

NORTHWESTERN

MS

ALTO SAXOPHONE

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

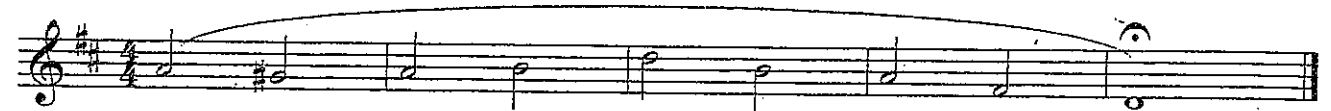
- Inhale for 4 counts with your hand over mouth long ways
- Exhale straight ahead with your palm in front of your face for 4 counts.
- Continue using these patterns

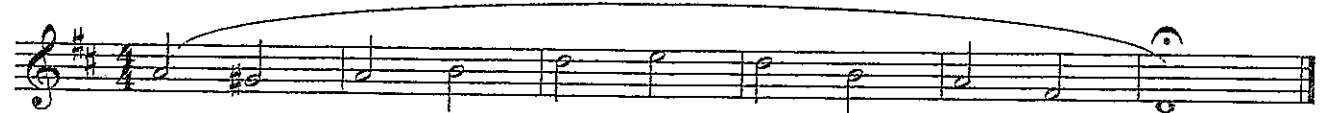
- In for 4, out for 4
- In for 3, out for 4
- In for 2, out for 4
- In for 1, out for 4
- In for 1, out for 5
- In for 1, out for 6
- In for 1, out for 7
- In for 1, out for 8
- In for 1, out for 9
- In for 1, out for 10
- Breath in for 1, sigh for 1

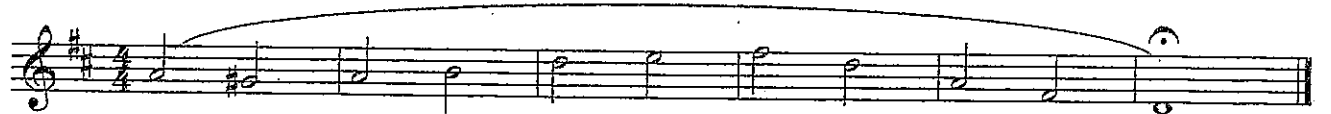
E♭ Alto Saxophone

FLOW STUDIES

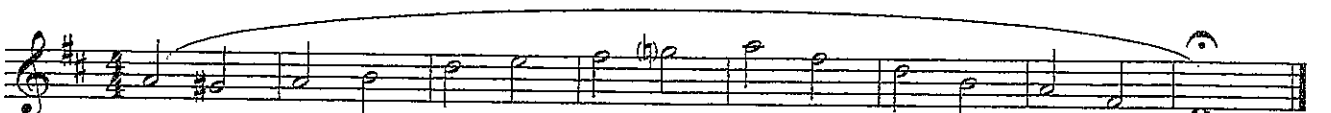
1 


2 

3 

4 

5 

6 

7 

8 

9 

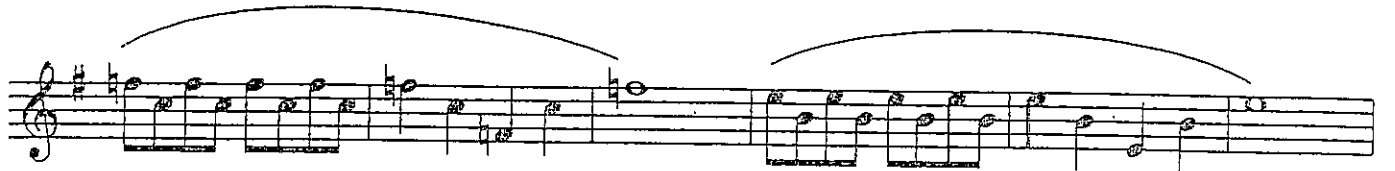
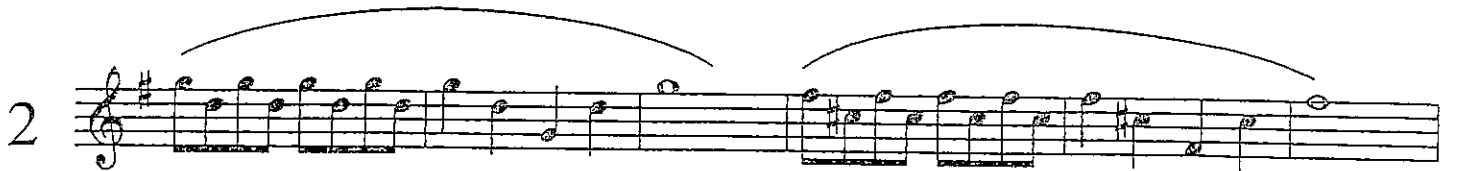
Lip Slur Exercises

