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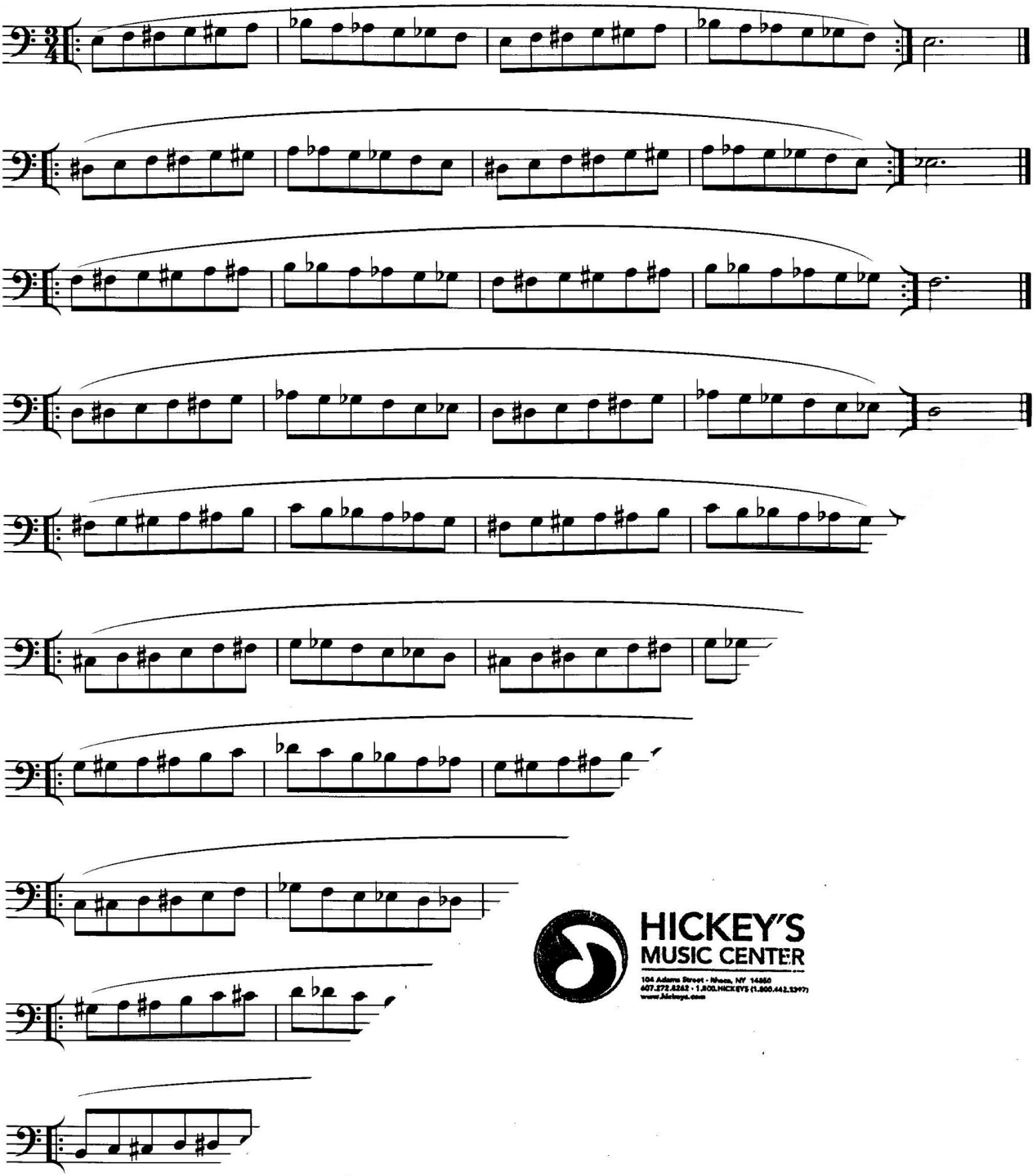


"Now we have to play these exercises as if there is not a bump or ripple in the sound. The sound stays as even and as beautiful as when you played a long tone. Your mind cannot be aware of what the fingers are doing. The mind is in the sound and allows what is going to happen to you, without conscious thought."

