Great Bridge High School
Marching

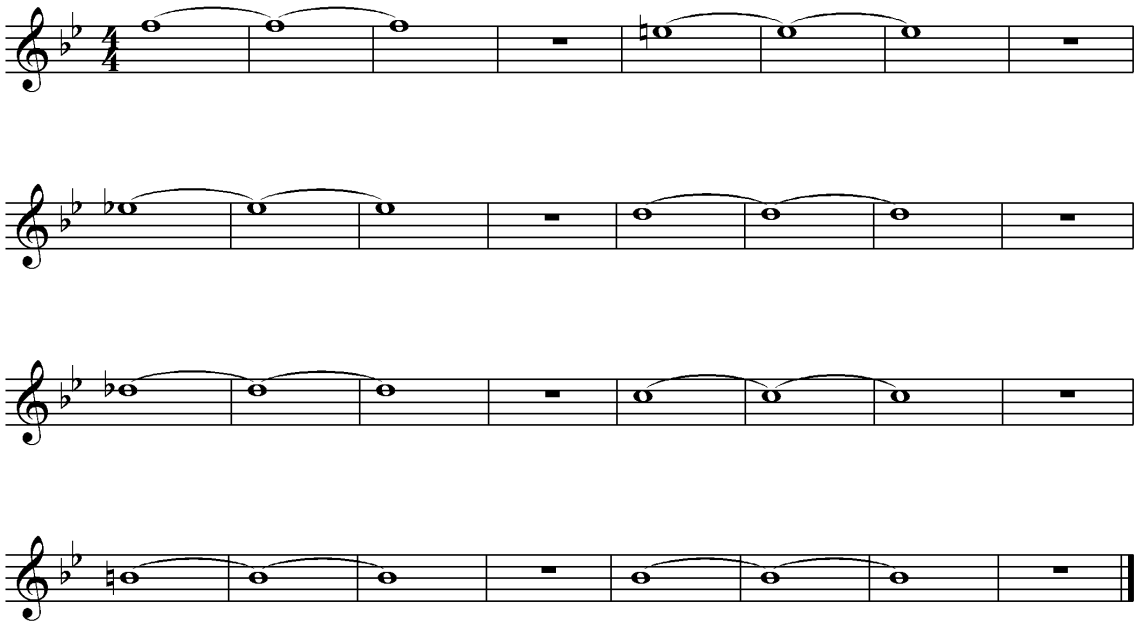
Warm-up Routine

This routine will be the basis of our technique program and is designed both as a daily warm-up and a practice regiment for long-term improvement in tone production, airflow, dexterity, articulation and other fundamental musical skills. It is by no means comprehensive and may be supplemented as the season progresses.

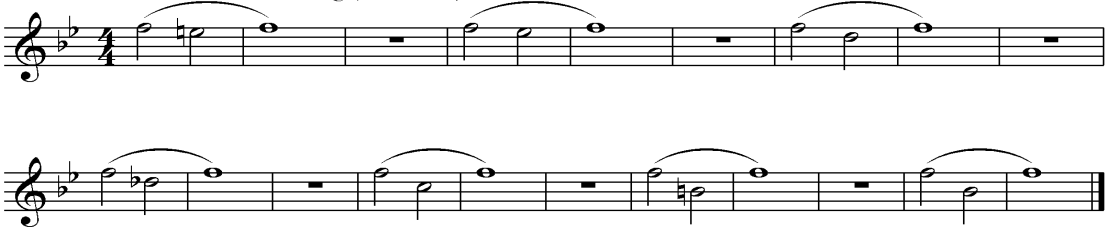
Long Tones (♩= 100 or slower)

- *Rehearsal Advice* – Practice timing your inhalation and exhalation with your feet by marking time and using a metronome to provide a solid pulse center. The end of each long tone should be open-ended. The air should not be stopped with the tongue. In the exercise below (*12 Count Pitches*), there should be a slight resonance on the 13th beat. Be sure to keep your air column consistent and steady. Give each long tone direction al the way to the release.

