

Warm-Up #1

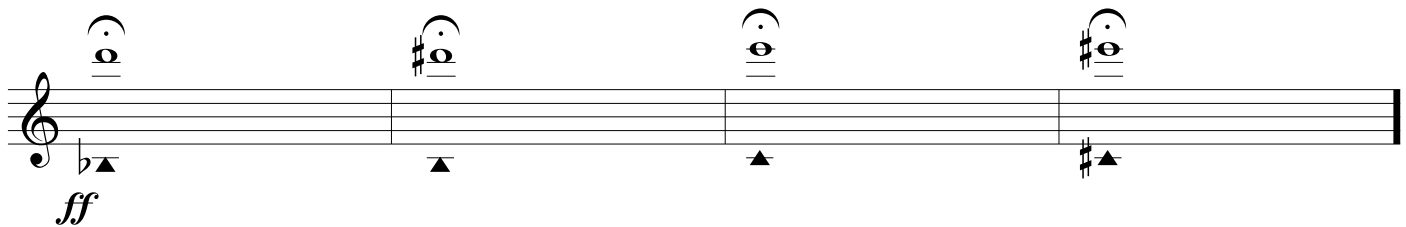
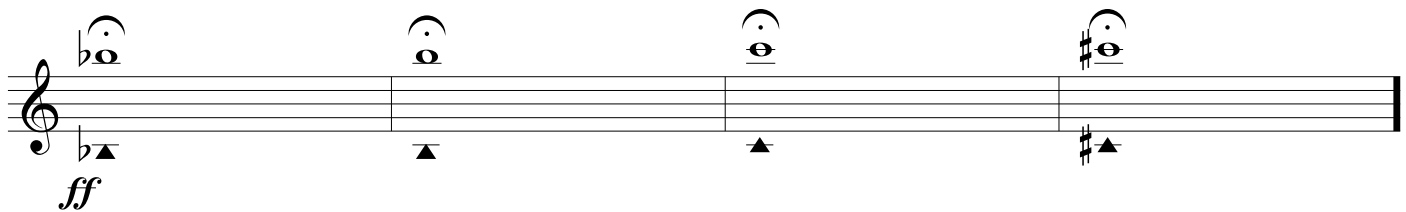
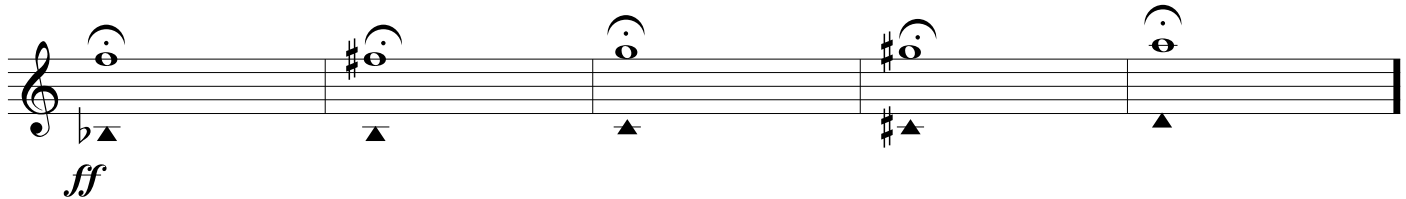
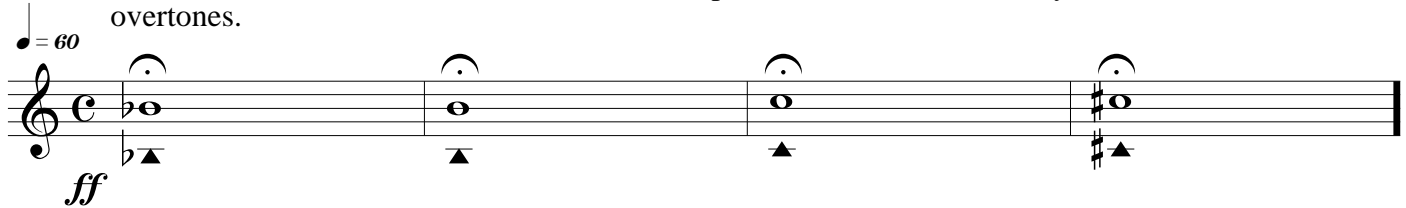
Overtone for strength, focus and resonance

Directions:

Finger the lower pitch and produce the note above. Pay attention to throat position and memorize where each note becomes stable. A nominal amount of jaw pressure will focus the pitches. The diaphragm must be used at all times.

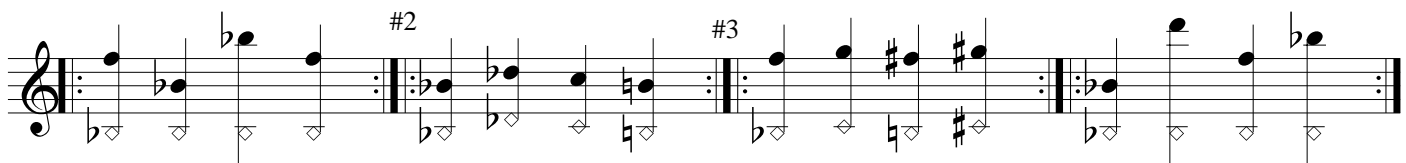
Hold each pitch out between 10-16 beats with the quarter note at sixty. The higher notes become more unstable and will take practice to learn how to control them.

After you have gained control of these first four exercises, go on to the Dexterity Control exercises at the end. Use the same tempo and focus on consistency of overtones.



Dexterity Exercises

#1 = Also do B, C, C#



#4 = Also do B, C, C#