Earlier Routine

(Mid 1950 - 1977)

No. 1

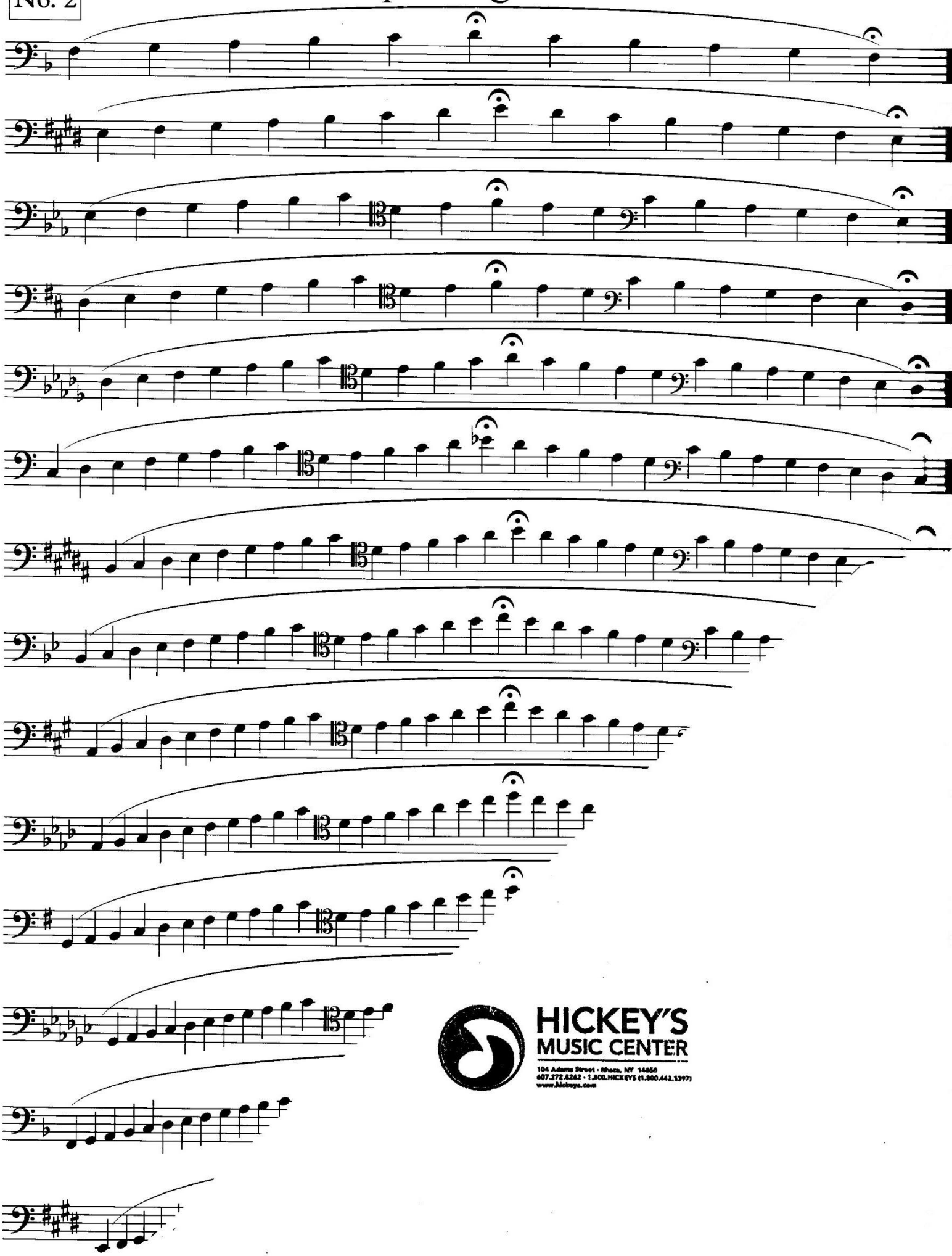
Clarke #1



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No. 2

Expanding Scales
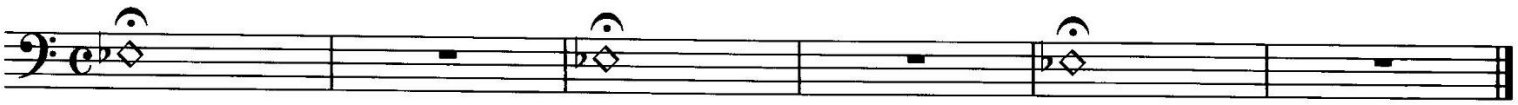


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Later Routine

(1977 and on)

What we are trying to do is to get the air through the horn with the least amount of tension and the least amount of muscle. To buzz the leadpipe on a baritone/euphonium, remove the tuning slide, for trombone, remove the outer slide The mouthpiece/leadpipe should resonate at approximately Eb concert. Think about accelerating the air through the leadpipe and letting the air blow the embouchure into place. Play the leadpipe about a dozen times, or until you feel your embouchure responding to the breath in a relaxed manner.