Alto Sax

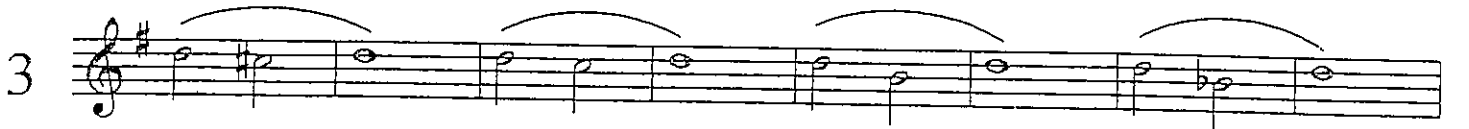
1



2

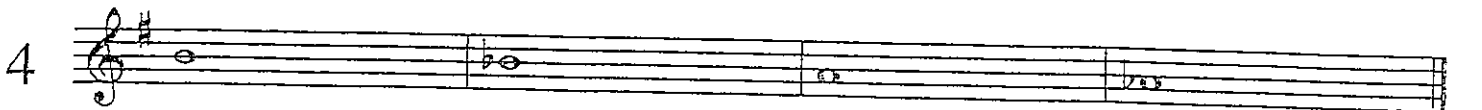


3



Tuning Chords

4



Alto Saxophone

Scales

Shawn Gee

$\text{♩} = 100$
Concert Bb Scale

Musical staff showing the Concert Bb Scale in 4/4 time. The scale starts on Bb and ends on Bb. The notes are: Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb.

Bb Arpeggios

Musical staff showing Bb Thirds in 4/4 time. The notes are: Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb.

Concert F Scale

Musical staff showing the Concert F Scale in 4/4 time. The scale starts on F and ends on F. The notes are: F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F.

F Arpeggios

Musical staff showing F Thirds in 4/4 time. The notes are: F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F.

Concert Eb Scale

Musical staff showing the Concert Eb Scale in 4/4 time. The scale starts on Eb and ends on Eb. The notes are: Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb.

Eb Thirds

Musical staff showing Eb Thirds in 4/4 time. The notes are: Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb.

Concert Ab Scale

Musical staff showing the Concert Ab Scale in 4/4 time. The scale starts on Ab and ends on Ab. The notes are: Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab.

Ab Thirds

Musical staff showing Ab Thirds in 4/4 time. The notes are: Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab.

Concert C Scale

Musical staff showing the Concert C Scale in 4/4 time. The scale starts on C and ends on C. The notes are: C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C.

C Thirds

Musical staff showing C Thirds in 4/4 time. The notes are: C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C.

Chromatic Scale #1



Chromatic Scale #2



Chromatic #3



8



Tonguing Exercises

Alto Sax

EDHS 2012

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④



⑤



⑥



⑦



⑧



Rhythm Grid

This document is a rhythm grid for 4/4 time, consisting of 10 rows and 6 columns of musical notation. Each measure is numbered from 1 to 54. The notation includes various rhythmic patterns such as quarter notes, eighth notes, and rests. The grid is organized as follows:

Row	Measure 1	Measure 2	Measure 3	Measure 4	Measure 5	Measure 6
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