

TABLE OF CONTENTS

Solitary Refinement – <i>Hone Alone</i>	1
Routine – <i>Learn & Return</i>	2
Health – <i>Body of Work</i>	4
Form and Function – <i>Moonlight on the Waves</i>	5
Memorize – <i>Playing by Heart</i>	7
Nun with a Gun – <i>Confidence and Humility</i>	8
Benefits of Technical Practice – <i>Psst, It's All Technique!</i>	9
Concepts for Conscious Practice – <i>Boot Camp of the Imagination</i>	9
Practice Techniques – <i>Sometimes It Takes A Very Long Time To Get Just One Thing Right And That's OK</i>	14
General Practice Ideas – <i>Carnegie Hall of Your Mind</i>	16
Thoughts on Fingerings, Perfection and Never Giving Up – <i>Life is Messy</i>	18
Make a Note of This – <i>Record Keeping</i>	19
 CHROMATIC SCALES AND CHORDS	 21
Chromatic Mordents	22
Chromatic Up/Down Fill-Ins and Intervals	33
Chromatic Up Up/Down Down Fill-Ins and Intervals	88
Chromatically Modulating Scales	142
Chromatically Modulating Triads and Seventh Chords	160
Schoenbach Chords	189
Garfield Chromatic Scales and Double Tonguing	194
 DIATONIC SCALES AND CHORDS	 209
Modal Scales	210
Diatonic Triads and Seventh Chords	235
Common Tone Chords	404

LONG TONES AND BASICS	409
Senza Whisper Key	410
Tonal Trill Drill aka Tonal Facelift	412
Tchaikovsky VI Long Tone Drill	414
Vibrato Exercise or Kinetic Long Tones	416
Tuning Exercise	419
Articulation Guide	422
 FINGERINGS	 427
Ideas for Developing the Extreme High Range	427
Fingering Chart	430
 ILLUSTRATIONS BY TOBIAS SID JOHN	
Alpine Vista	COVER
Levitating Bassoonist	IV
Bassoon Goddess	20
Seated Deity	143
Scarlet Coat Bassoonist	198
Avatar and Panther	426