Blowing the Leadpipe

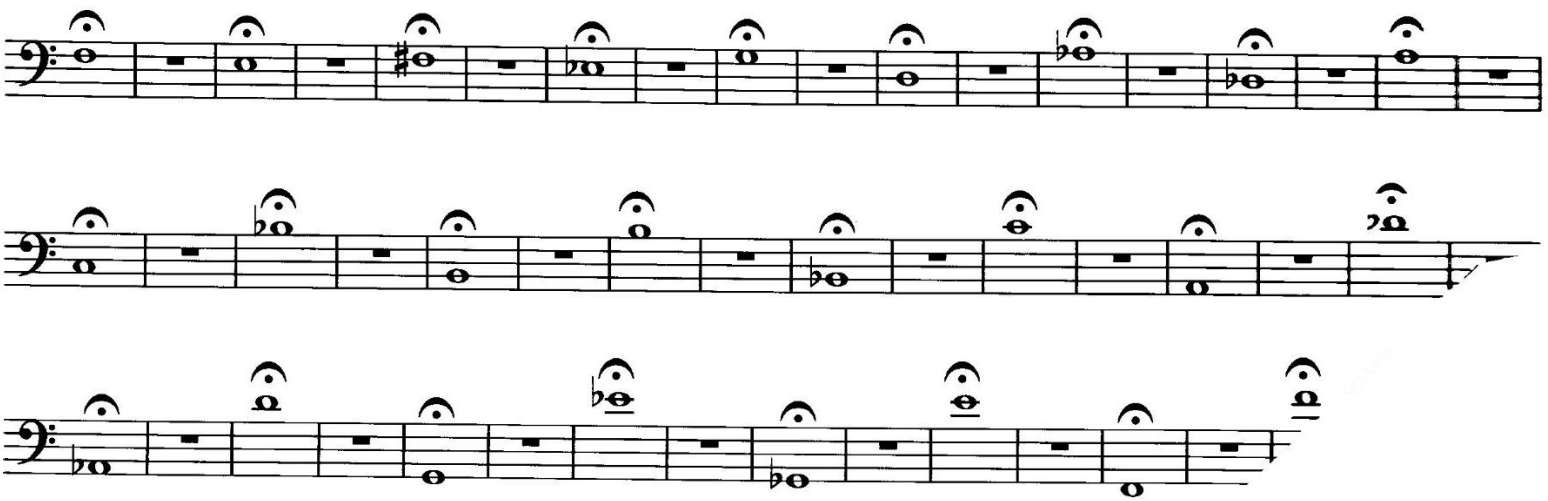




"Think of the most beautiful sound you can imagine and blow through this sound as you play long tones. You're only thinking of one thing and this is sound."
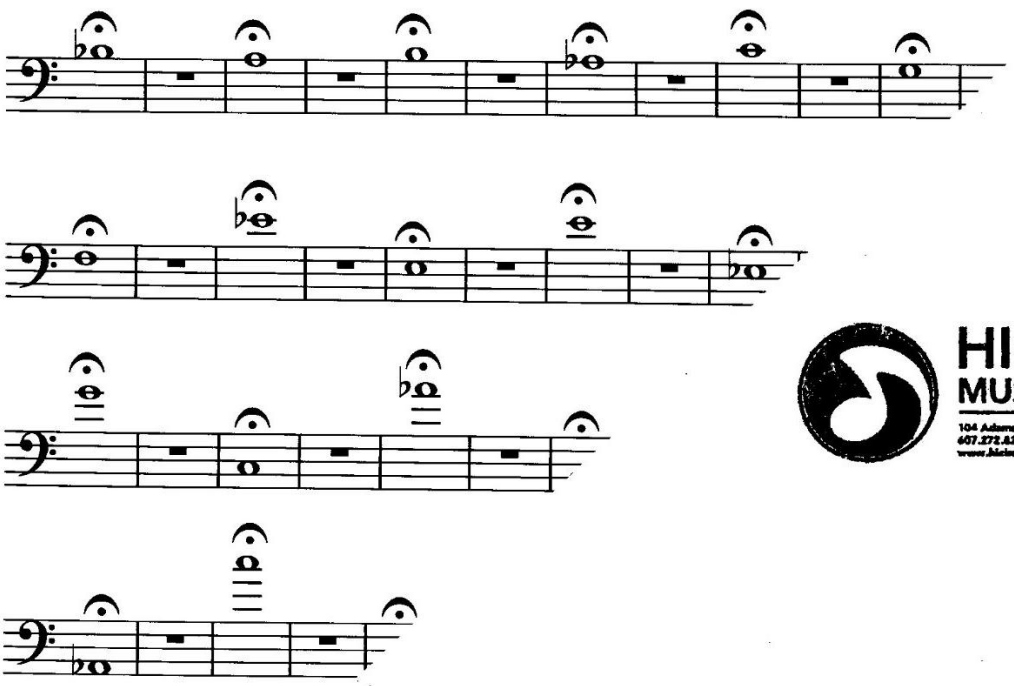
No. 1A

