

The Magnificent Seven: 7th/8th Grade

Daily Fundamentals for Saxophone Ninja Skillz

1. Breathing - 1 minute

Why: increase awareness of posture and develop habit of breathing deeply

How:

1. Posture check: shoulders/head/neck should stay still during the inhale
2. inhale from DEEP in abdominals: filling front-to-back and side-to-side
3. pretend your air is hitting the center of your mirror, right at your nose

2. Mouthpiece Exercises - 1 minute

Why: ensure embouchure, tongue, and throat are in the perfect position.

Goal 1: Checklist

1. whistle face “oo”
2. velcro cheeks to skeleton
3. flat chin, corners in
4. top teeth on fulcrum
5. weight of head rests on mouthpiece
6. lower lip = cushion

Goal 2: concert pitch on tuner

- Alto: concert A
- Tenor: concert G
- Bari: concert D/Eb

Too low? Something is unsupportive

Too high? Something is tight

- Jaw: space for blueberries
- Lower lip firm/not enough top teeth
- Tongue is too high: EE Eh Ah Oh Oo
- Throat is too closed
- Air support: *fff* dynamic

Turn up the heat: play mouthpiece pitch and gradually descend in half steps by intensifying air

3. Long Tones - 2 minutes

Why: create steady sound across all registers

J= 60

The musical notation consists of three staves of music, each with a treble clef and a key signature of one sharp (F#). The notes are connected by long horizontal lines, indicating sustained tones. The notes on the first staff are: G4, A4, B4, C5, D5, E5, F#5, G5, A5, B5, C6, B5, A5, G5, F#5, E5, D5, C5, B4, A4, G4. The notes on the second staff are: G4, A4, B4, C5, D5, E5, F#5, G5, A5, B5, C6, B5, A5, G5, F#5, E5, D5, C5, B4, A4, G4. The notes on the third staff are: G4, A4, B4, C5, D5, E5, F#5, G5, A5, B5, C6, B5, A5, G5, F#5, E5, D5, C5, B4, A4, G4.



4. Overtones - 2 minutes

Why: eliminate excess noise between notes (especially in large intervals). Anticipate each interval by moving air faster BEFORE changing to a new note

♩ = 88

Turn up the heat:

1. "pop" the octave key
2. add articulation - 4 quarter notes/8 eighth notes per measure

