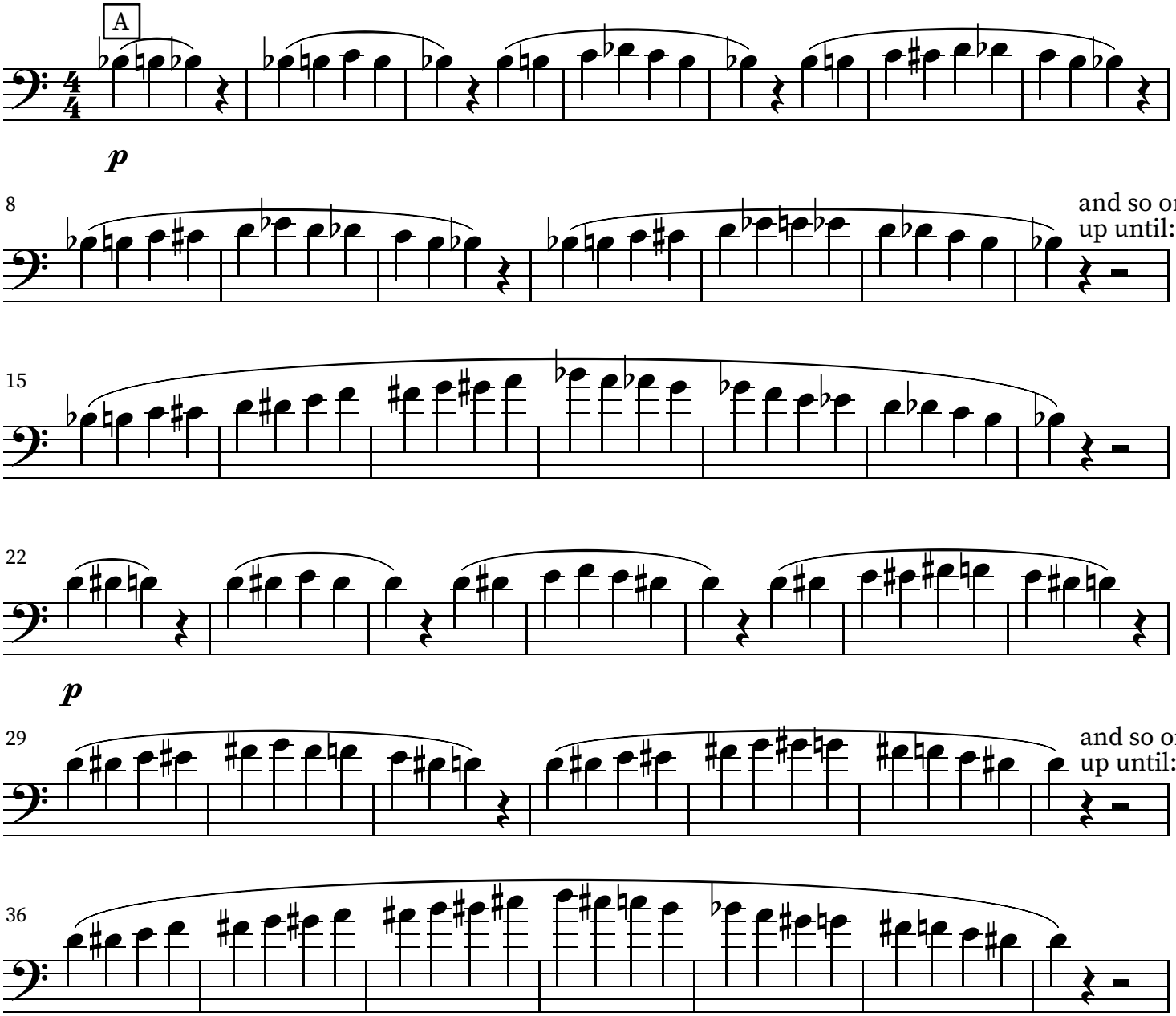
No Fear Stratosphere

A complete high range routine for high level players looking
to build a dominant high range.

WARNING

This routine can be very taxing on the embouchure muscles, and
if you don't get a proper warm up in before, destructive. PLEASE don't work
this routine without first having a comfortable setup and functional embouchure that can
traverse at least up to Db5 with relative comfort.

