

Limbering Up

(Exercise #1)

The exercise consists of six staves of music, each with a treble clef and a common time signature (C). Each staff is divided into two measures by a double bar line. The notes are as follows:

- Staff 1: Measure 1: G4, A4, B4, C5. Measure 2: G4, F4, E4, D4.
- Staff 2: Measure 1: G4, Bb4, C5. Measure 2: G4, Bb4, A4, G4.
- Staff 3: Measure 1: Bb4, G4, F4, E4. Measure 2: Bb4, G4, F4, E4.
- Staff 4: Measure 1: G4, Bb4, C5. Measure 2: G4, Bb4, A4, G4.
- Staff 5: Measure 1: Bb4, G4, F4, E4. Measure 2: Bb4, G4, F4, E4.
- Staff 6: Measure 1: G4, Bb4, C5. Measure 2: G4, Bb4, A4, G4.

Scaling 3rds to G4

(Exercise #2)

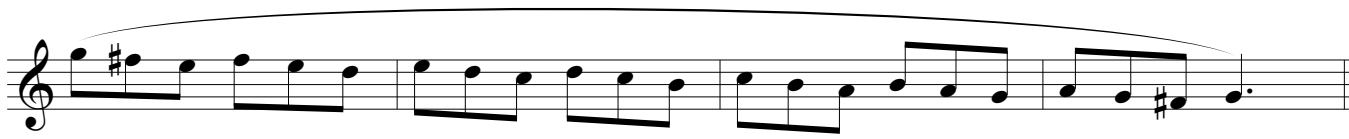
The exercise consists of two staves of music, each with a treble clef and a common time signature (C). Each staff is divided into four measures by a double bar line. The notes are as follows:

- Staff 1: Measure 1: G4, A4, B4, C5. Measure 2: G4, A4, B4, C5. Measure 3: G4, A4, B4, C5. Measure 4: G4, A4, B4, C5.
- Staff 2: Measure 1: G4, A4, B4, C5. Measure 2: G4, A4, B4, C5. Measure 3: G4, A4, B4, C5. Measure 4: G4, A4, B4, C5.

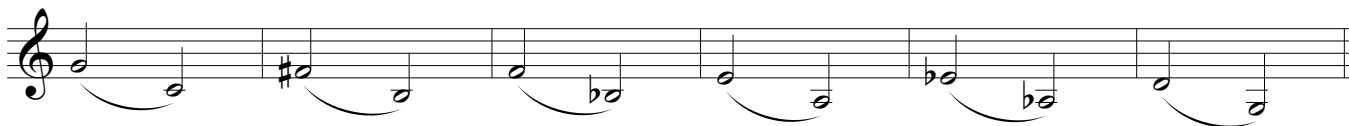
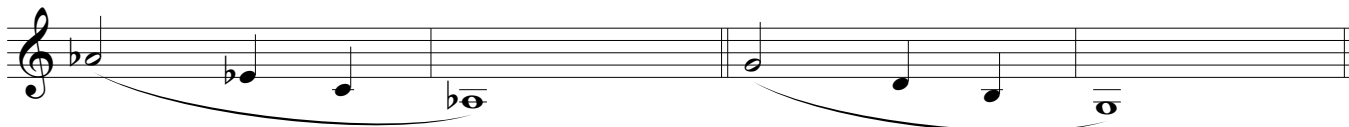
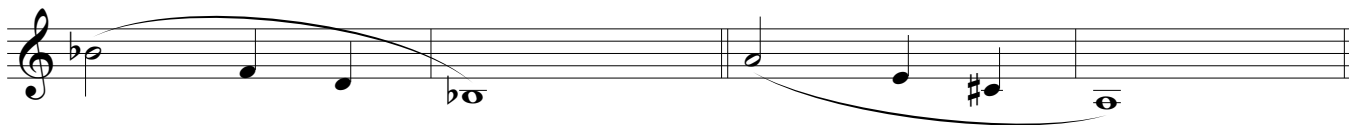
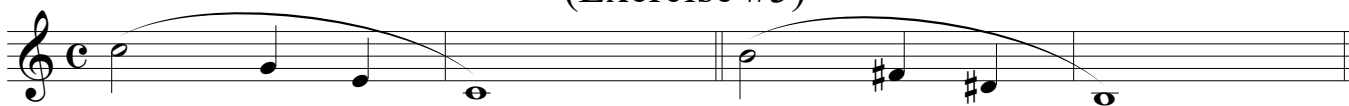
Flow Study: “a la Cichowicz”

(Exercise #3)