Long Tones



No. 1B

Advanced Long Tones



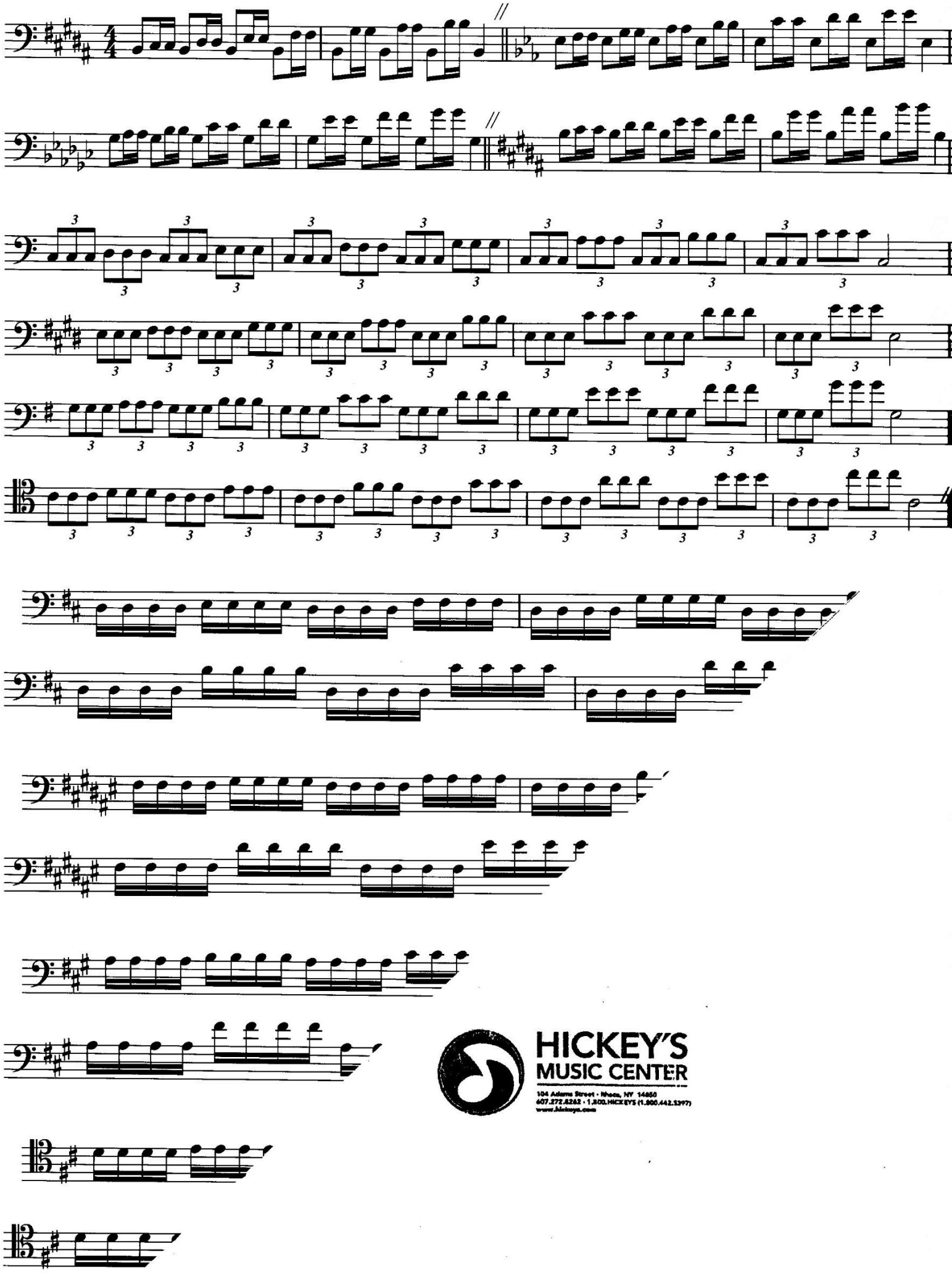
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"Obstacles are things you see when you take your eyes off of the goal."

