

# The Magnificent Seven

18 Minutes of Daily Fundamentals = Saxophone Ninja Skillz

## 1. Breathing - 1 minute

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

Remember:

- shoulders/head/neck should stay still during the inhale
- cheeks don't puff
- air moves out of mouth aperture

Process:

1. Inhale on the syllable "HOW" for 2 counts with metronome at 60
2. Exhale for 4 counts, then 6, 8, 10, etc.

## 2. Mouthpiece Exercises - 1 minute

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

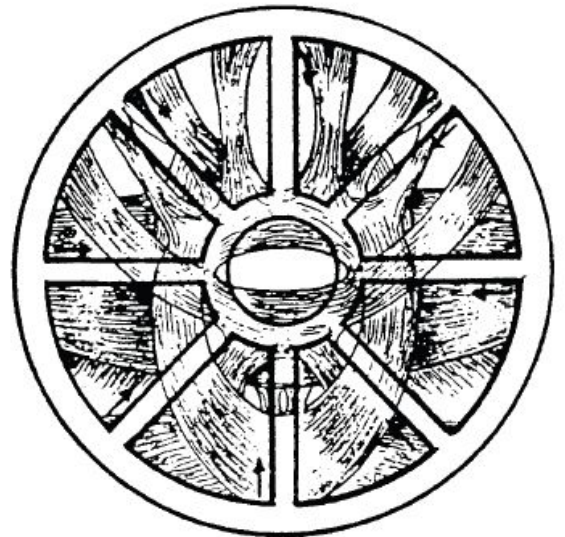
Soprano: concert C      Alto: concert A      Tenor: concert G      Baritone: concert D/Eb

Remember:

- weight of head rests on mouthpiece
- flat chin, corners in. Embouchure = circle
- take in enough mouthpiece: fulcrum - where reed meets mouthpiece
  - too little mouthpiece = chirp/squeak; too much mouthpiece = honk
- imagine blowing air out of the tip of your tongue
  - sharp: double lip embouchure (no biting); tongue pulled too far back in mouth (creates small oral cavity/no flexibility)

Process:

1. Experiment with various syllables: EE Eh Ah Oh Oo
  - still biting? Try a double-lip embouchure
  - buzzy? check mouth corners and jaw tension
2. Turn up the heat: play mouthpiece pitch (above) and gradually descend in half note intervals by intensifying air. How low can you go!?



THE EMBOUCHURE "WHEEL"

### 3. Long Tones - 3 minutes

Goal: create steady sound, increase flexibility in extreme registers

Remember:

- embouchure should not change to compensate for lower register. Use Darth Vader air!
- no vibrato: goal = straight, pure tone

Process:

#### Beginner/Intermediate - Flow Study 1

♩ = 76

Turn up the heat: use tuner and drone to check intonation

#### Intermediate - Flow Study 2

♩ = 60

Turn up the heat:

1. turn on drone for third note
2. listen for pitch: can you match perfectly?

# Advanced - Flow Study 3

♩ = 60-80

The musical score consists of six staves of music, each containing a melodic line with various dynamics and articulations. The first staff begins with a tempo marking of ♩ = 60-80. The dynamics are marked as *ppp*, *fff*, *ppp*, and *simile*. The notes are mostly half notes and quarter notes, with some accidentals (sharps and flats). The music is written in a single melodic line on a five-line staff.

Turn up the heat: continue the pattern ascending into the palm keys and altissimo

## 4. Octave Slurs/Overtones - 3 minutes

Goal: eliminate excess noise between notes (especially in large intervals)

Remember:

- embouchure should not change to compensate for lower register. Use Darth Vader air!
- anticipate interval by moving air faster BEFORE changing to a new note

Process:

### Beginner - Octave Slurs

Musical notation for Beginner - Octave Slurs. The piece is in 4/4 time with a tempo of 76. It consists of two staves of music. The first staff contains a sequence of notes with slurs, including a large interval from G4 to G5. The second staff continues the sequence with similar slurs and intervals.

Turn up the heat: “pop” the octave key

### Intermediate - Overtones

Musical notation for Intermediate - Overtones. It consists of four staves of music. The first staff has a slur over two notes, with the word "overtone" written above the slur and "fingering" written below the notes. The subsequent staves show various slur patterns and intervals, including large intervals from G4 to G5 and G4 to G6.