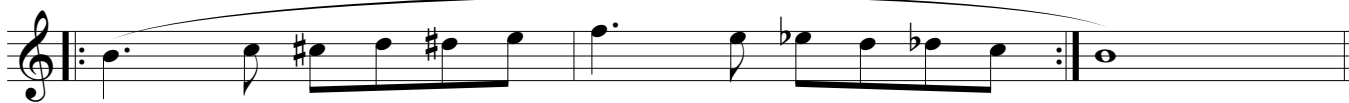
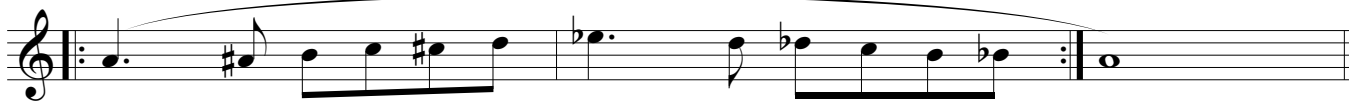
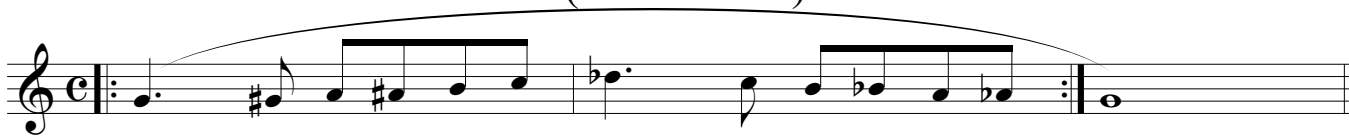
This section contains six staves of musical notation, each representing a different fingering or voicing for the exercise. The notation is in treble clef with a common time signature (C). Each staff begins with a whole note G4, followed by a half note A4, and then a series of eighth notes: B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11, A11, B11, C12, D12, E12, F12, G12, A12, B12, C13, D13, E13, F13, G13, A13, B13, C14, D14, E14, F14, G14, A14, B14, C15, D15, E15, F15, G15, A15, B15, C16, D16, E16, F16, G16, A16, B16, C17, D17, E17, F17, G17, A17, B17, C18, D18, E18, F18, G18, A18, B18, C19, D19, E19, F19, G19, A19, B19, C20, D20, E20, F20, G20, A20, B20, C21, D21, E21, F21, G21, A21, B21, C22, D22, E22, F22, G22, A22, B22, C23, D23, E23, F23, G23, A23, B23, C24, D24, E24, F24, G24, A24, B24, C25, D25, E25, F25, G25, A25, B25, C26, D26, E26, F26, G26, A26, B26, C27, D27, E27, F27, G27, A27, B27, C28, D28, E28, F28, G28, A28, B28, C29, D29, E29, F29, G29, A29, B29, C30, D30, E30, F30, G30, A30, B30, C31, D31, E31, 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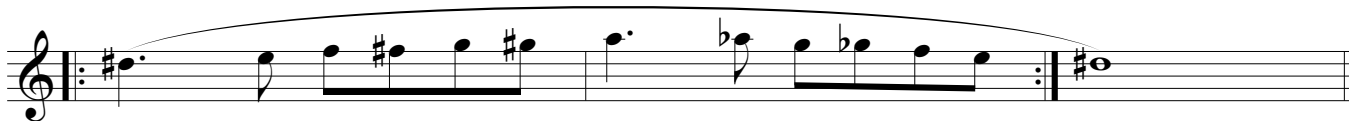
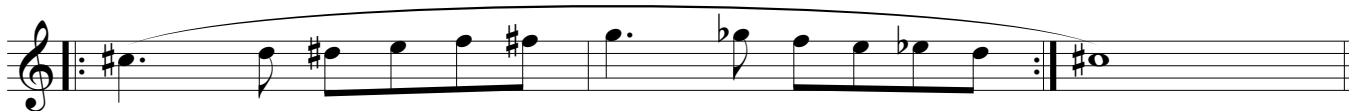


Descending Arpeggios
(Exercise #5)

