

FIVE MINUTE ROUTINE

1. TONGUING EXERCISE.

change it up! one day staccatto, the next legato

The first exercise is in 4/4 time with a key signature of one flat (Bb). It consists of three staves of music. The first two staves feature staccato patterns of eighth notes, with each note marked with a tongue symbol (a small black dot with a vertical line). The third staff features legato patterns of eighth notes, also marked with tongue symbols. The exercise concludes with a double bar line and a repeat sign.

2. THE NINE COUNT ROUTINE

Don't be in a hurry, slow and steady wins this race.

The second exercise is in 9/8 time with a key signature of one flat (Bb). It consists of two staves of music. Each staff contains four measures of music, with each measure containing a slurred eighth-note pattern. The first measure of each staff starts with a quarter rest followed by an eighth note, and the subsequent notes are eighth notes. The exercise concludes with a double bar line and a repeat sign.

3. CHROMATIC SCALES. vary your articulations day to day.

The third exercise consists of two staves of music, each showing a chromatic scale in 4/4 time with a key signature of one flat (Bb). The first staff is labeled "starting on BFLAT" and shows a descending chromatic scale from Bb to Bb. The second staff is labeled "starting on F" and shows a descending chromatic scale from F to Bb. Both scales are marked with articulation symbols (dots with vertical lines) under each note.

4. HARMONICS.

do a series of harmonics on the notes of the first measure of the chromatic scale starting on f(above).

FIVE MINUTE ROUTINE

All CLARINETS
All SAXOPHONES

(1). tonguing exercise.

1st time staccatto, 2nd time legato



(2) fingering exercise. **SLOW THE WHOLE THING!**



(3). My country tis of thee. Breath control exercise. How many notes can you do on one breath? try to beat your high score every day.



(4) LONG TONES.

PICK A SCALE AND PLAY EVERY NOTE ASCENDING AS A LONG TONE EXERCISE. DON'T MOVE ON TO THE NEXT NOTE UNTIL YOU ARE OUT OF BREATH.

THE FIVE MINUTE ROUTINE.

MR. WEST

1. TONGUING EXERCISES.

ALTERNATE ONE DAY STACCATO, ONE DAY LEGATO.



PRACTICING DOUBLE TONGUING? SAY "tiki tiki tiki tiki tiki tiki taaa."



2. CHROMATIC SCALES.

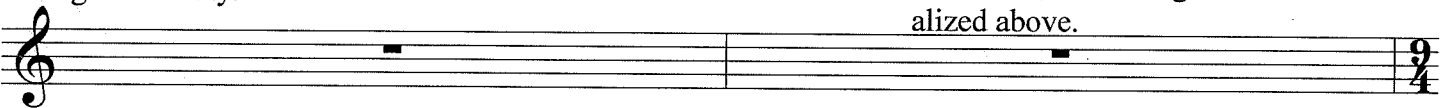


3. THE SIX MAGIC NOTES



Perform these long tones without resting your chops in between. "squeeze your chops" when you breathe. Try to hold long tones longer each day.

when performing each longtone, do a short crescendo, and a long diminuendo as visualized above.



4. LIP SLUR PATTERNS do a descending sequence with fingering patterns: 0, 2, 1, 12, 23, 13, 123.



FIVE MINUTE ROUTINE

MR WEST

1. ARTICULATION EXERCISES. Alternate! One day staccatto, the next legato.



2. CHROMATIC SCALES



3. THE 6 MAGIC NOTES.

Play these notes as long tones. don't relax between notes, squeeze your chops while breathing in.

On each note, do a short crescendo and a long diminuendo, as pictured below.



4. LIP SLURS.

pattern 1

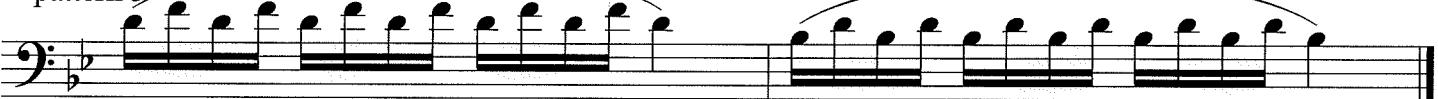
pattern 2



Do each pattern on a descending sequence of notes in 1st, 2nd, 3rd, 4th, 5th, 6th and 7th positions.

pattern 3

pattern 4



TUBA

FIVE MINUTE ROUTINE

MR. WEST

1. ARTICULATION DRILLS Change it up! One day staccatto, the next legato.

2. CHROMATIC SCALES

3. THE SIX MAGIC NOTES

Perform these long tones without resting your chops in between. "squeeze your chops" when you breathe. Try to hold long tones longer each day.

when performing each longtone, do a short crescendo, and a long diminuendo as visualized below.

4. LIP SLURS do a descending sequence with the following fingerings: 0, 2, 1, 12, 23, 13, 123.

pattern 1

pattern 2

pattern 3

pattern 4

FIVE MINUTE ROUTINE FOR MALLETS

The first system consists of three staves of music in 4/4 time. The top staff features a continuous eighth-note pattern. The middle and bottom staves feature a complex rhythmic pattern of eighth and sixteenth notes, with some triplets.

The second system consists of three staves of music in 4/4 time. The top staff continues the eighth-note pattern. The middle and bottom staves continue the complex rhythmic pattern from the first system.

The third system consists of one staff of music in 4/4 time, featuring triplets of eighth notes. The fingerings are: 1 2 3 4 2 3 4 3 2 4 3 2 1 2 3 4 2 3 4 3 2 4 3 2.

The fourth system consists of one staff of music in 4/4 time, featuring triplets of eighth notes. The fingerings are: 1 2 3 4 2 3 4 3 2 4 3 2 1 2 3 4 2 3 4 3 2 4 3 2 4 3 2.

The fifth system consists of one staff of music in 4/4 time, featuring triplets of eighth notes. The fingerings are: 1 2 3 4 3 2 3 4 3 2 4 3 2 4 3 2.

FIVE MINUTE ROUTINE FOR PERCUSSION

PERFORM ON SNARE DRUM

1

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

2

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

3

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

4

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

5

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

6

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

7

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

1

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

2

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

3

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

4

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L

5

R L R L R L R L R L R L R L R L
L R L R L R L R L R L R L R L R L