Alex Knutrud



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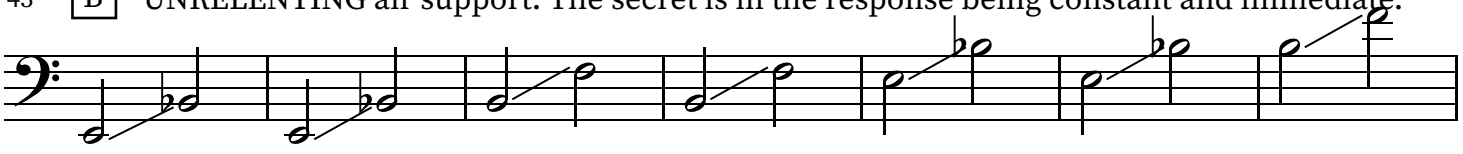
43 B

Keep the air steady for these glissandi, and smear as much as possible. The support in the higher notes must be constant and forward-moving. Don't think MORE air, think UNRELENTING air support. The secret is in the response being constant and immediate.



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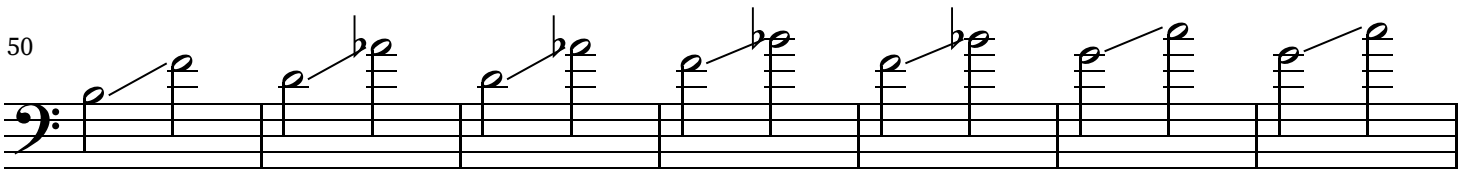

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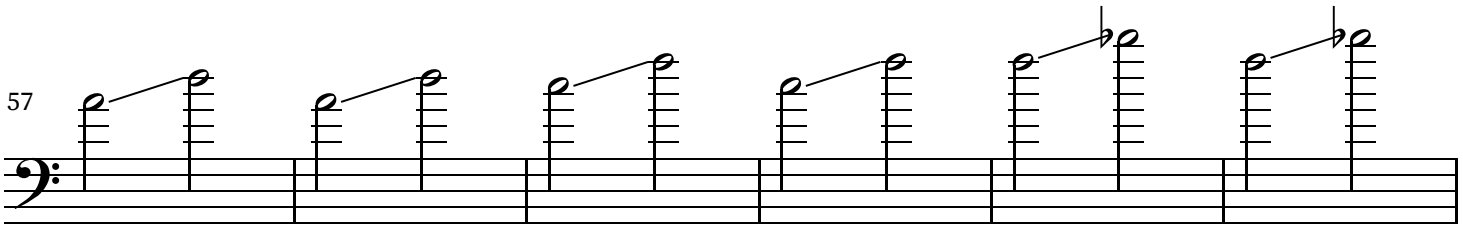
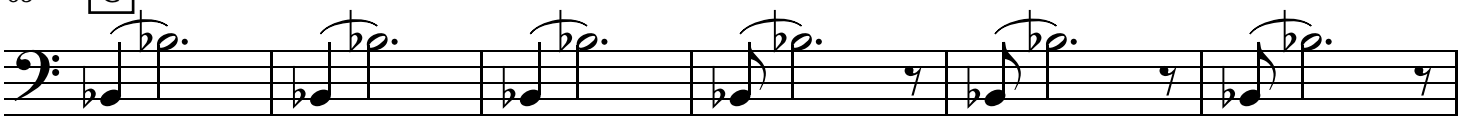
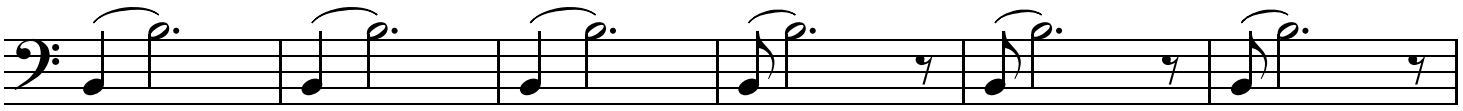


63 C

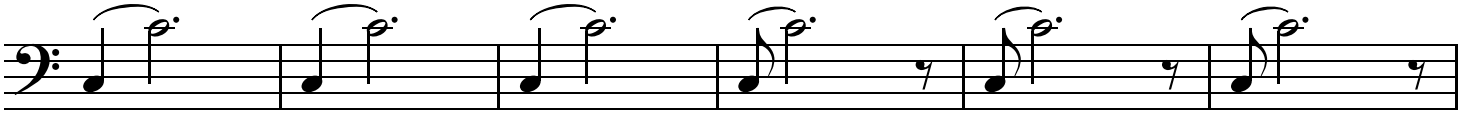
Don't let these get tight in your embouchure. Keep your slurs relaxed and open. In the outer positions, try and tighten as little as possible and do the slur with air direction.