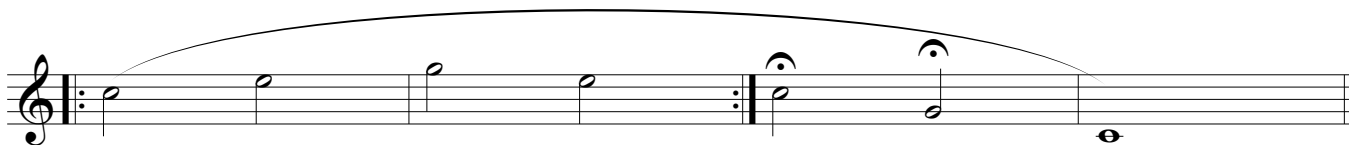
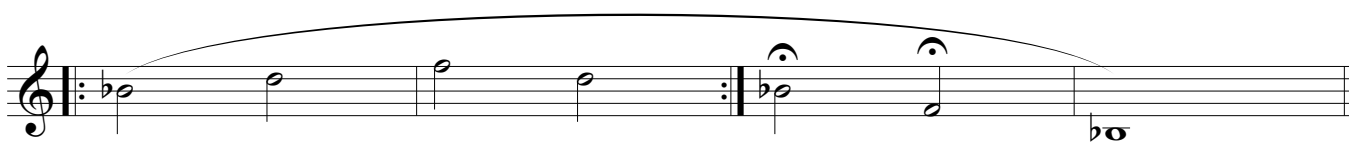
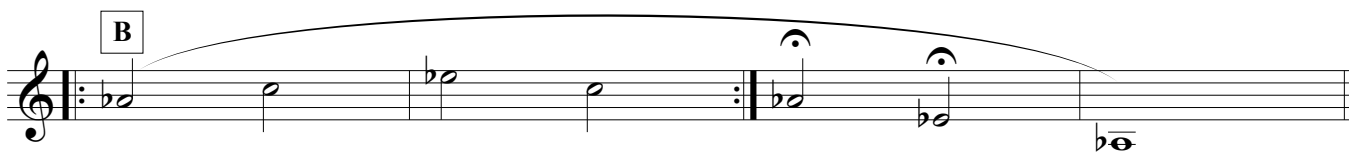
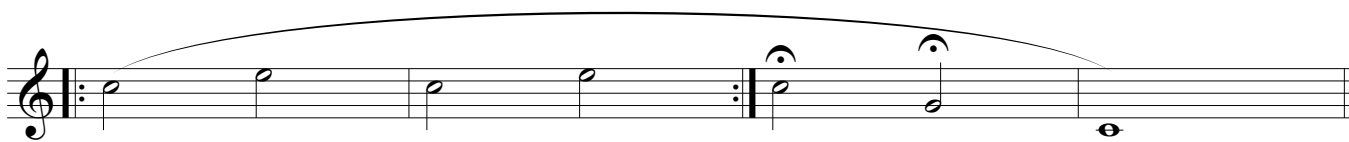
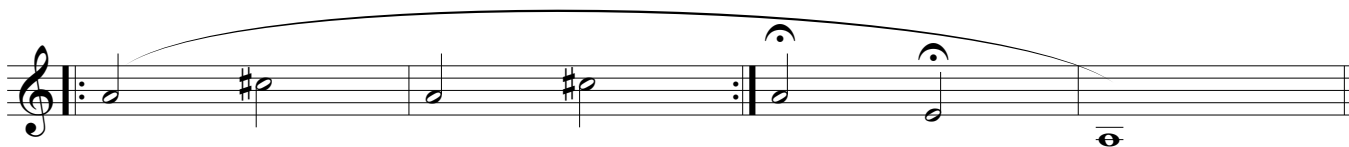
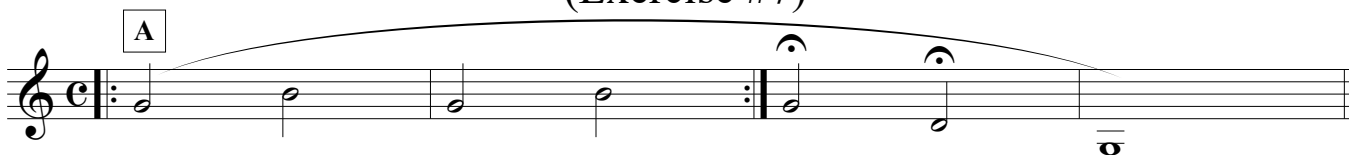


Range Extension: “a la Clarke #1”
(Exercise #6)





Flexibility (Exercise #7)



C

D

Articulation (Exercise #8)

A ♩ = 86

B ♩ = 90

C ♩ = 94

Exercise C consists of two staves of music. The first staff contains a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. The second staff continues with eighth notes: C6, B6, A6, G6, F6, E6, D6, C6, B5, A5, G5, F5, E5, D5, C5, B4, A4, G4, F4, E4, D4, C4.

D ♩ = 98

Exercise D consists of two staves of music. The first staff contains a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. The second staff continues with eighth notes: C6, B6, A6, G6, F6, E6, D6, C6, B5, A5, G5, F5, E5, D5, C5, B4, A4, G4, F4, E4, D4, C4.

E ♩ = 102

Exercise E consists of two staves of music. The first staff contains a sequence of eighth notes: B3, C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. The second staff continues with eighth notes: C6, B6, A6, G6, F6, E6, D6, C6, B5, A5, G5, F5, E5, D5, C5, B4, A4, G4, F4, E4, D4, C4.

F ♩ = 106

Exercise F consists of two staves of music. The first staff contains a sequence of eighth notes: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. The second staff continues with eighth notes: C6, B6, A6, G6, F6, E6, D6, C6, B5, A5, G5, F5, E5, D5, C5, B4, A4, G4, F4, E4, D4, C4.

G Triple Tongue Exercise

Exercise G is a triple tongue exercise consisting of two staves of music. The first staff contains eighth notes with triplets: C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. The second staff continues with eighth notes: C6, B6, A6, G6, F6, E6, D6, C6, B5, A5, G5, F5, E5, D5, C5, B4, A4, G4, F4, E4, D4, C4.