Turn up the heat:

1. add articulation - 4 quarter notes/8 eighth notes per measure
2. purchase “Voicing” by Donald Sinta; “Top Tones” by Sigurd Rascher

## Advanced - Overtone Series

The image displays four staves of musical notation, each representing an overtone series. The notes are labeled as follows:

- Staff 1: fundamental (B1), 1st mode (B2), 2nd mode (D2), 3rd mode (B3), 4th mode (C3), 5th mode (D3), 6th mode (E3), 7th mode (F3)
- Staff 2: fundamental (C2), 1st mode (C3), 2nd mode (E3), 3rd mode (G3), 4th mode (C4), 5th mode (E4), 6th mode (G4), 7th mode (B4)
- Staff 3: fundamental (D2), 1st mode (D3), 2nd mode (F3), 3rd mode (A3), 4th mode (D4), 5th mode (F4), 6th mode (A4), 7th mode (C5)
- Staff 4: fundamental (E2), 1st mode (E3), 2nd mode (G3), 3rd mode (B3), 4th mode (E4), 5th mode (G4), 6th mode (B4), 7th mode (D5)

## 5. Scales - 5 minutes

Goal: develop fingering precision

Remember:

- hand position = relaxed, supple
- use alternate fingerings to avoid awkward flips/turns
  - ex: alternate/fork F#, bis or side B-flat

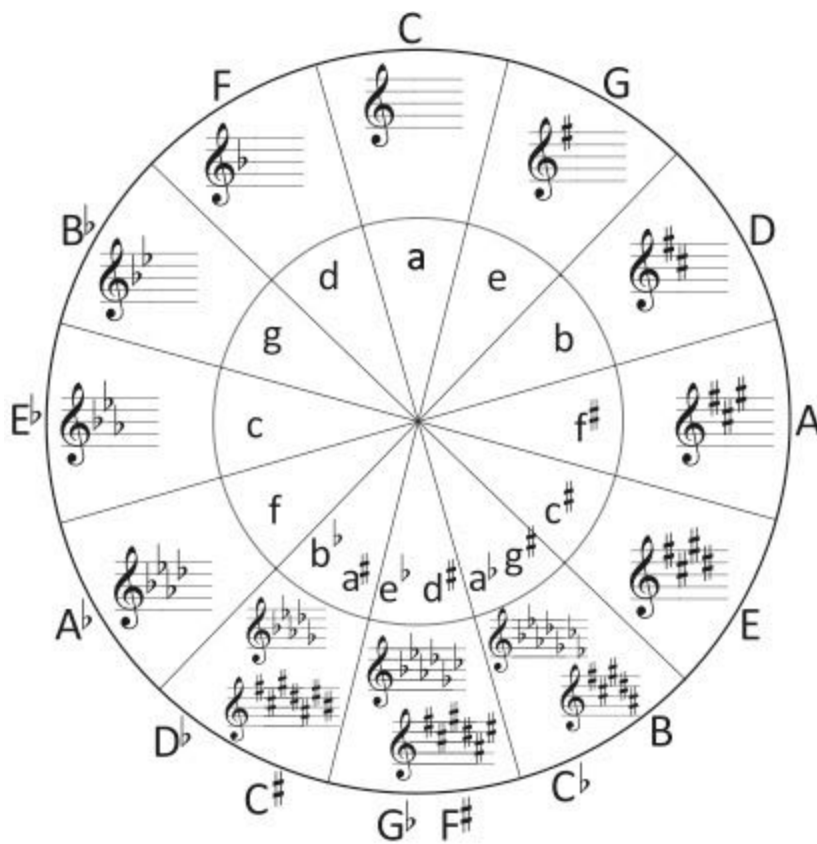
Order of sharps:

Fat  
Cats  
Go  
Down  
Alleys  
Eating  
Bugs

Order of flats:

**BEAD**  
Greatest  
Common  
Factor

Circle of Fifths



## 6. Vibrato - 2 minutes

Goal: shape notes and phrases using slight vibration in sound

Remember:

- amplitude should always be equally “above” and “below” note
- slow and steady is best: this is a process!
- experiment with various speeds and intensities to shape phrases

Process:

1. say “voo,” “va,” or “ya” in rhythm before playing saxophone
2. Complete the following exercises:

### Beginner/Intermediate

$\text{♩} = 52, 56, 60, 66, 72$

1.

2.

### Advanced

3.

Turn up the heat:

1. apply patterns to other scales
2. make up your own patterns!

3. listen to AS MUCH vibrato as possible
  - Otis Murphy: Aria by Eugène Bozza; Hamabe No Uta, from album *Fantasy*
  - Claude Delangle: Prelude a l'après midi d'une faune by Claude Debussy
  - Daniel Deffayet: Vecchio Castello from *Pictures at an Exhibition* by Modest Mussorgsky
  - Debra Richtmeyer: Concerto in E-flat Major, Op. 109 by Alexander Glazunov
  - Stephen Page: Luonnatar by Jean Sibelius
  - Bob Eason: Sonata in A Major, IV by César Franck

## 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, du, dut, dit, etc.
- anticipate fatigue

Process:

Beginner/Intermediate - Patterns 1-4

♩ = 60

1.

2.

3.

4.

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”

Advanced - Langenus "Study for Acquiring a Light Staccato"

Allegretto ♩ = 72

The musical score consists of ten staves of music, all in treble clef. The key signature is one sharp (F#), and the time signature is 4/4. The tempo is marked 'Allegretto' with a quarter note equal to 72 beats per minute. The music is characterized by light staccato articulation and includes various rhythmic patterns such as eighth and sixteenth notes, often grouped in beams. The piece concludes with a double bar line and repeat dots.