

# The Magnificent Seven: High School (Intermediate)

## 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
- Soprano: concert C

Too low? Something is unsupportive

Too high? Something is tight

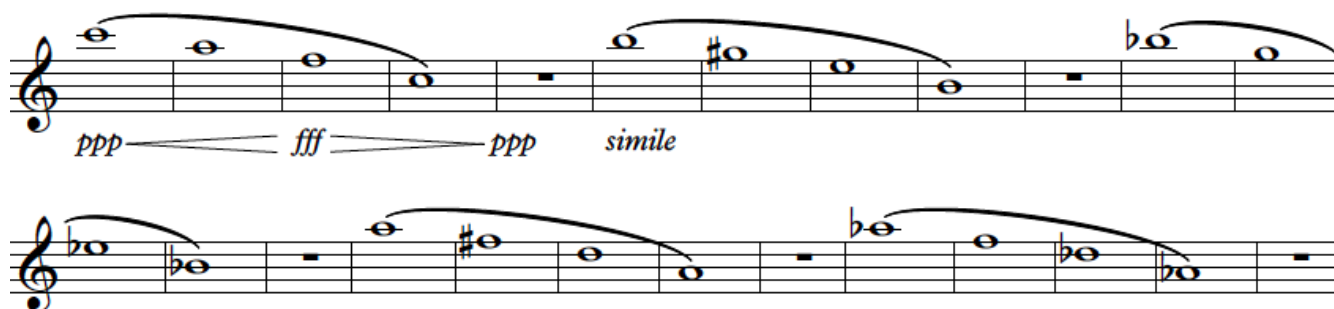
- Jaw: space for blueberries
- Lower lip firm/not enough top teeth
- Tongue is too high: EE Eh Ah Oh Oo
- Throat is too closed
- Air support: *fff* dynamic

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

### 3. Long Tones - 3 minutes

Why: create steady sound across all registers

$J = 60-80$





Turn up the heat:

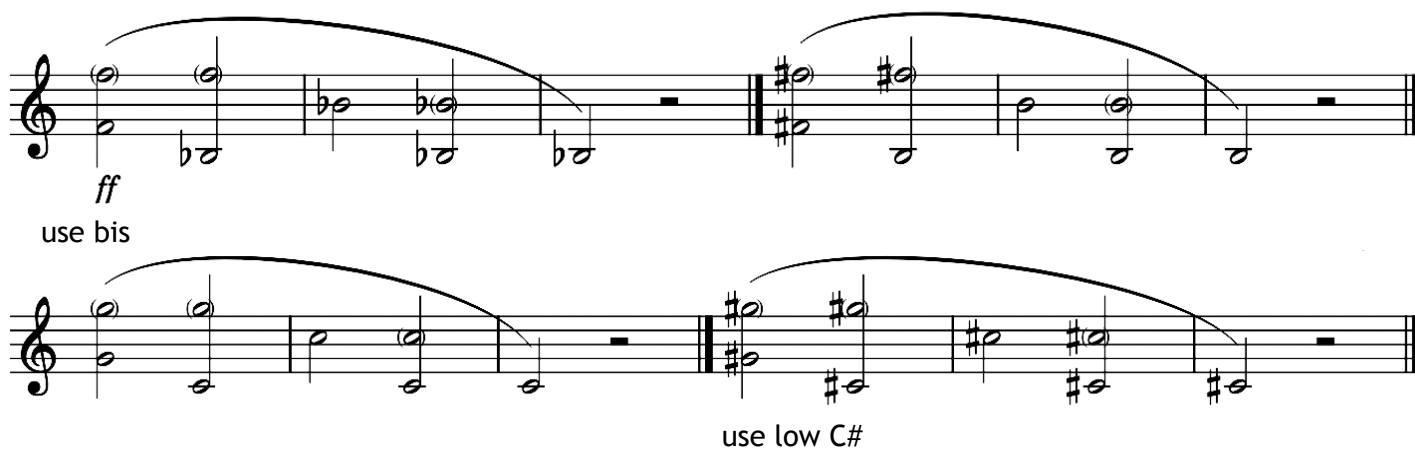
1. use eyes (on tuner) and ears (listening for amplitude) to check intonation on all notes
2. continue the pattern ascending into the palm keys and altissimo

#### 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

How:

$J = 50$



Turn up the heat: add articulation - 4 quarter notes/8 eighth notes per measure

Voiced Scales:

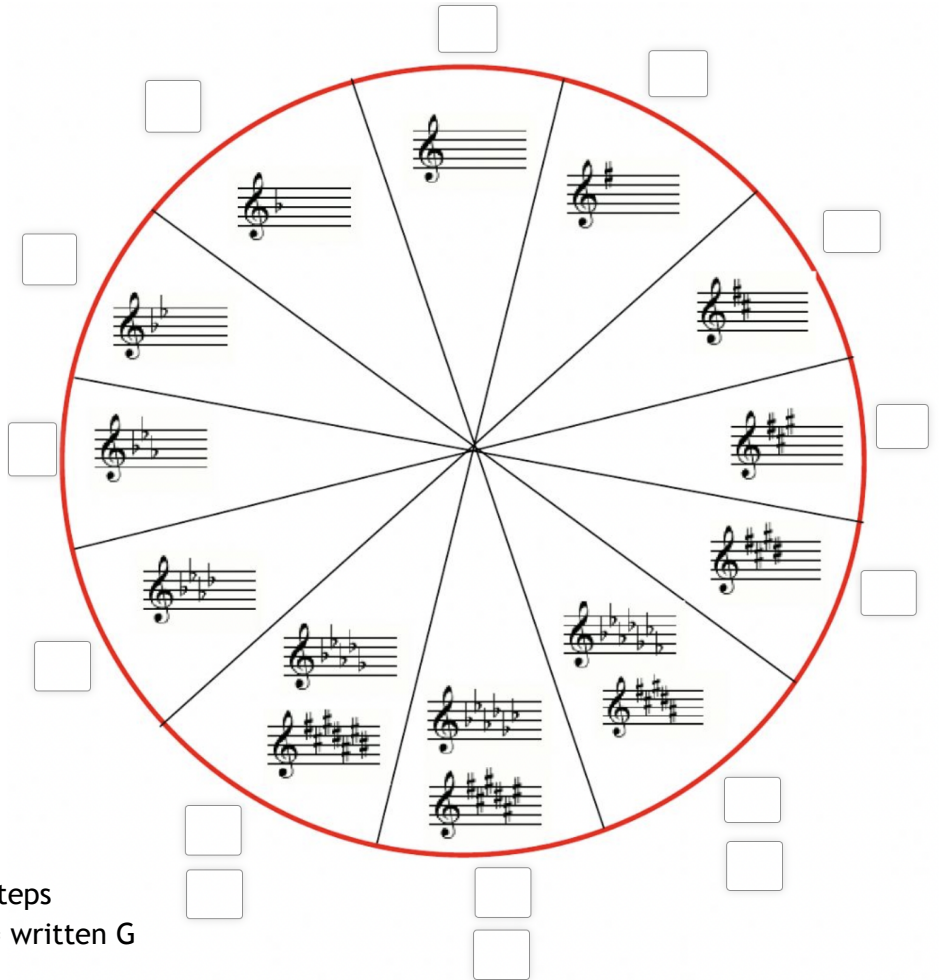


## 5. Scales - 5 minutes

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?



Order of sharps =

Order of flats =

Concert vs. Written: how to tell?

Formula for Eb Voices:

- concert → written = ↓3 half steps
  - example: concert Bb = written G

Formula for Bb Voices:

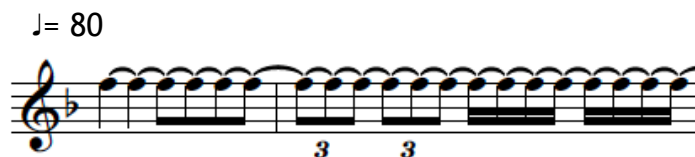
- concert → written = ↑2 half steps
  - example: concert Bb = written C

## 6. Vibrato - 2 minutes

Why: shape notes and phrases using slight vibration in sound

How:

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



Turn up the heat:

1. apply patterns to scales
2. listen to AS MUCH vibrato as possible



# 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)



## 7. Articulation - 3 minutes

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

How:

- AIR drives the tongue
- experiment with various syllables
  - Ti, Ta, ta, da, du, dut, dit, etc.
- bump metronome up 4 clicks/line

$J = 72$



Turn up the heat:

1. play pattern on other scales
2. use different lengths of articulation: legato, marcato, staccato
3. add articulation patterns to "Sixty Exercises in Mechanism"