No. 12A

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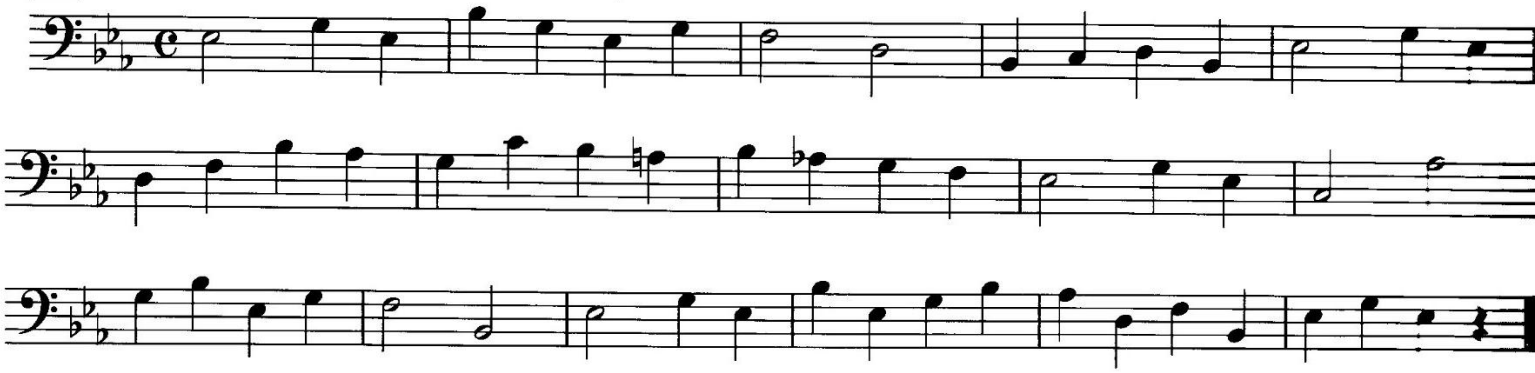


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Arban's Single Tongue
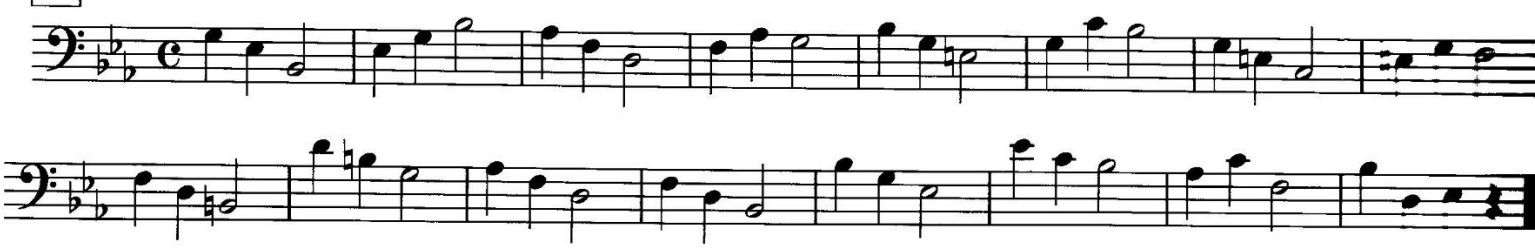
Slur first, rest, single tongue