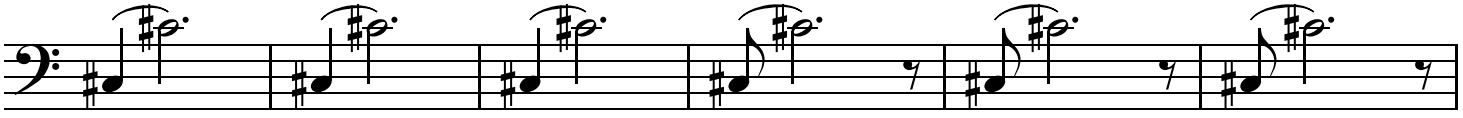
69 7th position



75 6th position

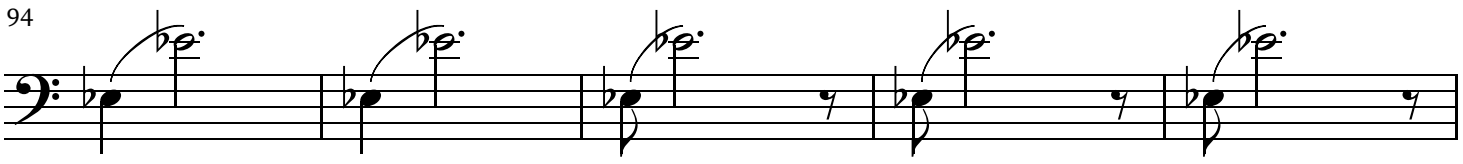


81 5th position

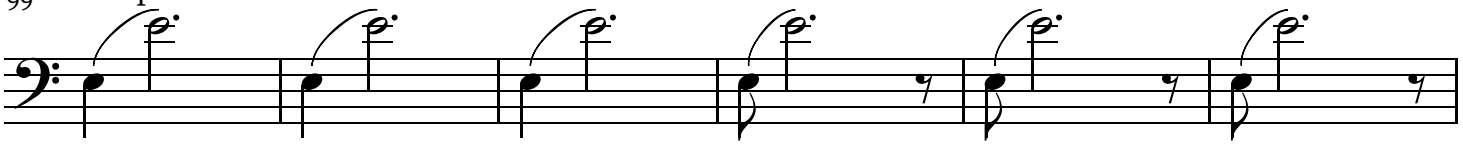


87

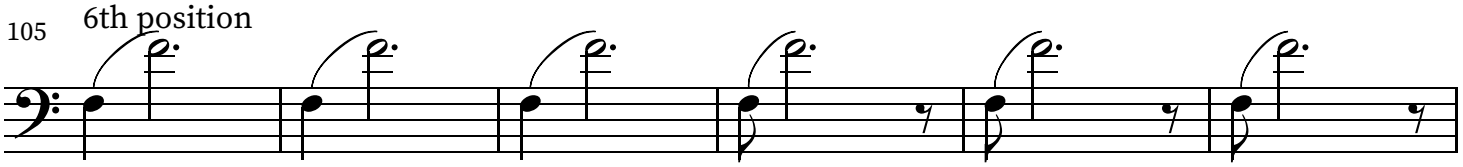
94



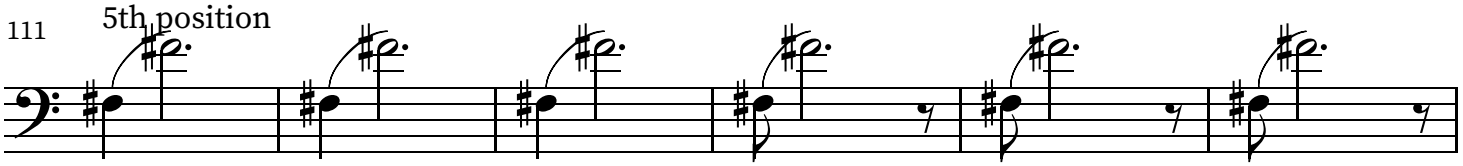
99 7th position



105 6th position

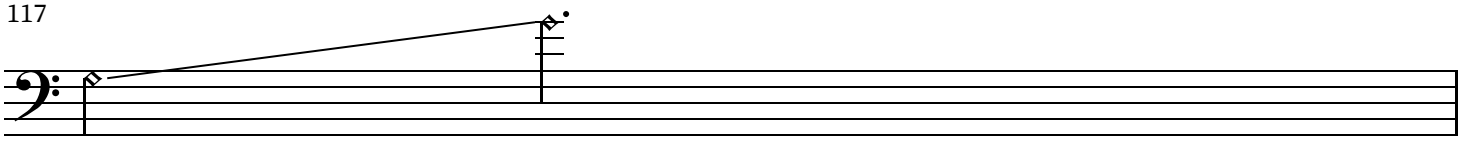


111 5th position

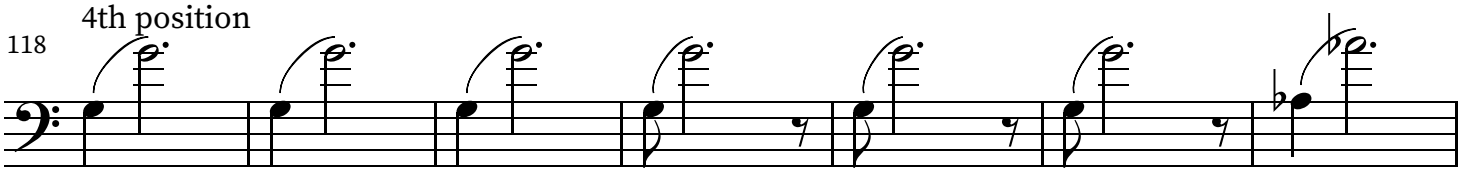