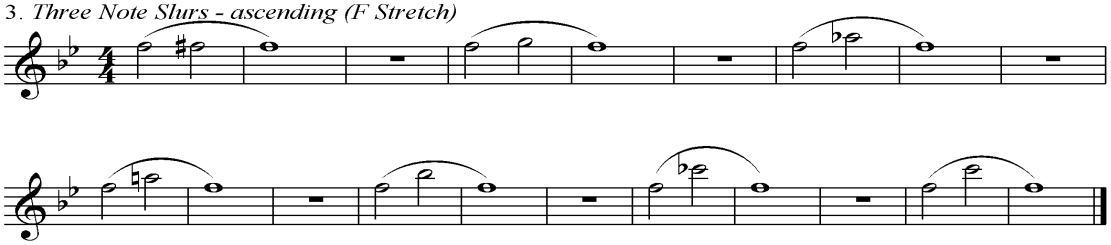
1. *12 Count Pitches*



2. *Three Note Slurs - descending (F Stretch)*



3. *Three Note Slurs - ascending (F Stretch)*

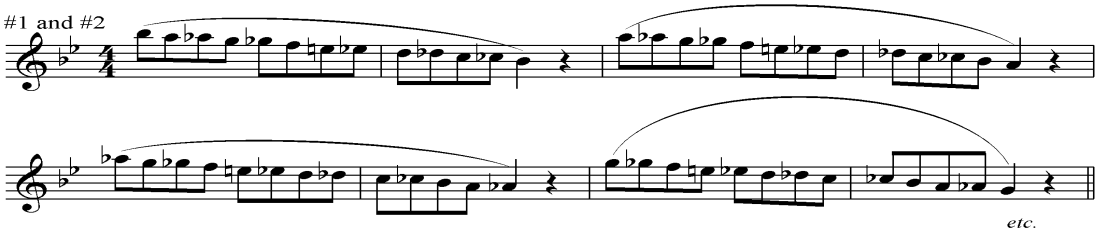


Lip Slurs and Scale Studies (Fastest comfortable tempo while striving for clarity and evenness.)

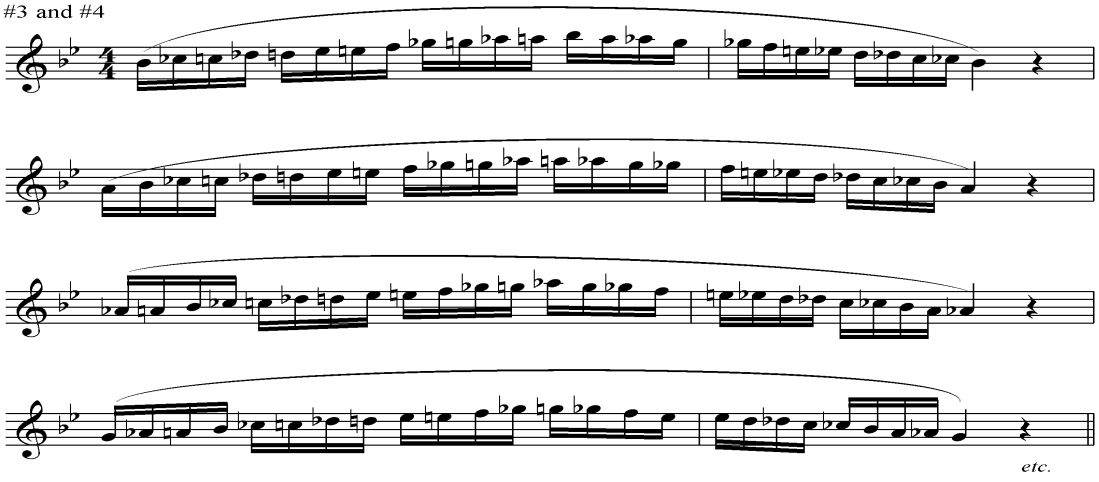
- *Rehearsal Advice* – Incorporate the timing of your breathing and the center of pitch from the long tones. Brass – Alternate between buzzing and playing. Be sure to center all pitches. Use a tuner! Woodwinds – Vary octaves.

