

NORTHWESTERN

MS

HORN

WARM-UP PACKET

2018-19

BREATHING GYM

Warm-Up

- Field goal arms, twisting and turning inhaling and exhaling on your own terms
- Shake it off

5 in, 15 sip, half and half, ssss!!!

- Inhale in a pattern for 5 beats
 - Quarter, eighths, triplets, sixteenths,
 - Inhale sip for 15
- Exhale release, Capture the air and pause and release again
- Finish the rest of your air with a "sssssss"
- Breath in 1, Sigh out 1

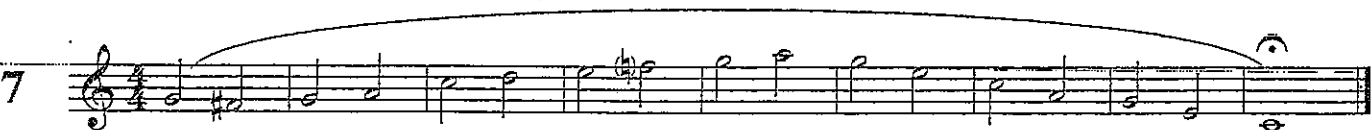
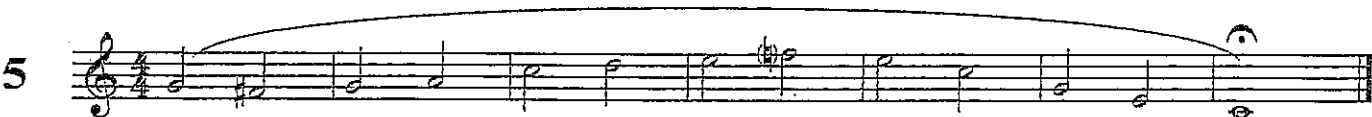
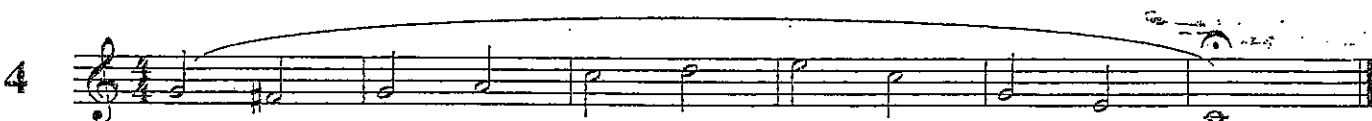
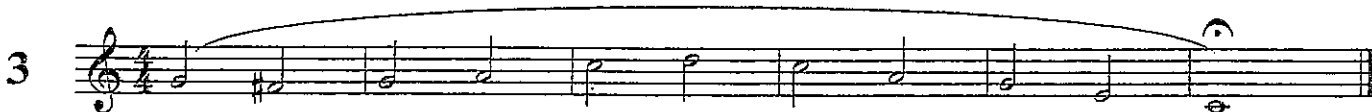
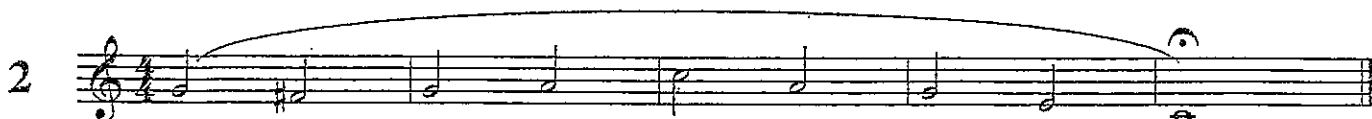
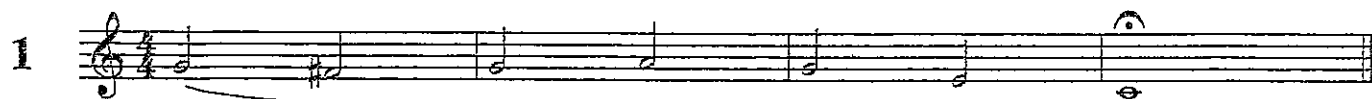
Inhalation and exhalation