Advanced Option A: Transpose into various keys
Advanced Option B: Play slurred and tongued 8va
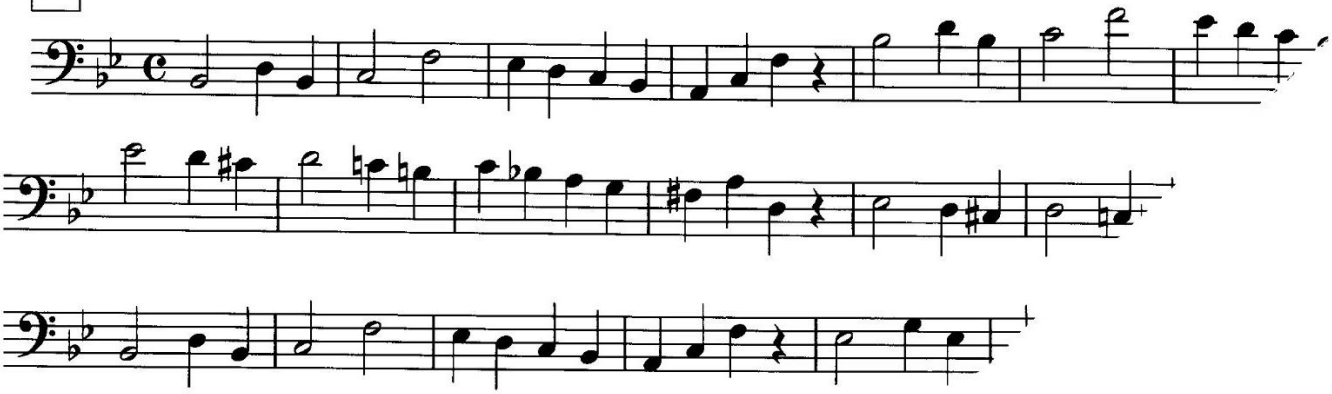
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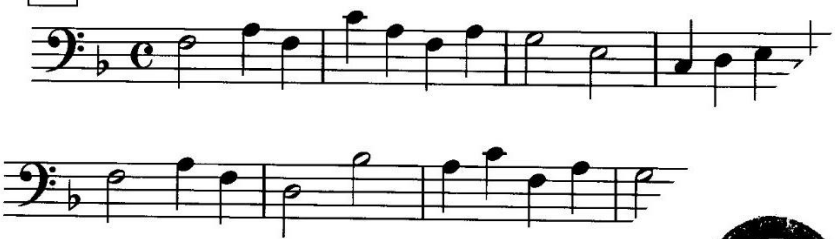


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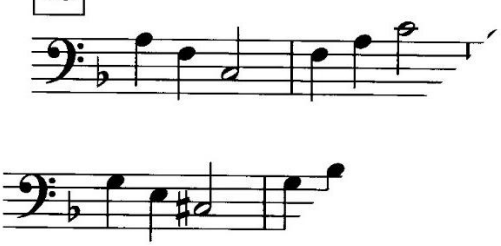


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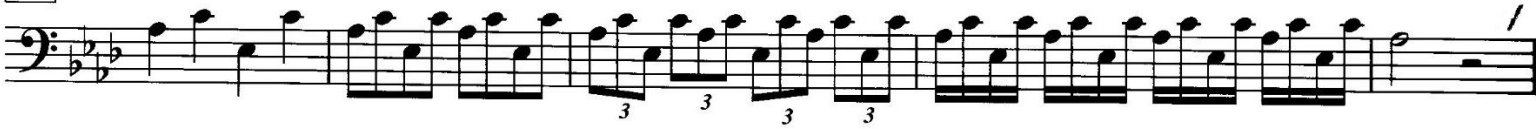


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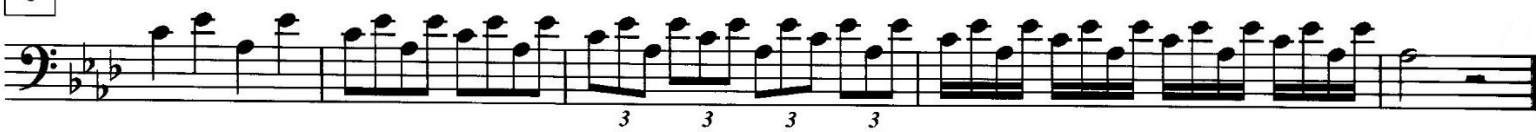
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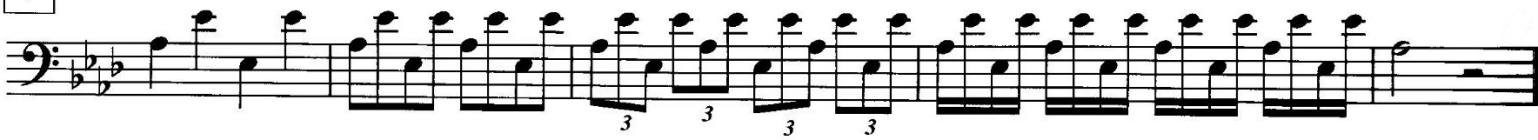


