

# Fundamentals: Part 1

Use these exercises as a warm-up prior to your regular practice session. Unless otherwise noted, all exercises should be played at a very soft dynamic level, in order to promote maximum flexibility and ease of tone production. If soft playing proves difficult at first, resist the temptation to simply increase the volume, and instead strive for greater air support. TRIGGER ALL LOW Ds AND C-SHARP/D-FLATS.

## Exercise 1: Flow Studies (Vincent Cichowicz)

Play at comfortable dynamic level, taking care to achieve a full, resonant sound on low notes. ♩ = 60

Musical staff 1: Treble clef, 4/4 time. Measures 1-8. Notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. Slurs connect measures 1-4 and 5-8.

9

Musical staff 2: Treble clef, 4/4 time. Measures 9-16. Notes: C4, D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. Slurs connect measures 9-12 and 13-16.

17

Musical staff 3: Treble clef, 4/4 time. Measures 17-24. Notes: C4, D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. Slurs connect measures 17-20 and 21-24.

25

Musical staff 4: Treble clef, 4/4 time. Measures 25-32. Notes: C4, D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. Slurs connect measures 25-28 and 29-32.

Before continuing to exercise 2, rest until lips do not tingle.

## Exercise 2: Whole-step trills (preparation for Exercise 3)

Play each repeat 8-16 times until all notes sound with consistent tone quality.

33

Musical staff 5: Treble clef, 4/4 time. Measures 33-36. Notes: G4, A4, B4, C5. Trills: G4-A4, A4-B4, B4-C5. Dynamics: *pp*. Slurs connect measures 33-34 and 35-36.

37

Musical staff 6: Treble clef, 4/4 time. Measures 37-40. Notes: G4, A4, B4, C5. Trills: G4-A4, A4-B4, B4-C5. Dynamics: *sim.* Slurs connect measures 37-38 and 39-40.

41

Musical staff 7: Treble clef, 4/4 time. Measures 41-44. Notes: G4, A4, B4, C5. Trills: G4-A4, A4-B4, B4-C5. Dynamics: *sim.* Slurs connect measures 41-42 and 43-44.

45

Musical staff 8: Treble clef, 4/4 time. Measures 45-48. Notes: G4, A4, B4, C5. Trills: G4-A4, A4-B4, B4-C5. Dynamics: *sim.* Slurs connect measures 45-46 and 47-48.

49 Exercise 3: Moving flow study (Herbert L. Clarke, *Technical Studies*, no. 4)

*pp sempre*

## Exercise 4: Flow Studies (Vincent Cichowicz)

At each double barline, rest for the length of the previous exercise.

*mp - NO LOUDER*

## Exercise 5: D-flat major scale

This particular scale offers one of the best opportunities to check your air support. Play it at the softest possible dynamic level and repeat until all notes sound with consistent tone quality. If unfamiliar with D-flat major, use the first measure to familiarize yourself with component parts. **MAKE SURE TO TRIGGER THE LOW D-FLAT, BUT NOT THE E-FLAT.**

*ppp*

End of fundamentals; rest before proceeding with normal practice session. Happy practicing!