

NORTHWESTERN

MS

TENOR

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

B \flat Tenor Saxophone

FLOW STUDIES

1

2

3

4

5

6

7

8

9

Lip Slur Exercises

Tenor Sax

1

2

3

Tuning Chords

4

F#

F natural

Tenor Saxophone

Scales

Shawn Gee

$J = 100$

Concert Bb Scale

Bb Arpeggios

Musical notation for the Concert Bb Scale and Bb Arpeggios. The scale is written in a 4/4 time signature, starting on Bb and ending on Bb. The arpeggios are written in a 4/4 time signature, starting on Bb and ending on Bb.

Bb Thirds

Musical notation for Bb Thirds. The exercise is written in a 4/4 time signature, starting on Bb and ending on Bb.

Concert F Scale

F Arpeggio

Musical notation for the Concert F Scale and F Arpeggio. The scale is written in a 4/4 time signature, starting on F and ending on F. The arpeggio is written in a 4/4 time signature, starting on F and ending on F.

F Thirds

Musical notation for F Thirds. The exercise is written in a 4/4 time signature, starting on F and ending on F.

Concert Eb Scale

Musical notation for the Concert Eb Scale. The scale is written in a 4/4 time signature, starting on Eb and ending on Eb.

Eb Thirds

Musical notation for Eb Thirds. The exercise is written in a 4/4 time signature, starting on Eb and ending on Eb.

Concert Ab Scale

Musical notation for the Concert Ab Scale. The scale is written in a 4/4 time signature, starting on Ab and ending on Ab.

Ab Thirds

Musical notation for Ab Thirds. The exercise is written in a 4/4 time signature, starting on Ab and ending on Ab.

Concert C Scale

Musical notation for the Concert C Scale. The scale is written in a 4/4 time signature, starting on C and ending on C.

C Thirds

Musical notation for C Thirds. The exercise is written in a 4/4 time signature, starting on C and ending on C.

Chromatic Scale #1



Chromatic Scale #2



Chromatic #3



8



Tonguing Exercises

Trumpet/Clarinet

EDHS 2012

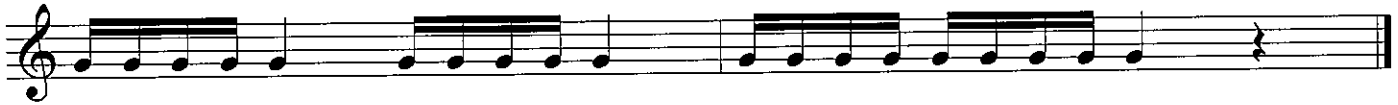
①



②



③



④



⑤



⑥



⑦



⑧



Rhythm Grid

This image shows a 'Rhythm Grid' for a 4/4 time signature, consisting of 9 rows and 6 columns of musical notation. Each cell in the grid contains a numbered measure (1 through 54) with specific rhythmic patterns. The notation is written on a five-line staff with a treble clef and a 4/4 time signature. The patterns include various note values such as quarter notes, eighth notes, and sixteenth notes, as well as rests and beams connecting notes. The grid is organized into three groups of three rows each, with the first row of each group being mostly empty except for a treble clef and a key signature signature (one sharp, F#).

| 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 |