

1. Deep Breathing

Goals:

1. Breathe in the word "how" | Blow out the word "too"
2. Air should be CONSTANT, STEADY, FAST, AND SMOOTH

Musical staff with four boxes, each containing the text "In 4 counts" and "Out 4 counts".

2. Slingshot Breathing

Goals:

1. Air should stay balanced and focused throughout the entire exercise.
2. Try not to move your shoulders as your breathe.

Musical staff with eight boxes, each containing the text "In [count] counts" and "Out [count] counts".

3. Mouthpiece Exercises

Goals:

1. Play with a beautiful tone *always*.
2. Match the sound on the recording exactly every time.

Musical staff in 4/4 time with various note values and rests.

4. Tune Your Instrument

Goals:

1. Adjust your instrument like you normally do.
2. Play the two tuning lines and use your ears to match the long sounds on the recording.
3. If your sound is TOO HIGH, PULL OUT ON MOUTHPIECE.
4. If your sound is TOO LOW, PUSH IN ON MOUTHPIECE.
5. Repeat until the sound matches the recording exactly.
6. Double check your tuning with a tuner (like Tonal Energy)

Musical staff showing two lines of notes for tuning.

5a. Concert F - 4 Counts

Goals:

1. Start, sustain, and end each note with a beautiful tone.
2. LISTEN and MATCH the recording to SOUND LIKE THE RECORDING.

Musical staff showing four whole notes for Concert F.

5b. Block Note - 8 Counts

Goals:

1. Same as above!
2. Push your air all the way to the end of the note!

Musical staff showing a block note with eighth notes and a final whole note.

6. F Descending

Goals:

1. Move between notes as smooth as possible.
2. Each new note should sound as beautiful as the one before.

Musical staff showing a descending scale of eighth notes.

Musical staff showing a descending scale of quarter notes.

7a. Long Tones - 2 Notes

Goals:

- 1. Start, sustain, and end the first note beautifully.
- 2. Push your energy to the next note and play just as beautifully as the first.



7b. Long Tones - 3 Notes

Goals:

- 1. Same as above.
- 2. Make the transitions from note to note as smooth as possible!



8a. Flexibility Exercise 1

Goals:

- 1. Move between notes without tonguing. Face and air only!
- 2. Let all notes speak without forcing it. Always keep it beautiful!



8b. Flexibility Exercise 2

Goals:
1. Same as above!

9. Style Drill

Goals:
1. Pay attention to the style markings above/below the notes.
2. Adjust the starts and ends of each note to fit the style markings.
3. Push your energy to the end of every note.

tah tah tah tah dah dah dah dah tih tih tih tih Tah! Tah! Tah! Tah!

Neutral - 100% Legato - 100% Staccato - 50% Accented - 100%

10. Articulation Drill

Goals:
1. Play the following notes with fast, steady, and smooth air.
2. Lightly start each note with a pointed tongue.
3. Push your air to the end of every note.

11. Dynamics Drill

Goals:
1. Play beautifully at all volume levels.
2. Change the volume and STAY IN TUNE.

f *mf* *mp* *p* *f* > *p*

Forte - Loud Level 9 Mezzo-forte - Medium Loud | Level 7 Mezzo-piano - Medium Soft | Level 5 Piano - Soft Level 3

Decrescendo Get quieter Crescendo Get louder

12. Chorale | Repeat 4x

Goals:
1. Play beautifully at all volume levels.
2. Listen intently and blend your sound into the recording to stay in tune.

p - *mp* - *mf* - *f*