as these continue up, consider beginning each line with the trigger slightly pushed down- this opens the valve to leak and turns your whole instrument into a long leadpipe to buzz. Do this and gliss upwards on your buzz traveling the whole octave. A few times over, and then back to the slur.

117



118 4th position



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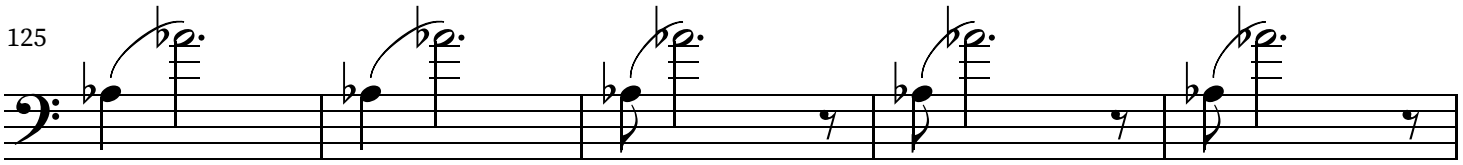

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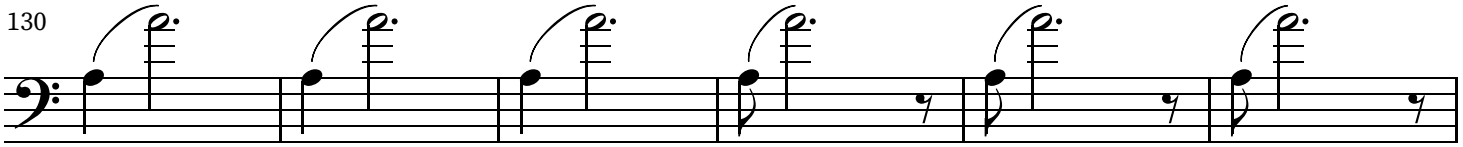

