

# The Magnificent Seven: 6th/7th 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. Neck 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. find top teeth spot (where reed and mouthpiece meet)
5. weight of head rests on mouthpiece
6. lower lip = cushion

Goal 2: G#/Ab on tuner

- if needle is sharp, pull out
- if needle is flat, push in

### 3. Long Tones - 3 minutes

Why: create steady sound across all registers

J= 60

The musical notation consists of five staves of music, each containing a series of notes connected by a slur, indicating long tones. The notes are as follows:

- Staff 1: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), B5 (quarter), A5 (quarter), G5 (quarter), F5 (quarter), E5 (quarter), D5 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter).
- Staff 2: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), B5 (quarter), A5 (quarter), G5 (quarter), F5 (quarter), E5 (quarter), D5 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter).
- Staff 3: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), B5 (quarter), A5 (quarter), G5 (quarter), F5 (quarter), E5 (quarter), D5 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter).
- Staff 4: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), B5 (quarter), A5 (quarter), G5 (quarter), F5 (quarter), E5 (quarter), D5 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter).
- Staff 5: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), D5 (quarter), E5 (quarter), F5 (quarter), G5 (quarter), A5 (quarter), B5 (quarter), C6 (quarter), B5 (quarter), A5 (quarter), G5 (quarter), F5 (quarter), E5 (quarter), D5 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter).

## 4. Octave Slurs - 1 minute

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

$\text{♩} = 76$   
 $\text{♩} = 10$

Turn up the heat: “pop” the octave key

## 5. Scales - 4 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?

Outer circle = written major

Inner circle = written minor

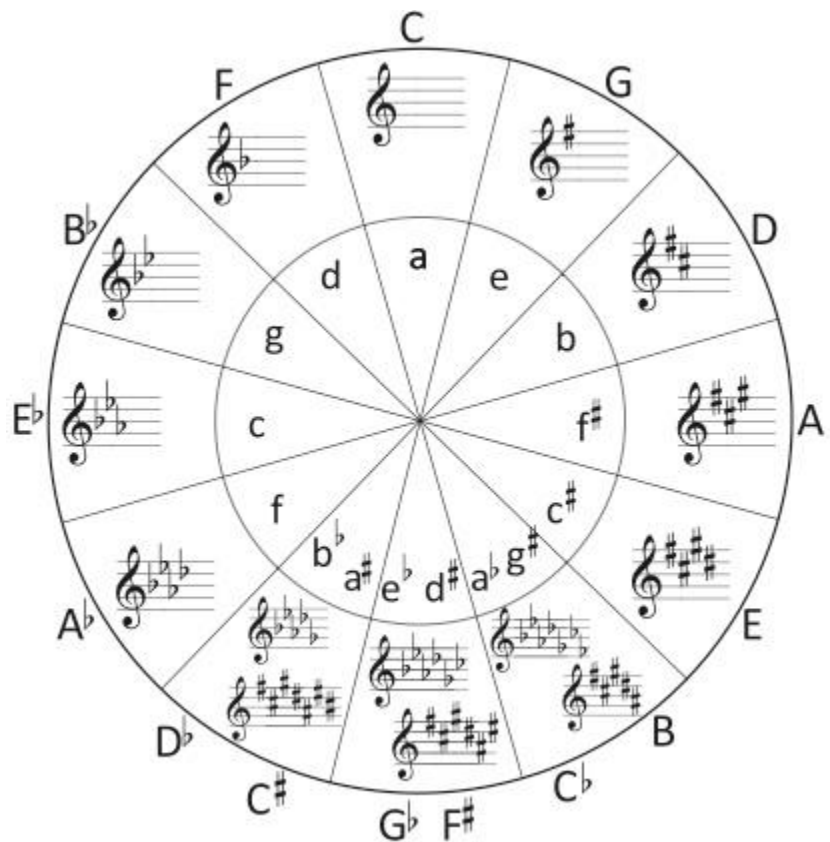
Order of sharps:

Fat  
 Cats  
 Go  
 Down  
 Alleys  
 Eating  
 Bugs

Order of flats:

**BEAD**  
 Greatest  
 Common  
 Factor

The Circle of Fifths



TMEA Region 32 Scales

# Alto & Baritone Saxophone

Concert D  
(Your B)



Concert G  
(Your E)



Concert C  
(Your A)



Concert F  
(Your D)



Concert Bb  
(Your G)



Concert Eb  
(Your C)



Concert Ab  
(Your F)



Concert Db  
(Your Bb)



Chromatic



## 6. Vibrato - 1 minute

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

$J = 72-80$

1.

$J = 60-66$

2.

## 7. Articulation - 2 minutes

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

How: AIR drives the tongue

$J = 60$

1.

2.

3.

4.