4. *Lip Slurs (WW Chromatic Studies)*

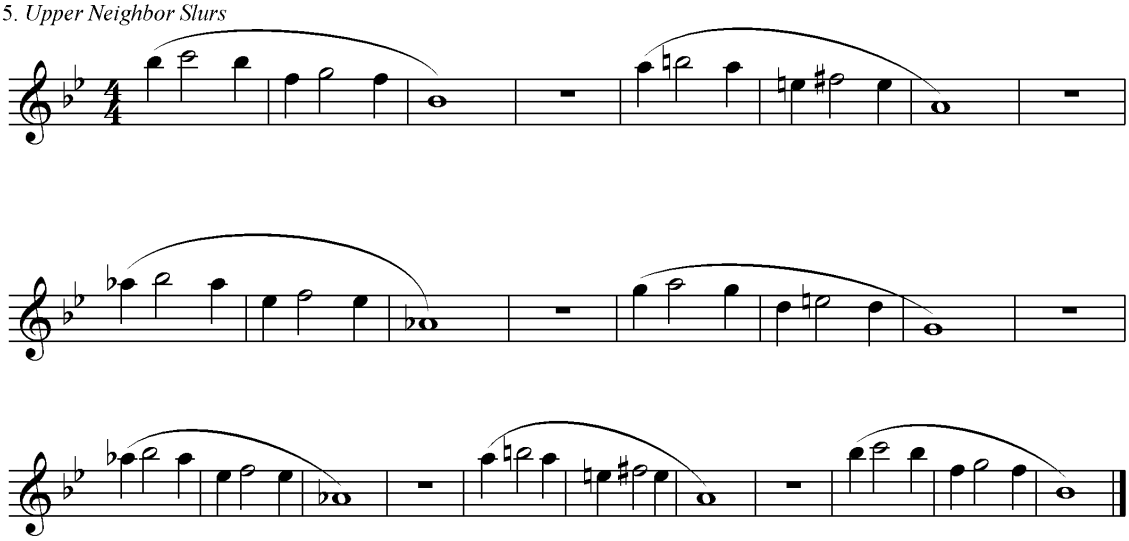
#1 and #2



#3 and #4

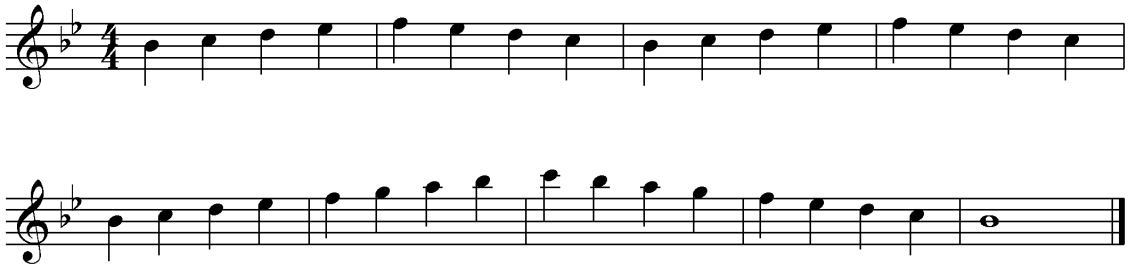


5. *Upper Neighbor Slurs*



- *Rehearsal Advice* – Give direction to the air column. Brass – be sure to strike the valves. Vary articulation and tempo.

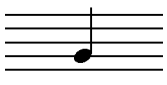
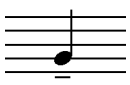
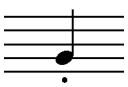
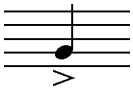
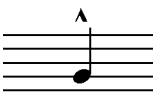
6. *Scale Studies (5 - 5 - 9)*
B♭ Concert



