

# Practice Session #1: First Sounds of The Day

Alex Iles

**1** ♩ = 60 Free buzz and/or play on mouthpiece, then on horn. With and without tongue, ad lib




*mp/mf*

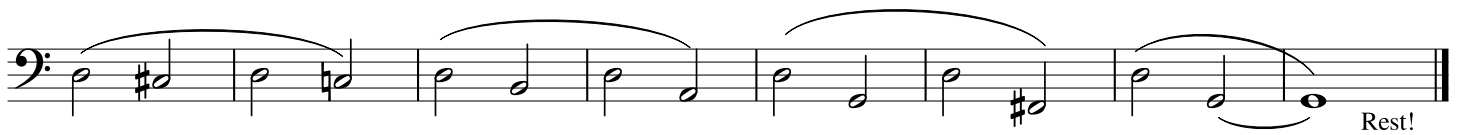


Rest!

**2** ♩ = 60 On Horn. Pick three different keys every day. Don't always start in 1st position! Play without tongue ad lib



*mf*



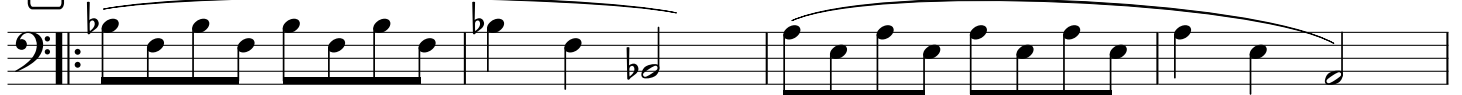
Rest!

**3** ♩ = 72 Start on any note, maintain quality sound, play in 3 keys, Also reverse direction ad lib. Play without tongue ad lib.

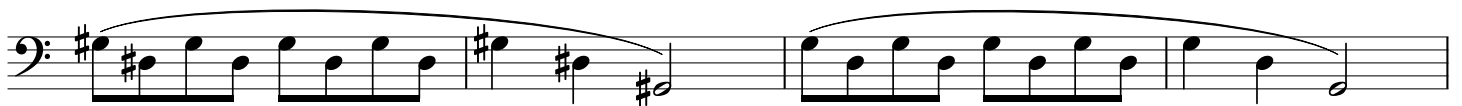


*mp* simile

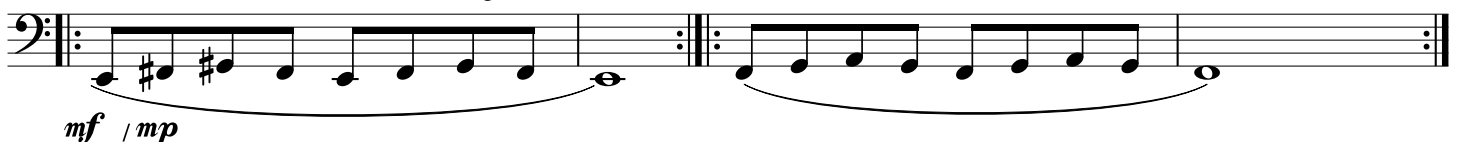
**4** ♩ = 60  
No tongue



1st x, On Mouthpiece. "Glissy" smooth air, not "slotted" jerky air  
2nd x on horn, smooth, steady airstream



**5** ♩ = 72  
Big Easy Sound With or without tongue



*mf / mp*

6  $\text{♩} = 72-132$   
 I V7 I I7 simile  
*mf* Breathe smoothly and quickly. Stay in time. If you get tired, stop, pause and restart at last bar you completed.

Continue around cycle into different registers ad lib

Water break

7  $\text{♩} = 60$  Consider taking a "quality" breath between each scale, rather than a large "quantity" of air

a)

b)

**8** ♩ = 72-120 Detached, but not too short. Less "Tah", more "tAH"  
Tongue rides on a single, constant steady stream of air

Rest!



Continue descending ad lib.  
Also, start on Bb and ascend ad lib.



Rest!

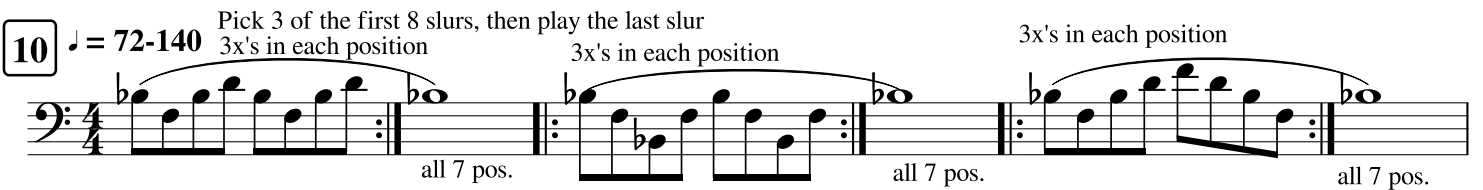
9 Play something melodic! Make every simple tune beautiful!



