

Streak150- Fundamental Setup

(Days 1-10)

DAY 1: 25 min total. A-G, Each exercise three times

DAY 2: 30 min total. A-H, Each exercise twice up until H, which you do once.

Day 3: 40 min total. A-N, complete, including both H and I.

Day 4: 40 min total. A-N, omitting 3. Each exercise twice. Omit H.

Day 5: 40 min total. A-N complete, including both H and I.

Day 6: 30 min total. Any 8 exercises as needed, plus I.

Day 7: 40 min total. complete, omitting 3. Repeat as needed. H or I, not both.

Day 8: 30 min + 20 min test. A-H, no repeats and then Test.

Alex Knutrud

A

set inhale no vibrato- Keep steady

4

16

B Inhale and set as above for these patterns as well.

28

36

42

pp

56

mp cresc

mp cresc

mp cresc

65

mp cresc

mp cresc

mp cresc

74 C Keep these even and supported. Inhale as above. Don't go higher unless your setting is comfortable and functioning correctly.

81

88

95 D

99

103

107

111

115

119 E

f with sustain

125

131

137 F Articulation Check- use 'hah' to get your air to the front of your notes. Don't push. Switch off between 'hah' and 'dah'. Even if the fronts aren't 'clean', make sure they start together. Keep your sustain going !

137

h d h d h d d h d h d h d d h d h d h d d h d h d h d d

145

h d h d h d d h d h d h d d h d h d h d d

151 **G** Keep your sets and breaths as above, and make sure nothing moves between each note. Play these at a soft, relaxed volume.

pp

Feel free to take this as high as you'd like.

164

180 **H** Don't let your corners move. Breathe through your nose in between patterns.

pp

188

196

Do the Following as a Foundation Sequence- Start a metronome at Q=80, do the following pattern in all 7 positions, click the metronome up 4 beats, and repeat. Go from 80 - 120 in this manner. Should be about 10 repeats.

200 **I** **J**

Add this one in too, after day 4.

204 **K** Tone Bending: Gliss without tongue. When you reach a lip bend, make sure to blow through the bend, and not back off on air. When you sing, don't scoop into the note. Hear it in your head and then sing, as relaxed as possible.

209

Lip Bend Sing Lip Bend Sing Lip Bend

219

Sing Lip Bend Sing Lip Bend Sing

224 **L** Yoga Slurs like these should be as relaxed and efficient as you can. Use a mirror and metronome. Don't 'change' notes early, wait until the EXACT moment.

f and then *p*

232

240

248

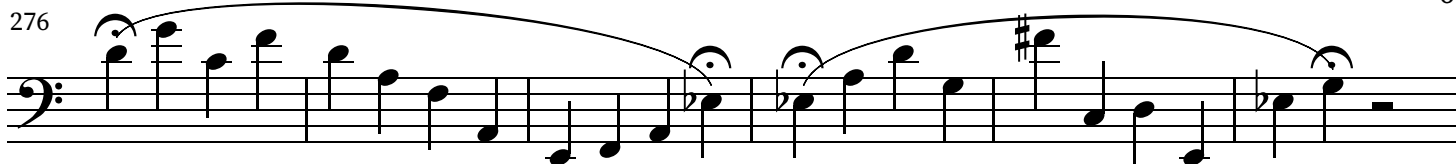
256 **M** Makashi Patterns like these are to be done with a breath on each fermata, but NO RESET. Your goal is to slowly gliss your embouchure into stretching evenly.

262

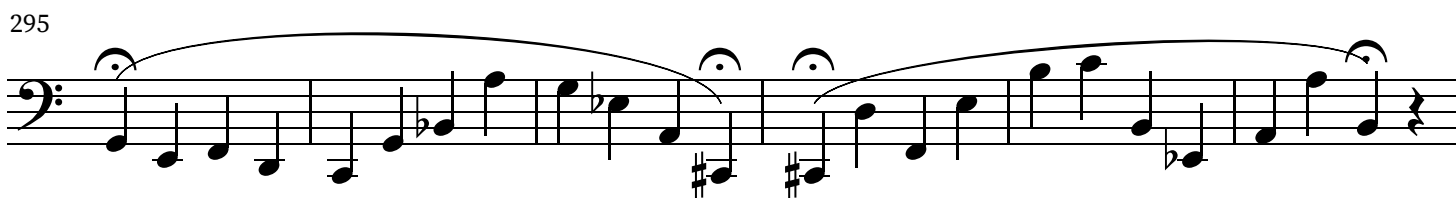
big breath 6

269

6



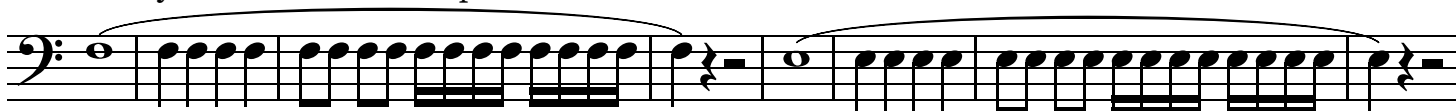
282 [N] Makashi Pattern II- Into the valves. As above, you want to smear without shifting if possible.



301 [O] Wind Pattern Alignment- do these against your hand about 1 foot away from your face. It should feel COMPLETELY sustained. The tongue should only blip into the airstream, and you should feel constant, uninterrupted air against your hand.



305 now, with the horn in hand, play the pattern. Descend chromatically, but continue to check back with your hand after each position.



Musical staff 337: A single bass clef staff containing two measures of music. The first measure consists of a continuous eighth-note scale starting on G2 and ascending to G3. The second measure consists of a continuous eighth-note scale starting on G3 and descending to G2. A slur is placed under the first measure, and another slur is placed under the second measure. The key signature has one sharp (F#).

Musical staff 345: A single bass clef staff containing two measures of music. The first measure consists of a continuous eighth-note scale starting on G2 and ascending to G3. The second measure consists of a continuous eighth-note scale starting on G3 and descending to G2. A slur is placed under the first measure, and another slur is placed under the second measure. The key signature has one sharp (F#).

Musical staff 353: A single bass clef staff containing two measures of music. The first measure consists of a continuous eighth-note scale starting on G2 and ascending to G3. The second measure consists of a continuous eighth-note scale starting on G3 and descending to G2. A slur is placed under the first measure, and another slur is placed under the second measure. The key signature has one sharp (F#).