

The Magnificent Seven: High School (Advanced)

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

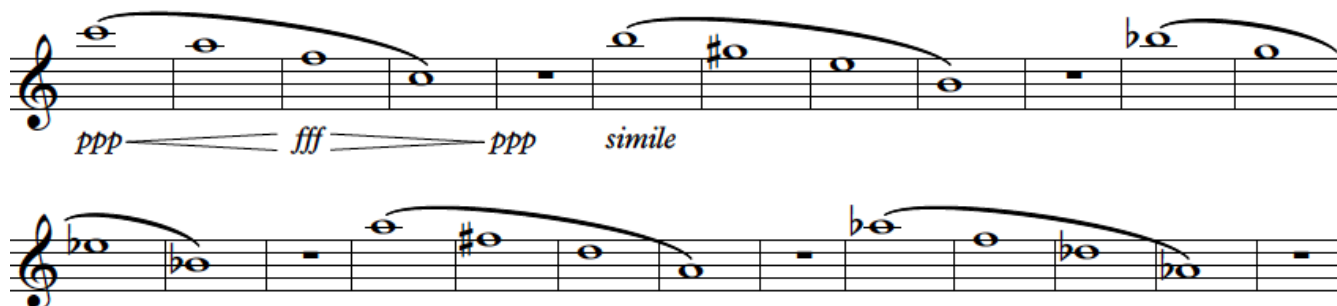
- Jaw: space for blueberries
- Lower lip firm/not enough top teeth
- Tongue is too high: EE Eh Ah Oh Oo
- Throat is too closed
- Air support: *fff* dynamic

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

$\text{♩} = 60-80$





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. Overtone - 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 =

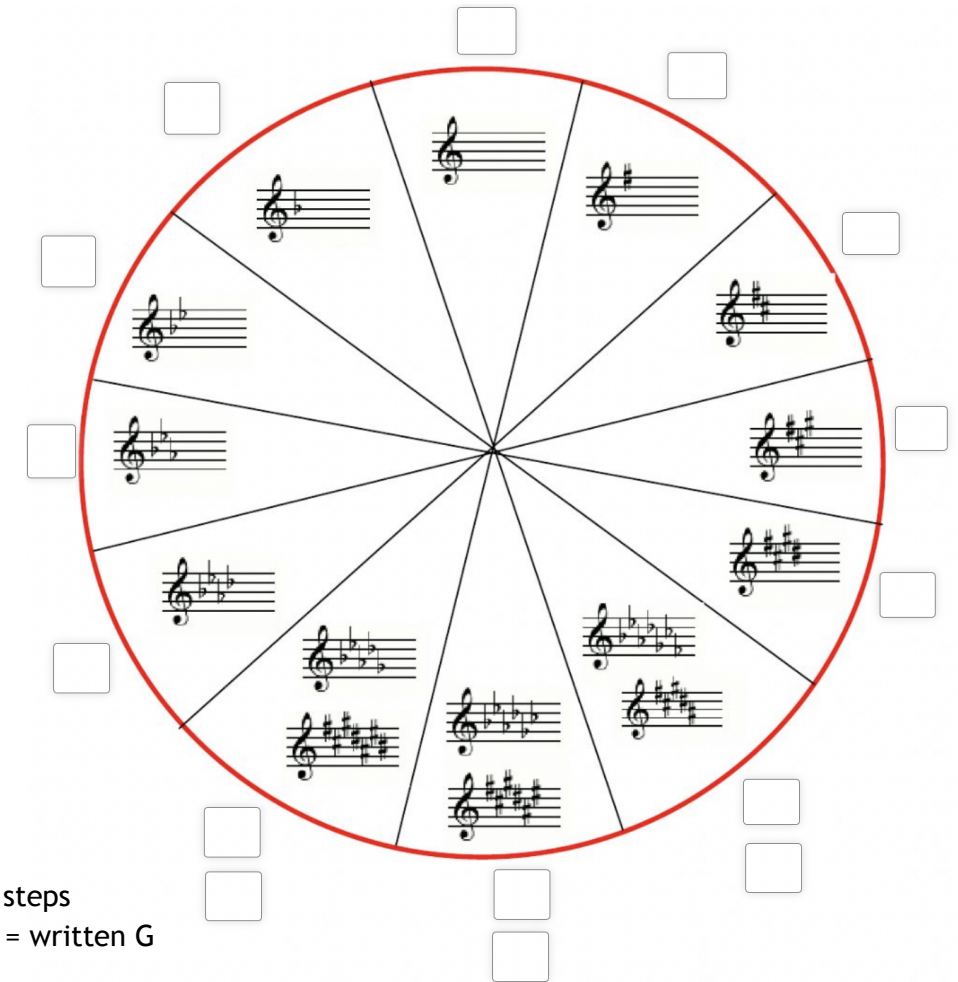
Concert vs. Written: how to tell?

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

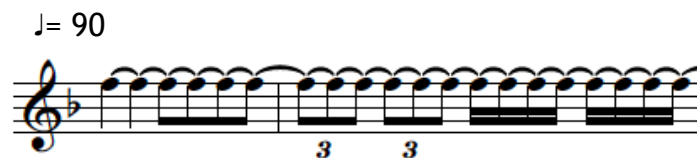


6. Vibrato - 2 minutes

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



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.

J= 90, up 4 metronome clicks/line

The image displays ten staves of musical notation for articulation exercises. The key signature is G major (one sharp, F#) and the time signature is 4/4. Each staff contains a sequence of eighth and sixteenth notes, often grouped in beams, with many notes marked with an accent (ˆ) above them. The exercises progress from simple eighth-note patterns to more complex sixteenth-note runs and slurs. Each staff ends with a quarter rest followed by a double bar line.

C Major

F Major

Bb Major

Eb Major

Ab Major

Db Major

F# Major

B Major

E Major

A Major

D Major

G Major