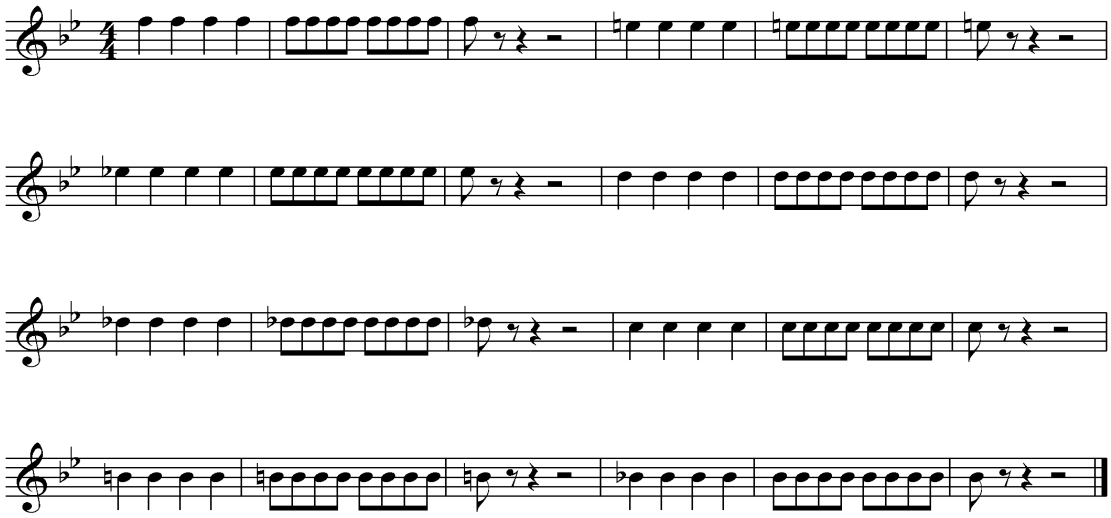
Repeat in Keys of F, E♭ and A♭

Articulation Studies (Fastest comfortable tempo while striving for clarity and evenness.)

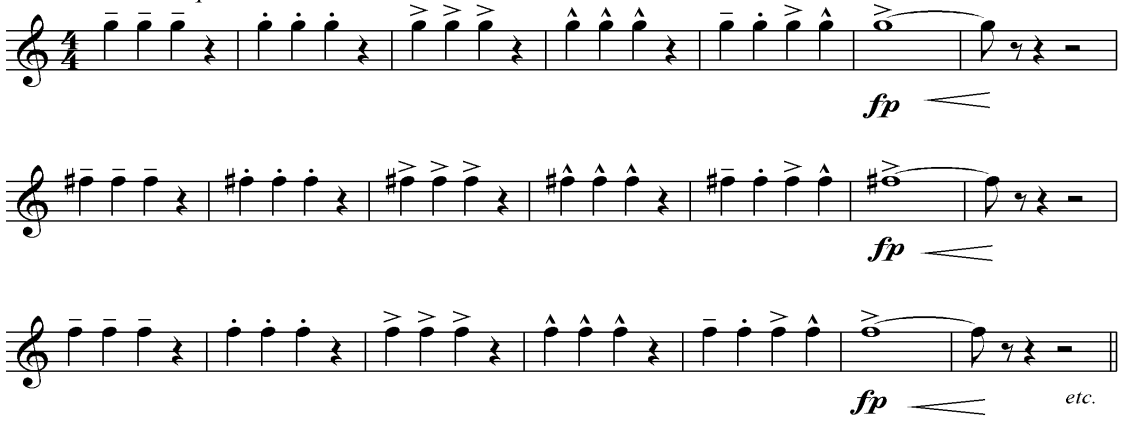
- *Rehearsal Advice* – Variations in musical style can be achieved by altering the duration and / or emphasis (stress) of notes. These variations are defined through the use of the syllables listed below:

	normal	legato	staccato	accented	marcato
Articulation					
Syllable	dah	doo	dah	dah	dah
Difference from the normal enunciation	N/A	Smoother beginning and more connected	Same beginning as normal, with half the length	Twice the emphasis on the beginning of the note, tapered to normal	Twice the emphasis with half the legnth

