-4 with slurs and accidentals.

Musical staff 2: Bass clef, key signature of one flat. Measures 5-8 with slurs and accidentals.

#6

Musical staff 3: Bass clef, key signature of one flat. Measures 9-12 with slurs and accidentals.

Musical staff 4: Bass clef, key signature of one flat. Measures 13-16 with slurs and accidentals.

Musical staff 5: Bass clef, key signature of one flat. Measures 17-20 with slurs and accidentals.

#7

Musical staff 6: Bass clef, key signature of one flat. Measures 21-24 with triplets and slurs.

Musical staff 7: Bass clef, key signature of one flat. Measures 25-28 with triplets and slurs.

Musical staff 8: Bass clef, key signature of one flat. Measures 29-32 with triplets and slurs.

Musical staff 9: Bass clef, key signature of one flat. Measures 33-36 with triplets and slurs.

Musical staff 10: Bass clef, key signature of one flat. Measures 37-40 with triplets and slurs.

SEMPRE SEMPLICE. Remember to TRUST THE AIR and use your ears to guide you through this exercise. Simply focus on creating your most beautiful sound on every note, one note at a time, as easily as possible. Then do it for the next note. And the next note. Simple.

#8

start sound, keep sound!

always simple!

relax your body!

beautiful sounds!

TRUST FALLS (HINT: THE AIR WILL ALWAYS CATCH YOU). Sound starts and stops with the air, not the tongue. Play this exercise beginning and centering each note with an air attack, no tongue whatsoever. Aim to play the notes with a big, full sound!!

ARPEGGIO NOODLES, A SECRET RECIPE FOR HEALTHY AIR FLOW. This tasty exercise is intended to help with sound connection across larger ranges while also working on scales and ease of air flow. Add every octave possible as shown in the example for an added range study. Practice glissed/slurred without tongue, as well as cleanly slurred. Apply your best sound to every note. Play with a pal or a drone to work on pitch.

EX:

Bb Major

A Major

Ab Major

G Major

Gb Major

F Major

E Major

Eb Major

D Major

Db Major

C Major

B Major

HAHAHAHAHAHA, ARTICULATING WITH AIR. Descend chromatically down the 7 positions/fingerings. Practice this exercise with all air attacks, aiming directly at the center of the note. Once this is mastered, the tongue is allowed back in and you can practice this exercise in different styles and dynamics (legato, accented, pianissimo, etc.) to build consistency of different types of note beginnings. Never forget that it all comes back to the air!!

continue down

TANK UP & FLY! Ideally this exercise is played in one breath! See how fast you can work this baby up! You're allowed to breathe when you're learning it slowly (don't die!) but see if you can count how few breaths you can do it in to still push your breath efficiency.

NOW PLAY IT UPSIDE DOWN!!

COOL IT! It is important to warm down the chops after intense playing sessions. Take a couple of extra minutes before you put the horn away to go through this exercise, or make up your own that feels nice on your face. Simpler is better here!

continue down as far as possible