*mp*

Ex: My Country Tis of Thee

Now transpose song into other keys!



10  $\text{♩} = 72-140$

Pick 3 of the first 8 slurs, then play the last slur

3x's in each position

3x's in each position

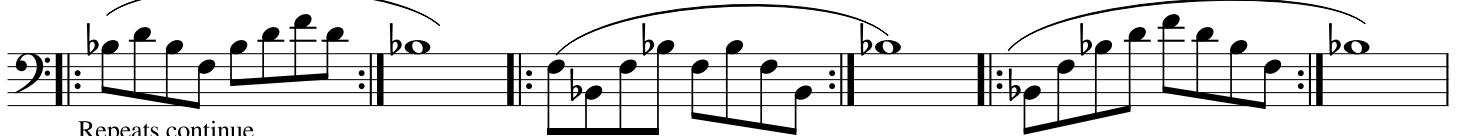
3x's in each position

all 7 pos.

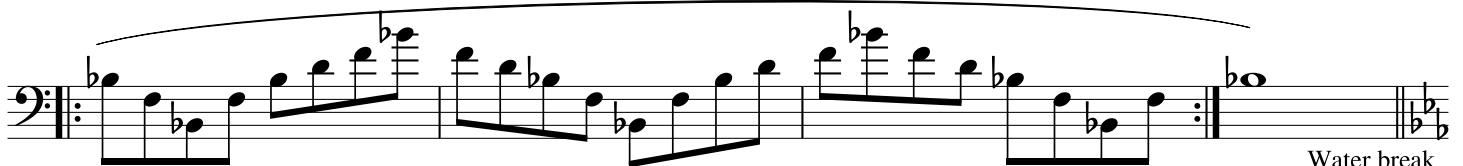
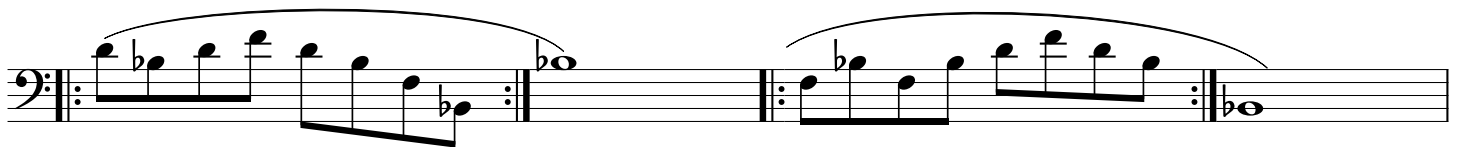
all 7 pos.

all 7 pos.

simile



Repeats continue



Water break

**11** ♩ = 72-120+

Play slurred, tenuto, accented, and detached. vary articulation within the the etude.  
Speed is less important than clear articulation and rhythmic accuracy

Transpose to another key, octave or clef

**12** ♩ = 60

a)

7 tenuto and/or slurred 6 5 4

3 2 1

b)

7 6 5 4

3 2 1

c)

7 6 5 4

3 2 1

Rest!

♩ = 60-200

Relaxed breath  
3 counts out, 3 counts in

7....

Relaxed breath  
3 counts out, 3 counts in

6...

Relaxed breath  
3 counts out, 3 counts in

5.....

Relaxed breath  
3 counts out, 3 counts in

4...

Relaxed breath  
3 counts out, 3 counts in

3...

Relaxed breath  
3 counts out, 3 counts in

2....

Rest!

1...

**13**

Continue pattern down  
as low as possible

Water break!

**14**

(Play trigger notes with/without trigger)

*mf*

**15** Four note major scale pattern around cycle of 4th's  
Ex: 1 2 3 1

Transpose, vary  
articulation and tempo



[Explore one other option daily: 1-3-5-1, 1-2-b3-1, 3-4-3-5, 1-b3-1-4, 1-2-3-5, 1-4-3-5, etc]

*Final thoughts...*

*Rest and hydrate frequently! Embellish exercises by mixing modes, registers and clefs.*

**BE CURIOUS!**

*Professionals are constantly mastering fundamentals, and consistently perform the "simple things" really well!*

*"Thinking" is encouraged.*

*Explore the things you wish to improve.*

*Do not repeat mistakes. Repetition is for the things you want to do correctly every time.*

*Address weakness with humility and an open mind. Don't let negativity discourage you!*

*Practicing is partly a meditation on the image in your mind of what you are striving for. Stay on target!*

*The goal is to address and make progress [however small] every day!!*

*Always think of everything you play as a musical performance.*

*The four fundamentals of playing technique are:*

*Air/Breath, Sound/Resonance, Slide/Timing, Tongue/Articulation*