

The Magnificent Seven: 7th/8th 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. 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

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 - 2 minutes

Why: create steady sound across all registers

$\text{♩} = 60$





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

$\text{♩} = 88$



Turn up the heat:

1. "pop" the octave key
2. add articulation - 4 quarter notes/8 eighth notes per measure

5. Scales - 5 minutes

Why: develop fingering precision and speed

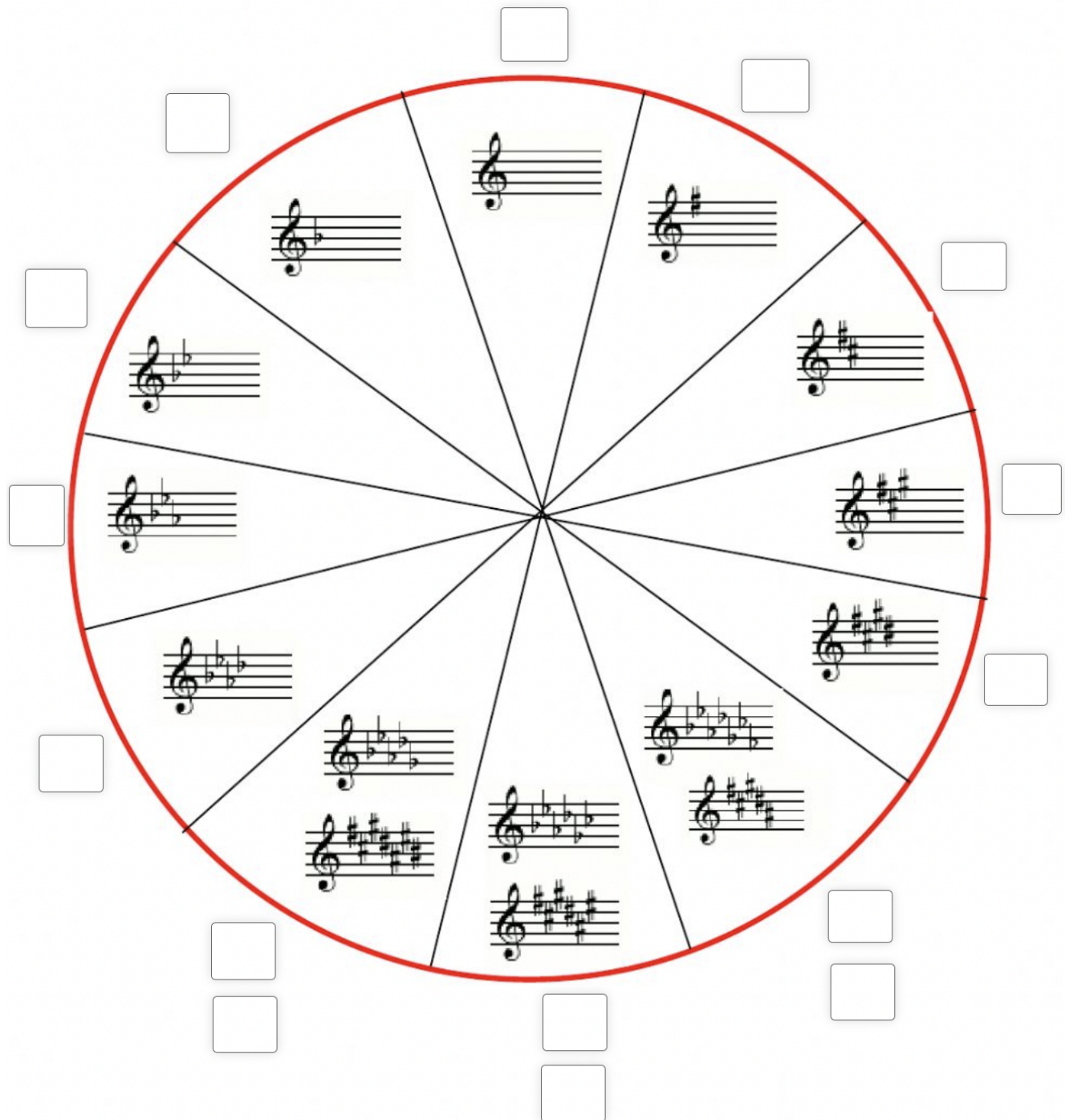
How:

1. Write out musical alphabet
2. Plug in key signature
3. Decide fingerings
 - ex: alternate/fork F#?
 - ex: bis or side B-flat?

The Circle of Fifths

Outer circle = written major

Inner circle = written minor



Order of sharps:

Order of flats:

Tenor Sax Major Scales

Concert Bb (C)



Concert Eb (F)



Concert Ab (Bb)



Concert Db (Eb)



Concert Gb (Ab)



Concert B (Db)



Concert E (F#)



Concert A (B)



Concert D (E)



Concert G (A)



Concert C (D)



Concert F (G)

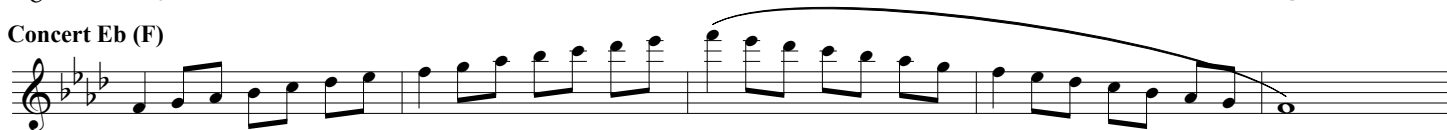


Tenor Sax Natural Minor Scales

Concert Bb (C)



Concert Eb (F)



Concert Ab (Bb)



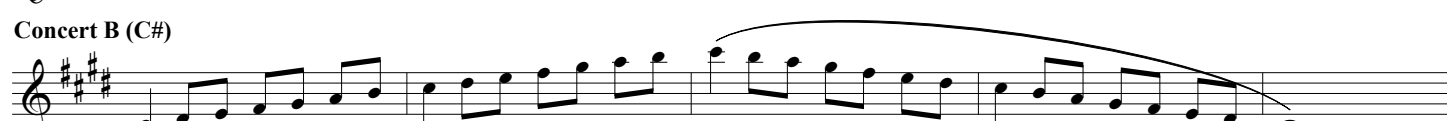
Concert Db (Eb)



Concert F# (G#)



Concert B (C#)



Concert E (F#)



Concert A (B)



Concert D (E)



Concert G (A)



Concert C (D)



Concert F (G)



6. Vibrato - 2 minutes

Goal: shape notes and phrases using slight vibration in sound

Remember:

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