- Inhale for 4 counts with your hand over mouth long ways
- Exhale straight ahead with your palm in front of your face for 4 counts.
- Continue using these patterns

- In for 4, out for 4
- In for 3, out for 4
- In for 2, out for 4
- In for 1, out for 4
- In for 1, out for 5
- In for 1, out for 6
- In for 1, out for 7
- In for 1, out for 8
- In for 1, out for 9
- In for 1, out for 10
- Breath in for 1, sigh for 1

F Horn

FLOW STUDIES



Lip Slur Exercises

Horn

1

T T2 T1 T12 (T3) T23

2

T T2

T1 T12

T23

3

T2 T1 T12 T23

0 2 1

Tuning Chords

4

(T2) (T1)

Horn in F

Scales

Shawn Gee

$\text{♩} = 100$
Concert Bb Scale

A musical staff in 4/4 time with a key signature of two flats (Bb). The scale is written in ascending and descending eighth notes, starting on Bb and ending on Bb.

Bb Arpeggios

Bb Thirds

A musical staff in 4/4 time with a key signature of two flats (Bb). The exercise consists of ascending and descending eighth-note triplets, starting on Bb and ending on Bb.

Concert F Scale

A musical staff in 4/4 time with a key signature of one flat (F). The scale is written in ascending and descending eighth notes, starting on F and ending on F.

F Arpeggio

F Thirds

A musical staff in 4/4 time with a key signature of one flat (F). The exercise consists of ascending and descending eighth-note triplets, starting on F and ending on F.

Concert Eb Scale

A musical staff in 4/4 time with a key signature of three flats (Eb). The scale is written in ascending and descending eighth notes, starting on Eb and ending on Eb.

Eb Thirds

A musical staff in 4/4 time with a key signature of three flats (Eb). The exercise consists of ascending and descending eighth-note triplets, starting on Eb and ending on Eb.

Concert Ab Scale

A musical staff in 4/4 time with a key signature of four flats (Ab). The scale is written in ascending and descending eighth notes, starting on Ab and ending on Ab.

Ab Thirds

A musical staff in 4/4 time with a key signature of four flats (Ab). The exercise consists of ascending and descending eighth-note triplets, starting on Ab and ending on Ab.

Concert C Scale

A musical staff in 4/4 time with a key signature of one sharp (C). The scale is written in ascending and descending eighth notes, starting on C and ending on C.

C Thirds

A musical staff in 4/4 time with a key signature of one sharp (C). The exercise consists of ascending and descending eighth-note triplets, starting on C and ending on C.

Chromatic Scale #1



Chromatic Scale #2



Chromatic #3



8



Tonguing Exercises

Horn in F

EDHS 2012

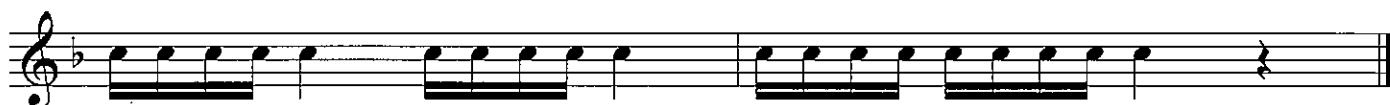
①



②



③



④



⑤



⑥



⑦



⑧



Rhythm Grid

This is a rhythm grid for a 4/4 time signature, consisting of 6 rows and 8 columns of measures. The grid is numbered 1 through 54, with the final cell (row 6, column 8) being empty. The notation includes various rhythmic patterns such as quarter notes, eighth notes, sixteenth notes, and rests.

Row	Col 1	Col 2	Col 3	Col 4	Col 5	Col 6	Col 7	Col 8
1	1	2	3	4	5	6		
2	7	8	9	10	11	12		
3	13	14	15	16	17	18		
4	19	20	21	22	23	24		
5	25	26	27	28	29	30		
6	31	32	33	34	35	36		
7	37	38	39	40	41	42		
8	43	44	45	46	47	48		
9	49	50	51	52	53	54		