

## 3 Minute Warm Up (long tones)

13 seconds

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The musical notation consists of three staves, each representing a 13-second segment. Each segment contains two measures of notes with slurs and dynamic markings, followed by a whole rest. The first staff is in 4/4 time with notes on G4 and A4. The second staff is in 4/4 time with notes on B $\flat$ 4 and B4. The third staff is in 4/4 time with notes on C5 and B4. The notes are marked with a hairpin crescendo and decrescendo. The exercise is divided into three 13-second segments.

**Goal:** To increase breath control and develop a better tone quality in the shortest amount of time.

**Timeline:** Once each day at the beginning of the practice session

**Options:** Use with [5ths](#), [Overtones](#), [Octaves](#) or substitute in place of them as a daily warm up.

The Three Minute Warm Up is one the the quickest ways to get everything working at the beginning of a practice session. By everything, I mean: air stream, [diaphragmatic support](#) and embouchure setting. It literally takes ONLY 3 minutes with the metronome set to 60.

**IMPORTANT NOTE!** It is first necessary that the player has a complete understanding and ability to breath from the [diaphragm](#). Assuming this, continue with the exercise.

1. You want to start each note at the softest possibly dynamic you can.
2. Use a breath attack, thinking "hee" to start each note.
3. Take a full, supported breath from the diaphragm. Begin each note at the point where there is more air in the tone than actual sound of the note. This is what I call the "edge" of the note.
4. Crescendo to the ABSOLUTE LOUDEST you can play without overblowing.
5. Decrescendo back to the edge of sound, where you hear nothing but air moving across the reed.
6. Rest for 4 seconds (one whole rest)

7. Continue up half steps from 4th line D to top space G

26 seconds is possibly longer that you can hold the note when first learning this warm up. If this is the case, start with 6 seconds crescendo and 6 seconds decrescendo with a whole rest in-between the notes. Gradually work up to 26 seconds for each note as you become better at controlling your breath.

Good luck!

\*As always, there is no substitute for a qualified private teacher. Seek a professional who specializes in saxophone.