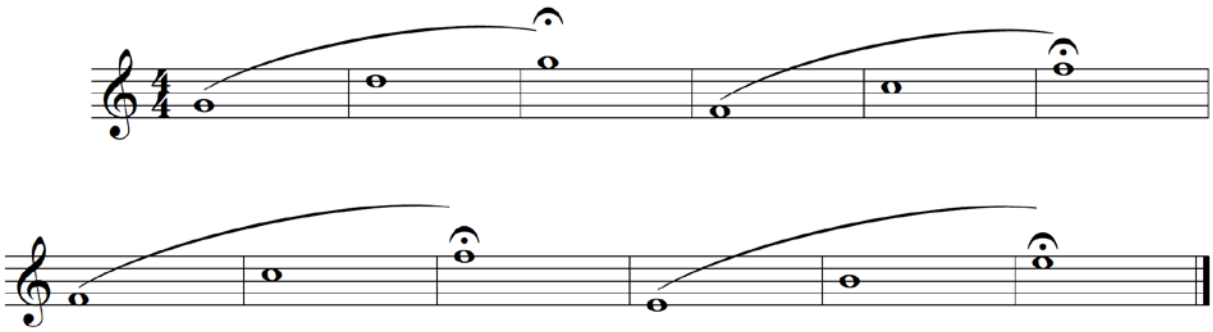
Sr. High Alto and Baritone Sax Students

Lesson 1

(30 Minute Session)

1 – Warm-up (5 minutes)

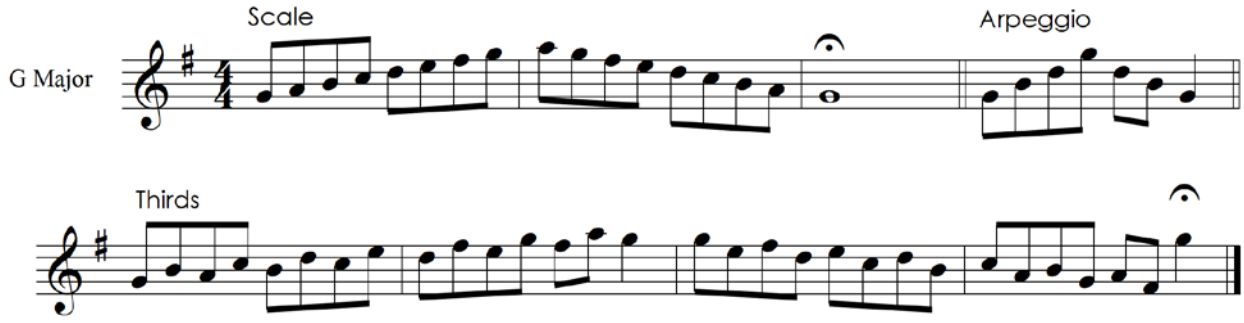
- Make sure you demonstrate good posture. Take two or three deep, full breaths reminding yourself how you need to breathe to play a wind instrument.
- Long tones
  - Always aim for rich and steady tone, using lots of air support with an open throat and relaxed embouchure.
  - Add crescendos and decrescendos; listen for richness of tone and steady pitch.



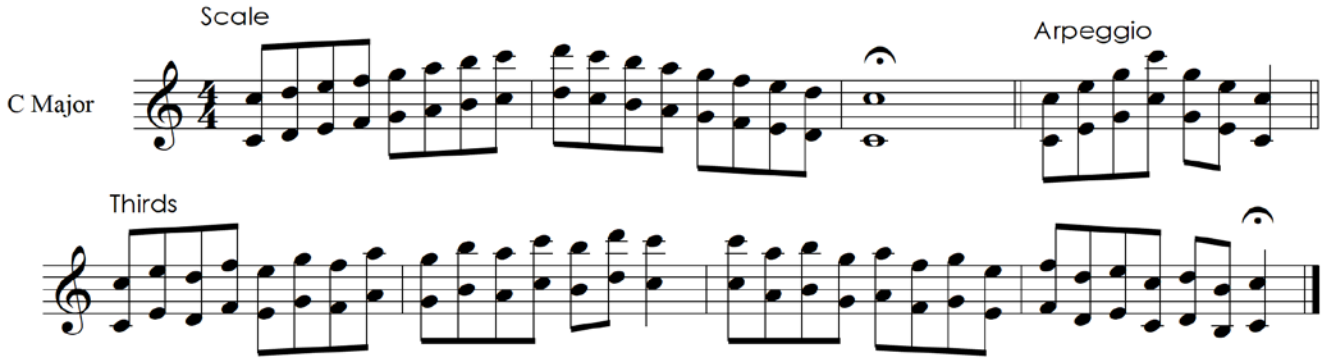
Slowly

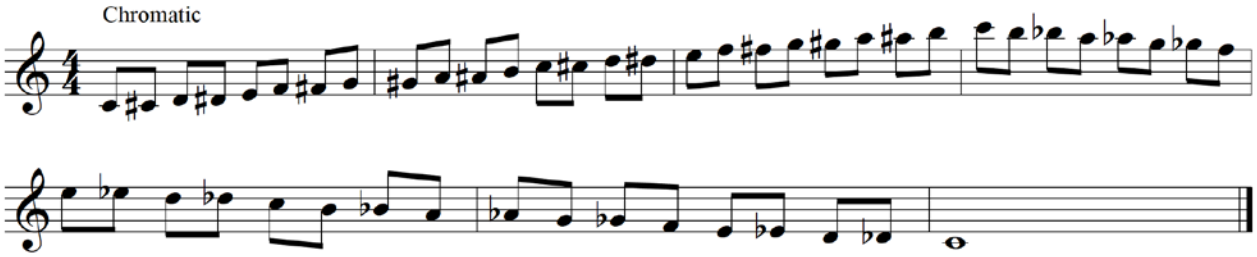
2 - Technique (10 minutes)

G Major (Bb Concert) Scale, Arpeggio and Thirds.



C Major (Eb Concert) Scale, Arpeggio and Thirds





Chromatic Scale

- When you practice your scales, be sure to vary the articulations: all slurred, all tongued, slur two & tongue two, tongue two & slur two, slur three and tongue one, etc.

For enrichment: to advance your technique even more, play your scales in full range. i.e.: For major scales, start on your lowest note (not necessarily the root or first note of the scale) and play to your highest note using the same key signature.

Always work with a metronome aiming for accuracy first and then increase the tempo. <u>Accuracy is more important than speed.</u>

3 – Work on your repertoire (15 minutes)

Choose to practice what needs to be mastered; don't waste your time practicing what you can already do.

- Listen to the piece you're working on. Most band pieces are available to listen to on jwpepper.com.
- Listen and play along – don't worry about mistakes.
- Isolate the more difficult passages and work on these in small "chunks."
    - Without playing, figure out the **rhythms** first. Write in the counting if you need to and if need be, S L O W it way down. Accuracy is more important than speed.
    - Look at the notes and add the fingerings to the rhythms you've just learned.
    - Take note of the key signature and any accidentals; play these small "chunks" sections on your instrument. Accuracy is more important than speed.
    - Put the "chunks" together gradually increasing tempo if necessary. Accuracy is more important than speed.
    - **Practice with a metronome is always encouraged.**

4 – Listening (5 minutes)

- On YouTube, find examples of great players to listen to and *really listen* for the following: breathing, tone quality, articulations, musical phrasing, dynamics, etc. Great players to check out: Eugene Rousseau, Fred Hemke, John Harle.