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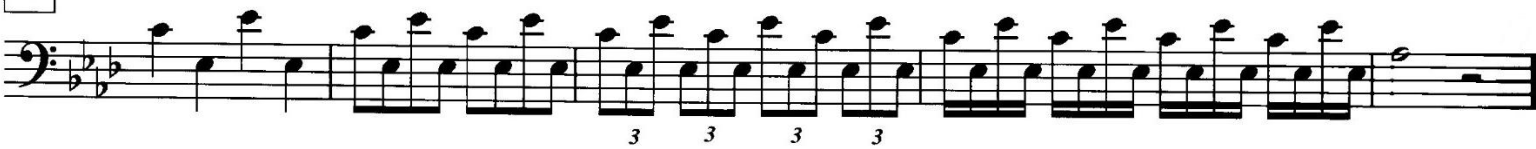
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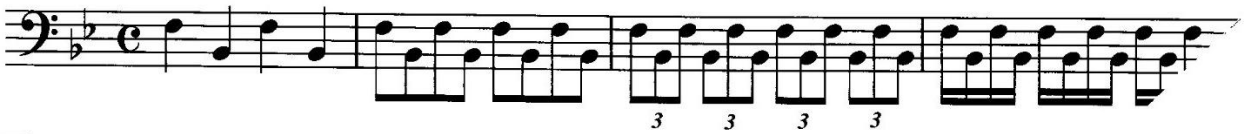


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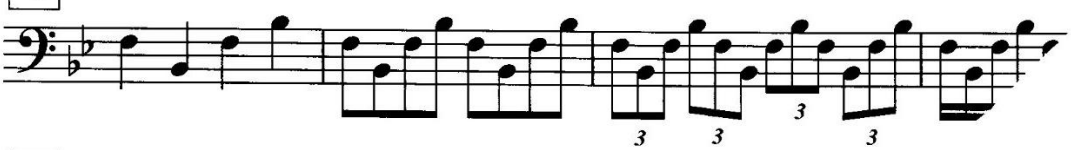


Set C
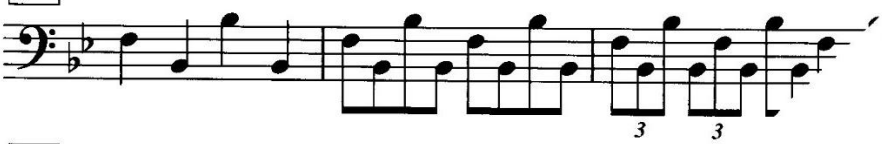
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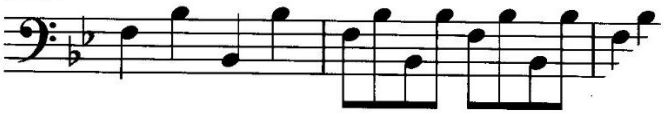


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3
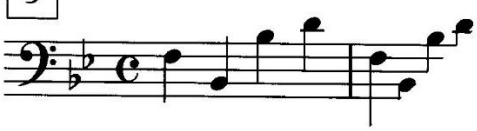


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5





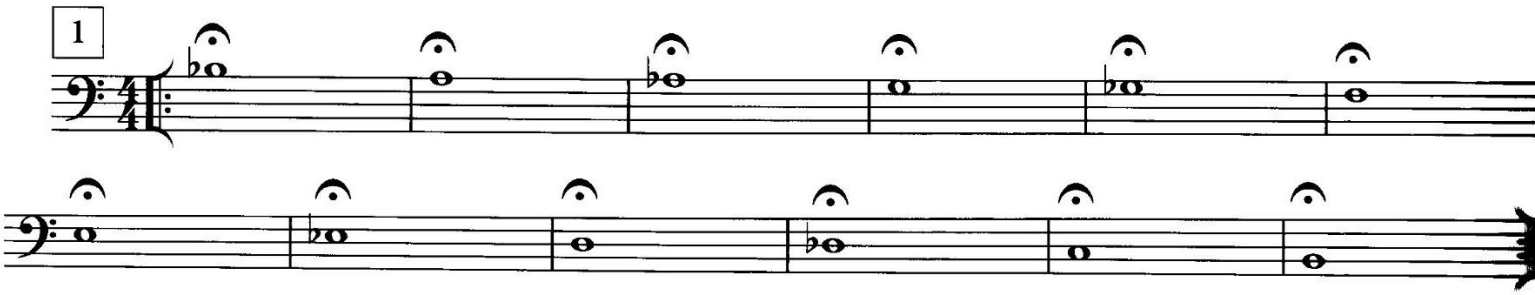
"At all times remember to imagine a beautiful sound. Keep your attention on that sound. Keep your energy up but never tense. Move that energized air through your sound. Stay calm and mentally focused...never anxious"

