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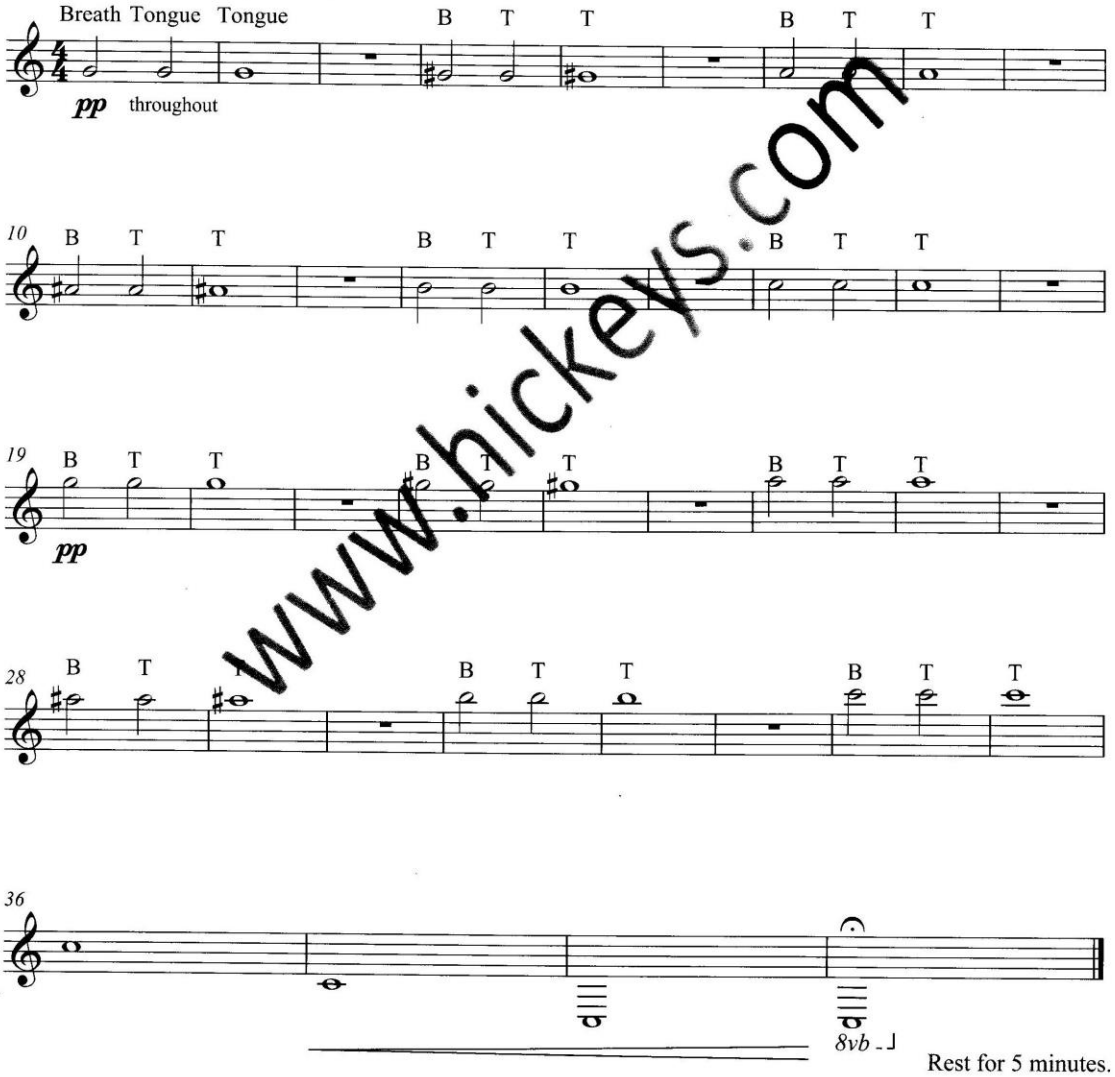
Reminder: All the rules from *Musical Calisthenics for Brass* apply to all the excercises in this book.

1. Tap your foot ♩ = 60
2. Keep the mouthpiece in contact with the lips throughout each exercise.
3. Breathe through the nose.
4. Keep the blow steady.

Lesson 1

Exercise 1: Six Notes

Measure 19 to the end is an optional 8vb.



Rest for 5 minutes.

