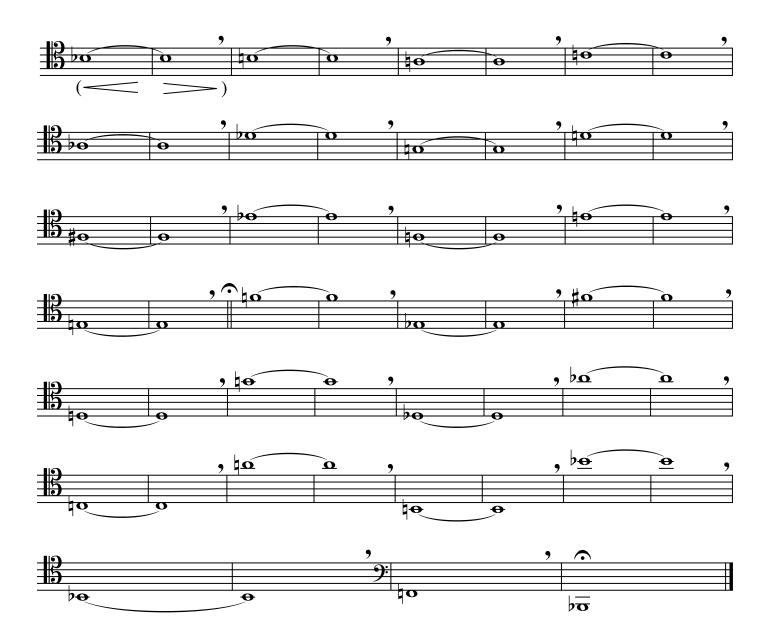
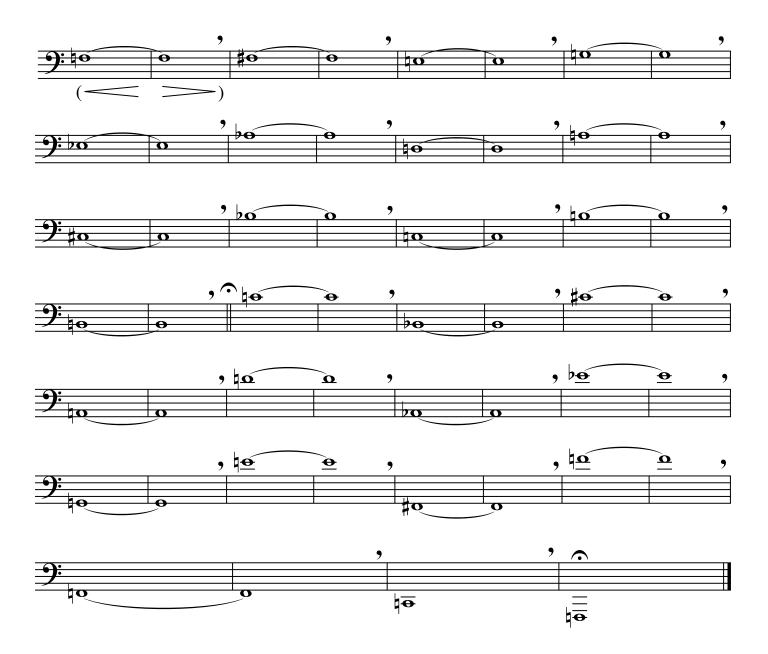
LONG TONES (High)



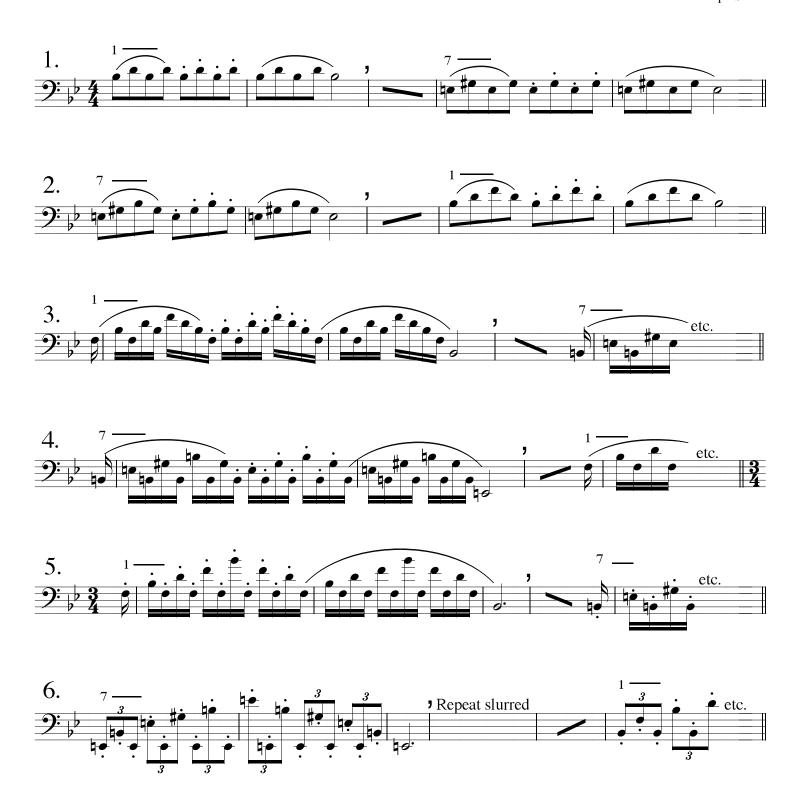
- 1) This is a basic pattern for practicing long tones. Start with a metronome beat of about 60 to the quarter and then gradually reduce the speed or increase the number of counts on each pitch. Adding a crescendo and diminuendo is also beneficial.
- 2) To build endurance, keep the lips in contact with the mouthpiece when breathing. At first, it is advisable to remove the lips from the mouthpiece at the double bar and fermata midway through the exercise and rest for a moment. As your endurance increases, try to go further while maintaining constant contact with the mouthpiece.
- 3) Once the pattern has been memorized, try it without looking at the music. Thinking about what pitch comes next will help keep the mind from wandering—a common problem in long tone practice.