Endurance Studies

Long Tone Endurance Studies
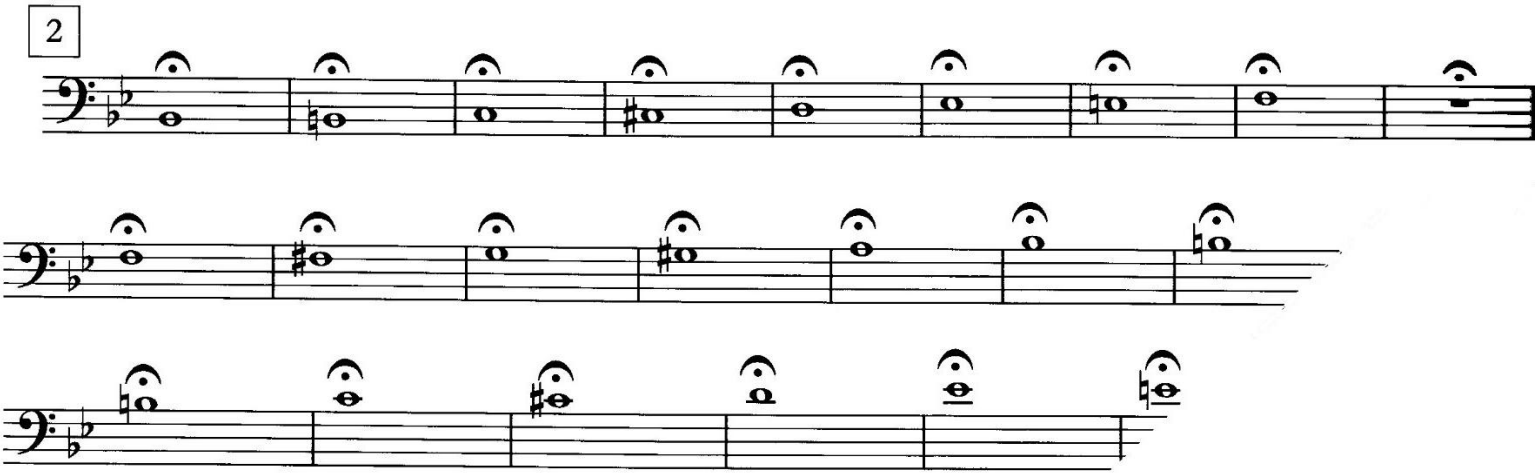
Hold each note as long as possible
Do not take the mouthpiece from the lips when you breathe

1



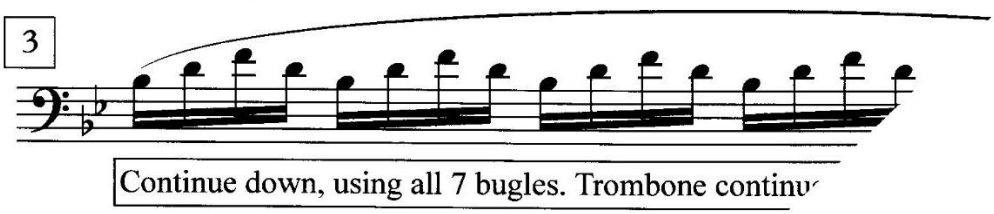
Hold each note as long as possible Do not take the mouthpiece from the lips when you breathe. At the end of each line, rest for 60 seconds
If you become too tired to play a note, try three times, then put it away

2
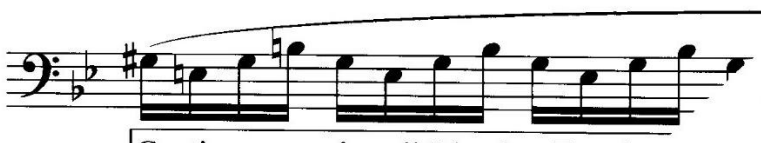


Keep the horn to your lips for the entire exercise

3



Continue down, using all 7 bugles. Trombone continu



Continue up, using all 7 bugles. Trombo



Continue down, using al



Contin

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