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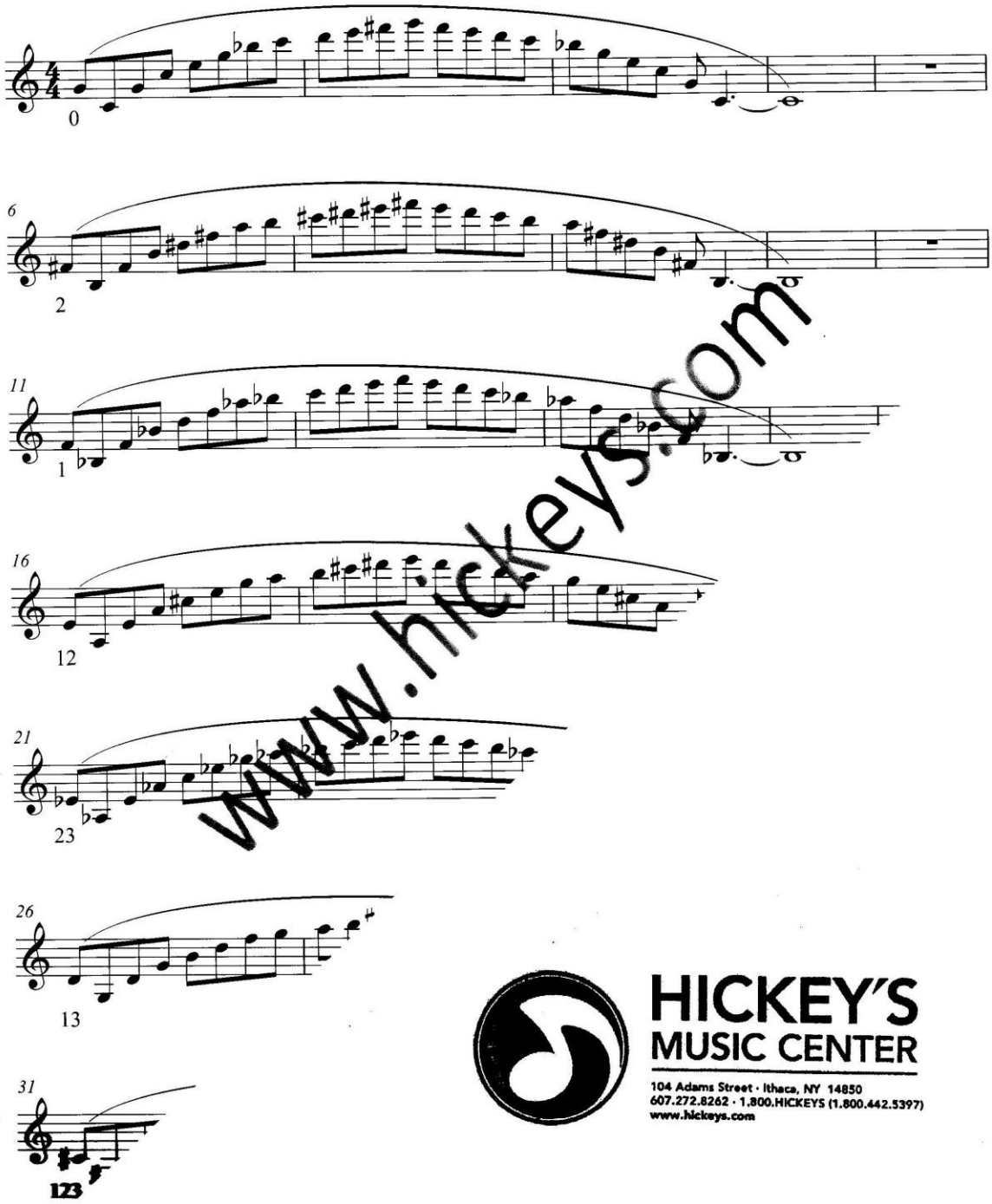
Lesson 2

Play Excercise 1, followed by 5 minutes of rest.
Play Excercise 2, followed by 15 minutes of rest.

Exercise 3: Harmonics



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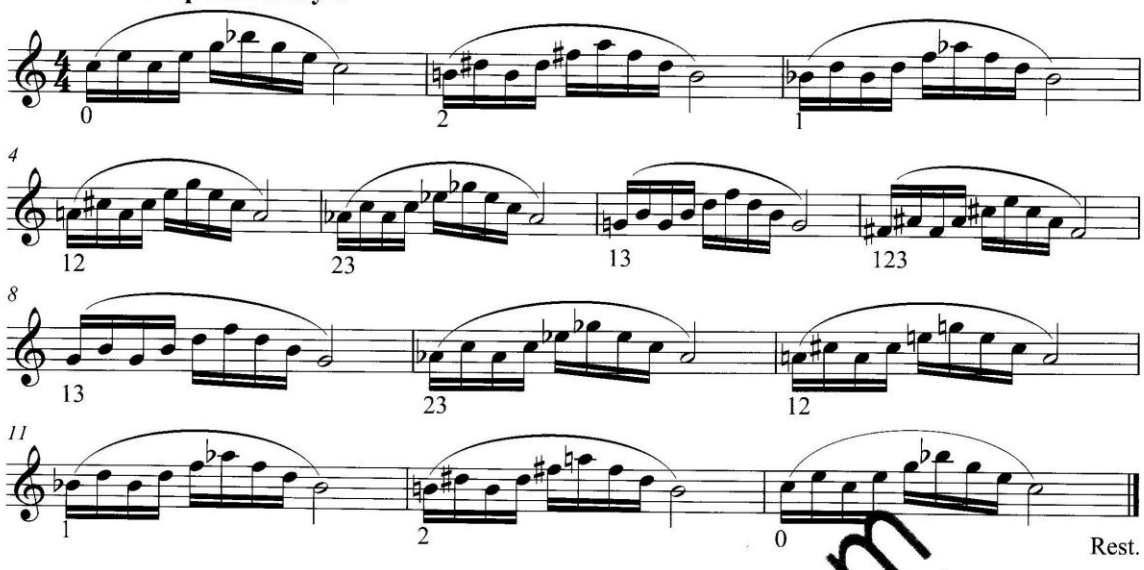
Exercise 12: Lip Flexibility 2