5. Scales - 5 minutes

Why: develop fingering precision and speed

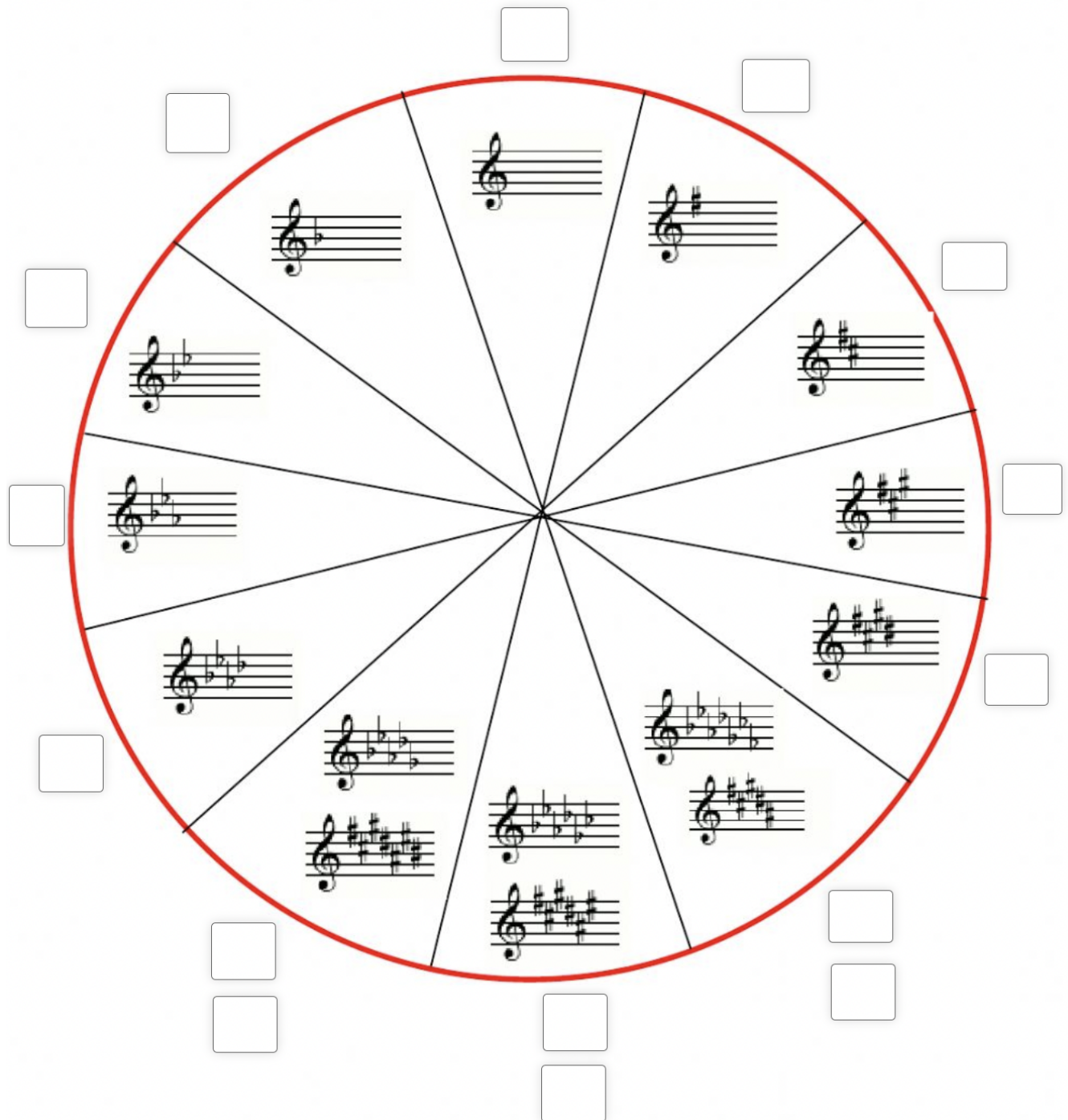
How:

1. Write out musical alphabet
2. Plug in key signature
3. Decide fingerings
 - ex: alternate/fork F#?
 - ex: bis or side B-flat?

The Circle of Fifths

Outer circle = written major

Inner circle = written minor



Order of sharps:

Order of flats:

Alto Sax Major Scales & Arpeggios

Rev. 4/06

Concert Eb (C)



Concert Ab (F)



Concert Db (Bb)



Concert Gb (Eb)



Concert B (Ab)



Concert E (Db)



Concert A (F#)



Concert D (B)



Concert G (E)



Concert C (A)



Concert F (D)



Concert Bb (G)



Chromatic



Alto Sax Natural Minor Scales & Arpeggios

Rev. 4/06

Concert Eb (C)



Concert Ab (F)



Concert Db (Bb)



Concert Gb (Eb)



Concert B (Ab)



Concert E (C#)



Concert A (F#)



Concert D (B)



Concert G (E)



Concert C (A)



Concert F (D)



Concert Bb (G)



6. Vibrato - 2 minutes

Goal: shape notes and phrases using slight vibration in sound

Remember:

- say “voo,” “va,” or “ya” in rhythm before playing saxophone
- amplitude should always be equally “above” and “below” note



Turn up the heat: apply pattern to scales OR make up your own patterns!

7. Articulation - 3 minutes

Goal: develop and perfect various styles of starting and sustaining notes

Remember:

- AIR drives the tongue
- experiment with various syllables:
 - Ti, Ta, ta, da, dut, dit, etc.
- anticipate fatigue

J = 72

Four staves of music in treble clef, key signature of one sharp (F#), and 4/4 time. Each staff contains a continuous eighth-note scale from G4 to G5. The notes are grouped into four measures, each containing a triplet of eighth notes. The triplet groups are marked with a '3' below them. The notes have wavy lines above them, indicating vibrato.

Turn up the heat:

1. play pattern on other scales
2. use different lengths of articulation: legato, marcato, staccato