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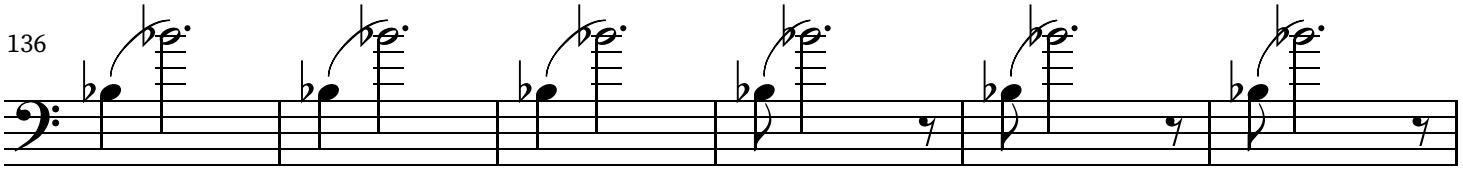
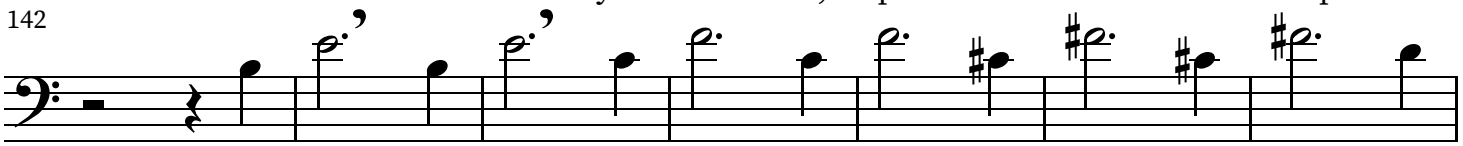


D

Use a 'Hah' articulation for each of these. Make sure the note starts FIRMLY with air and without a scoop in. Repeat until correct, and don't go on until you know the notes are beginning without a scoop. If you're doing this right, it shouldn't tax the muscles, but rather should tax the air. When you hit a sezura, stop and wait 30 seconds for a chop break.

142



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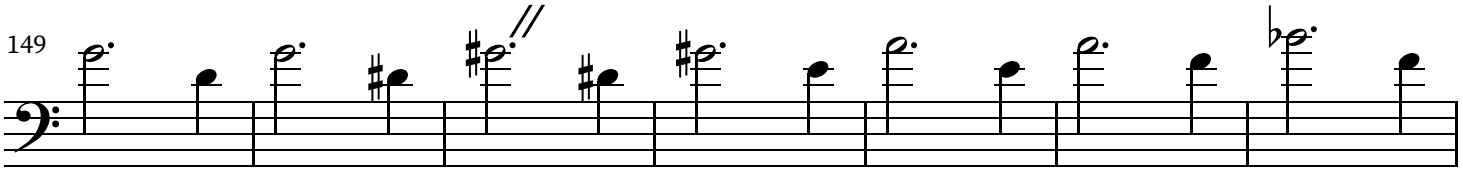

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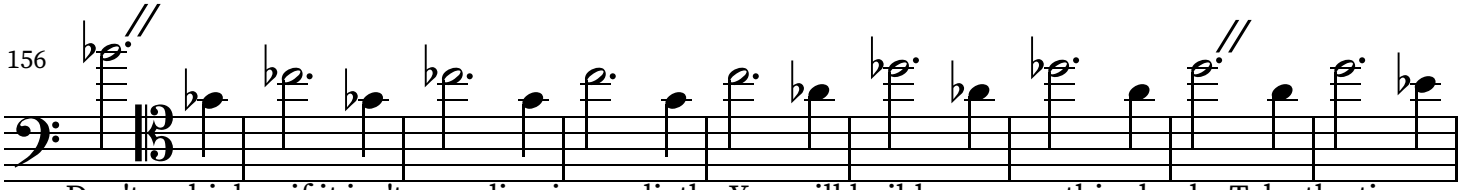
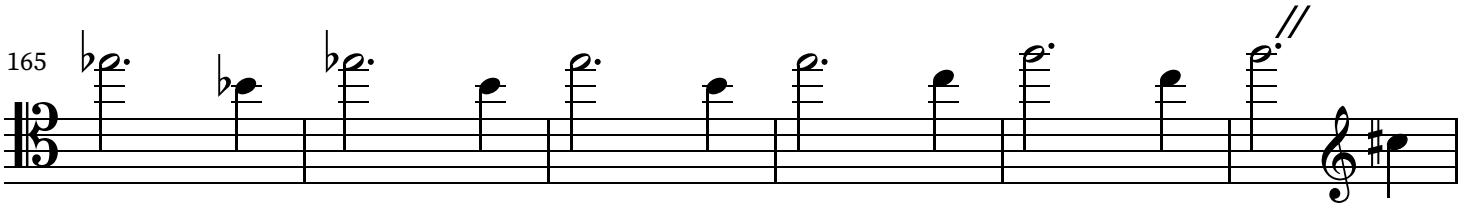


Don't go higher if it isn't sounding immediatly. You will build range on this slowly. Take the time and patience to do it right. This isn't about having a 'good' high register- it's about having a 'Dominant' high register.