Exercise 13: Intervals in 9ths – Loud Soft Loud

As in MCFB, play the Loud
pause 8-10 seconds, p
as high as you ca

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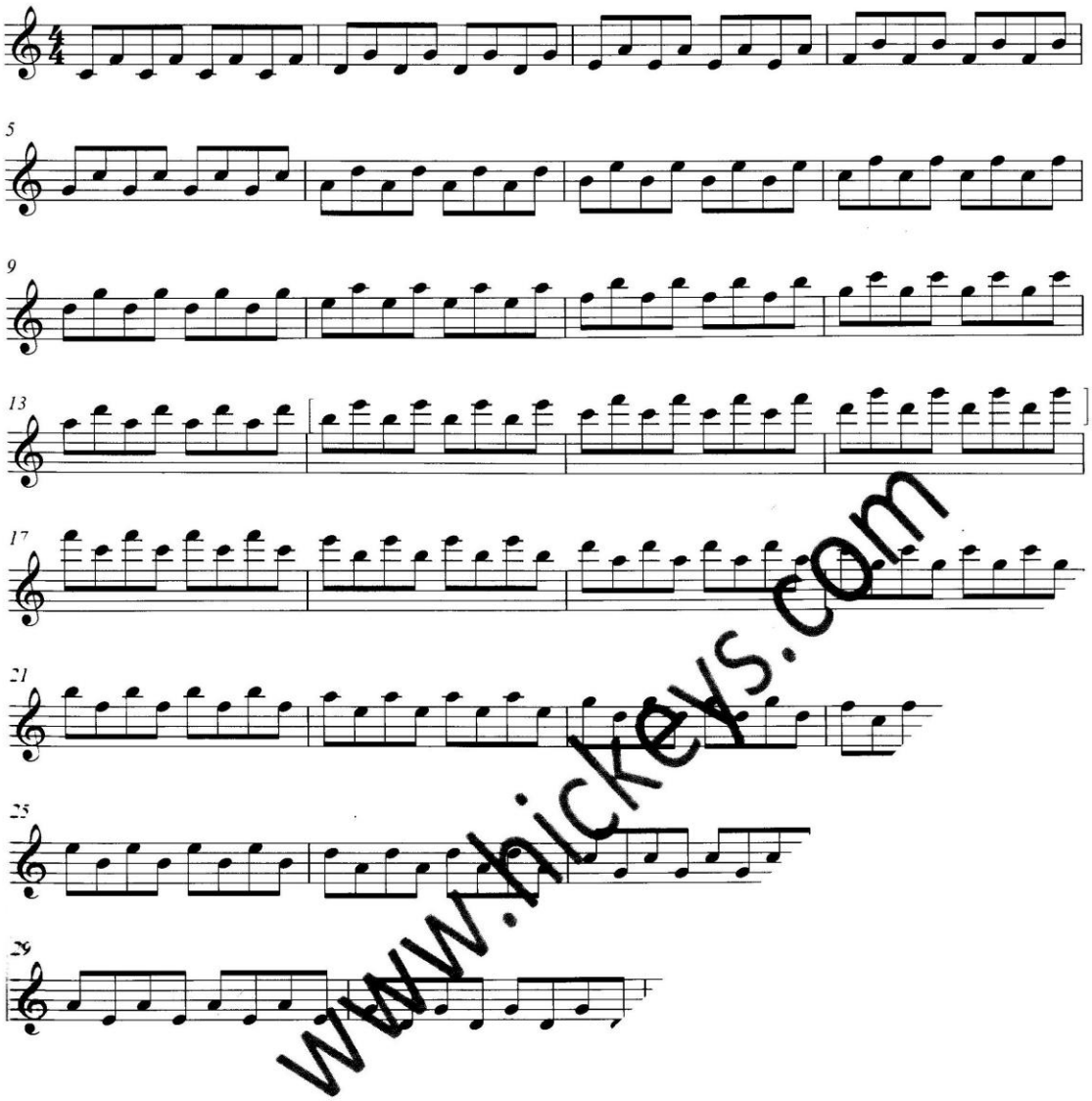
Exercise 41: Developed Intervals in 4ths



