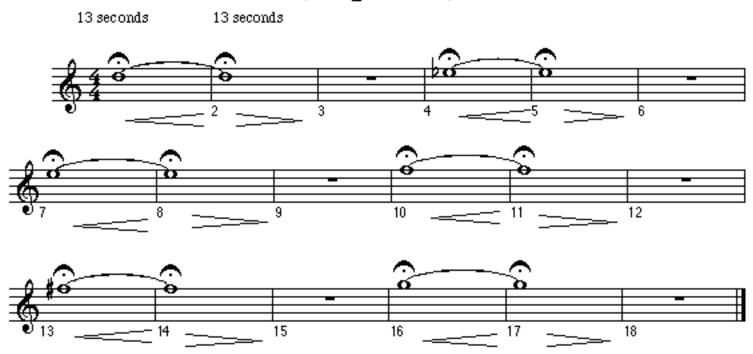
3 Minute Warm Up (long tones)



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 <u>5ths</u>, <u>Overtones</u>, <u>Octaves</u> or substitute in place of them as a daily warm up.

The Three Minute Warm Up is one the quickest ways to get everything working at the beginning of a practice session. By everything, I mean: air stream, <u>diaphragmatic support</u> 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.