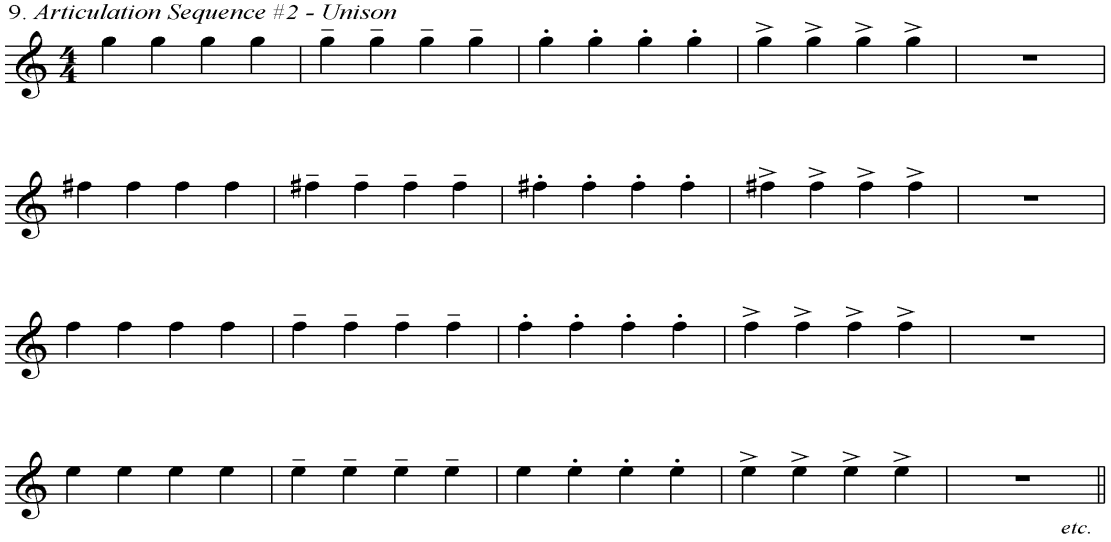
7. *Quarters and Eights*



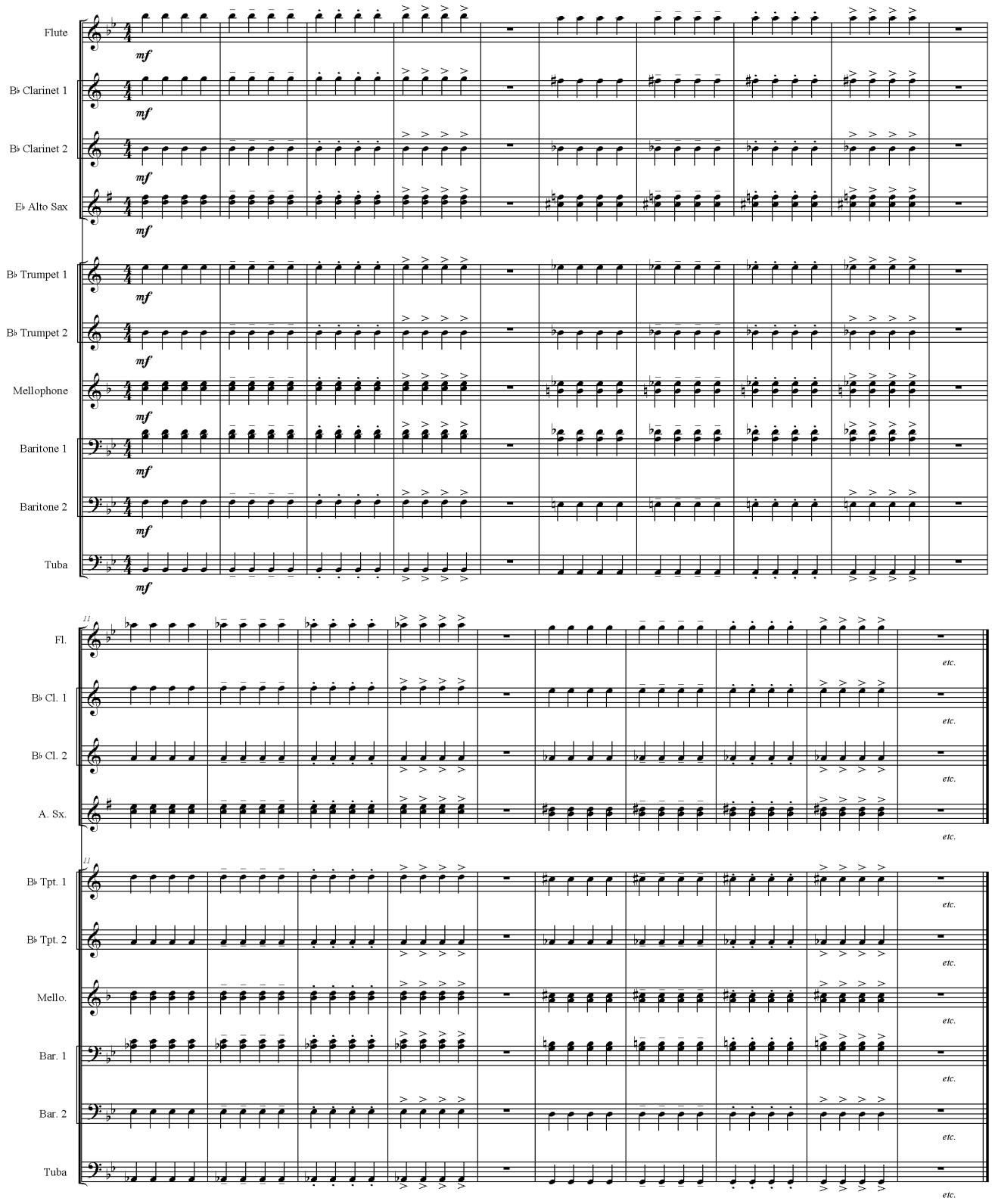
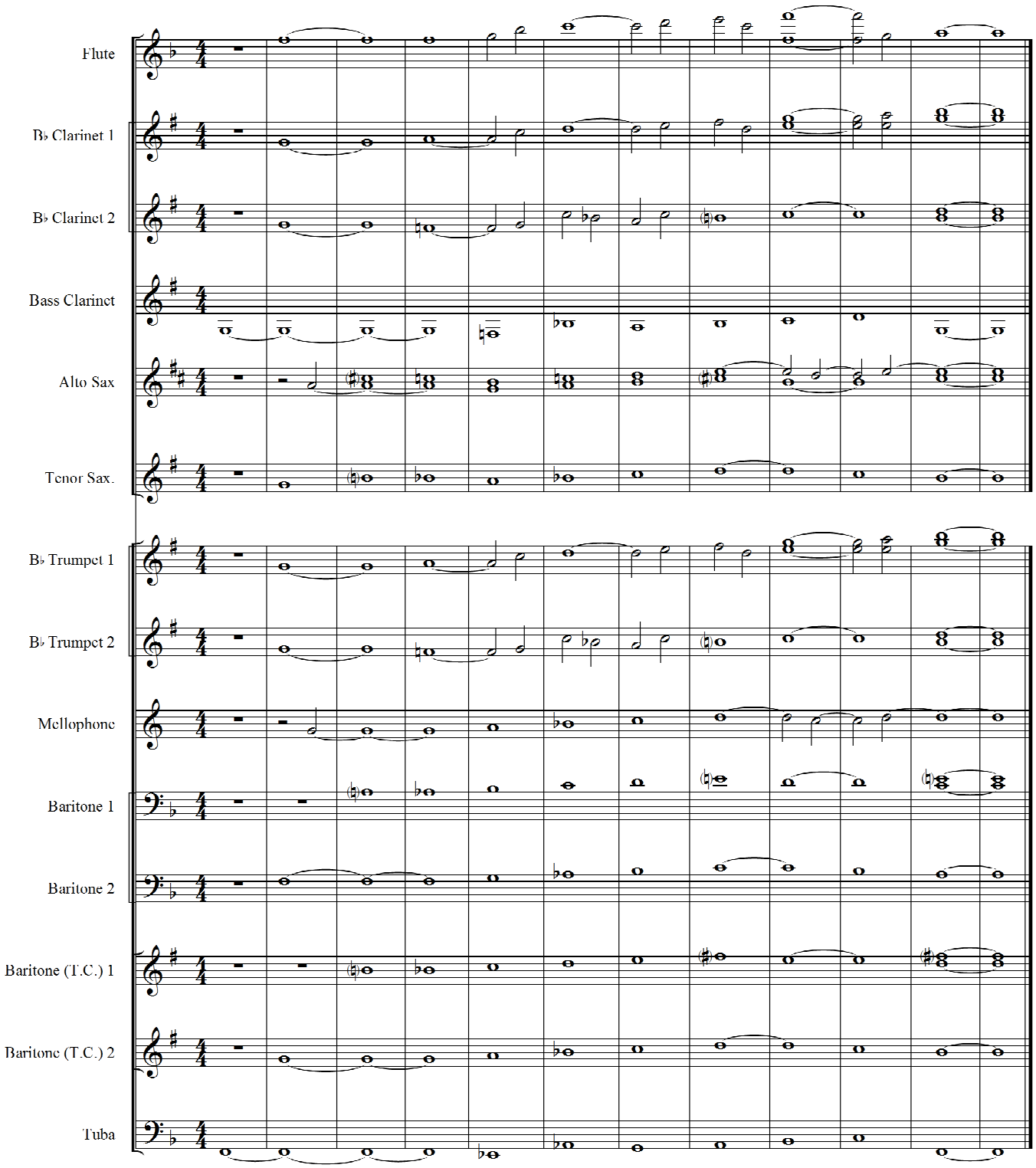
8. *Articulation Sequence #1*



9. *Articulation Sequence #2 - Unison*



Articulation Sequence #2 - Harmonized



Tuning Sequence 2010