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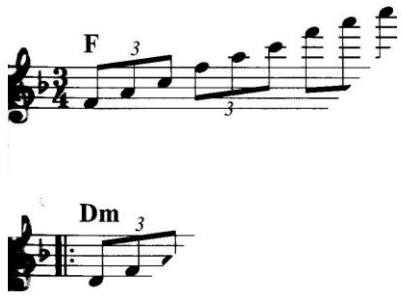
Exercise 42: Arpeggios 2 – F major / D m



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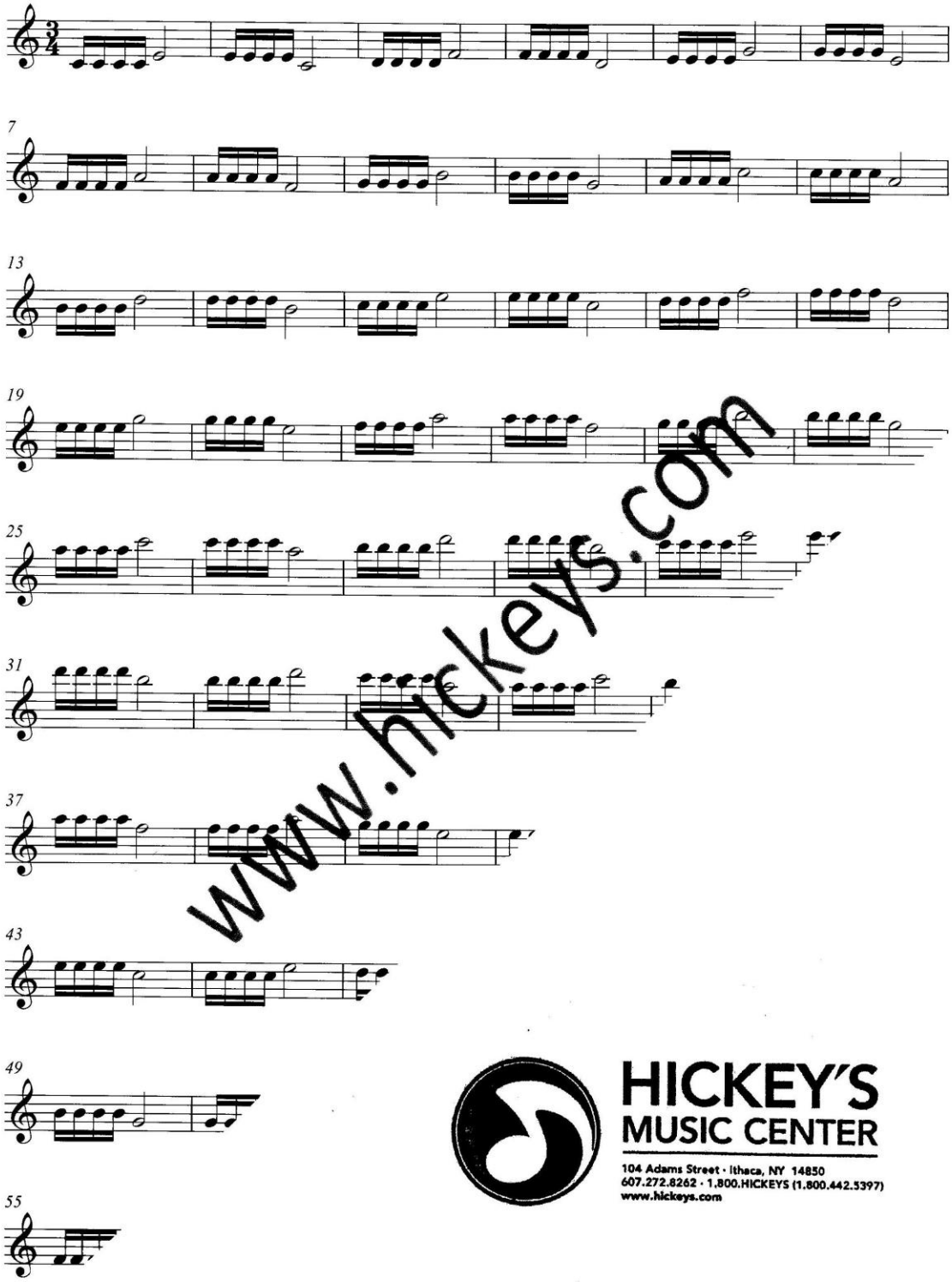
Exercise 50: Tongued Intervals in 3rds



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