LONG TONES (Low)



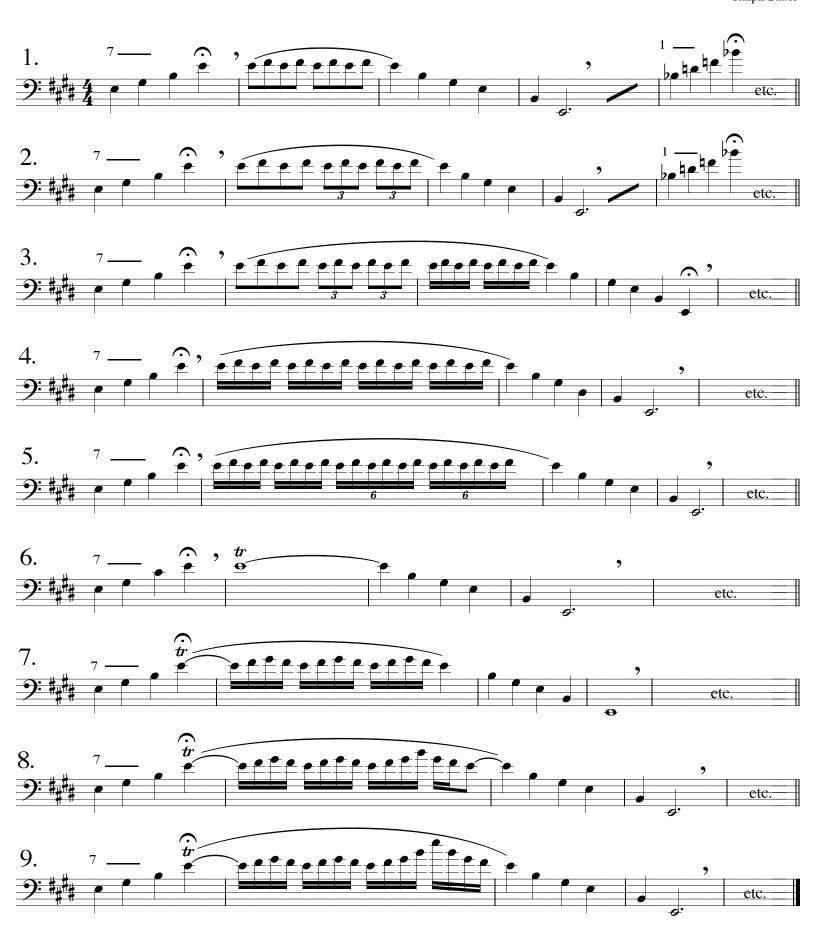
- 1) This is a basic pattern for practicing long tones. Start with a metronome beat of about 60 to the quarter and then gradually reduce the speed or increase the number of counts on each pitch. Adding a crescendo and diminuendo is also beneficial.
- 2) To build endurance, keep the lips in contact with the mouthpiece when breathing. At first, it is advisable to remove the lips from the mouthpiece at the double bar and fermata midway through the exercise and rest for a moment. As your endurance increases, try to go further while maintaining constant contact with the mouthpiece.
- 3) Once the pattern has been memorized, try it without looking at the music. Thinking about what pitch comes next will help keep the mind from wandering—a common problem in long tone practice.

PROGRESSIVE FLEXIBILITY STUDIES



- 1) It is important to alternate natural slurs with detached tonguing—the examples above are just one variation. Try others for variety.
- 2) Always start with number 1, but DO NOT go on to the next number until the one you are working on sounds easy and fluid. It may take weeks or months before you're ready for the next level. Don't be in a hurry.
- 3) A good beginning tempo is $\sqrt{} = 52$. As your flexibility gets better, increase the tempo gradually, but don't forget to practice each level slowly, too. Slow flexibility is just as important as fast flexibility.

PROGRESSIVE HIGH REGISTER ETUDES



Other Favorites