165



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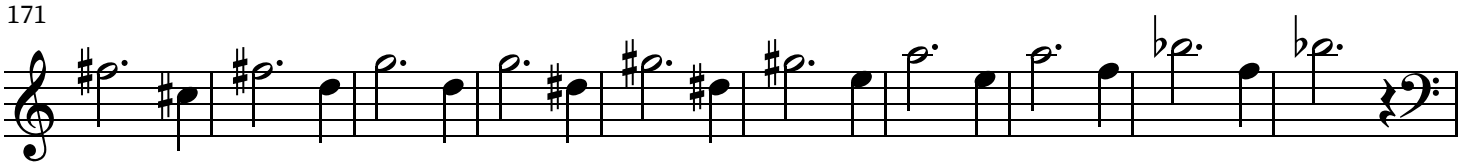
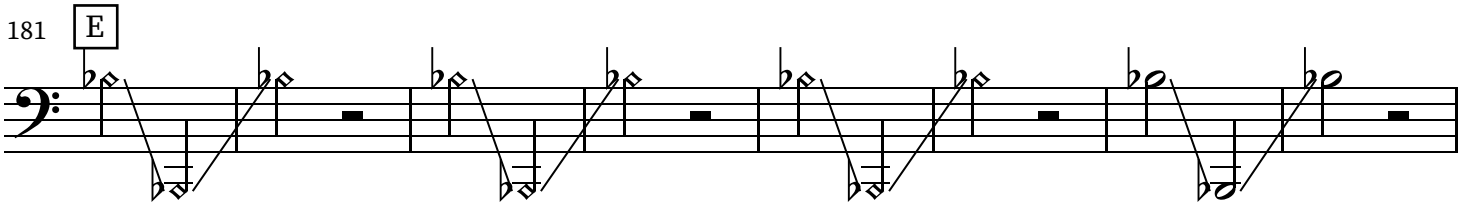


Drop your valve open a little and do these as lip gliss bends down and up. After a few times, do them as a slur. Make sure your face is moving the same way each time you slur.

181 E



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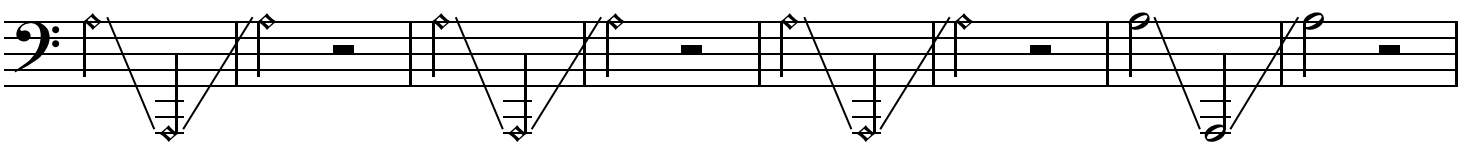

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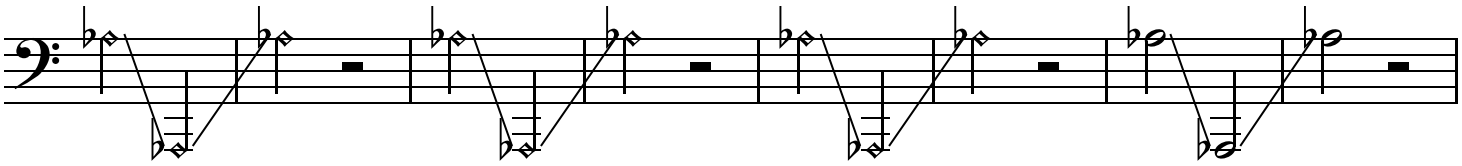

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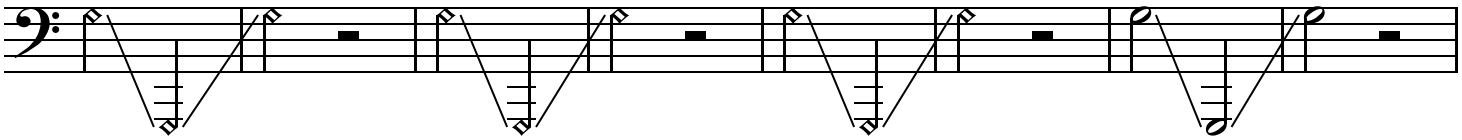
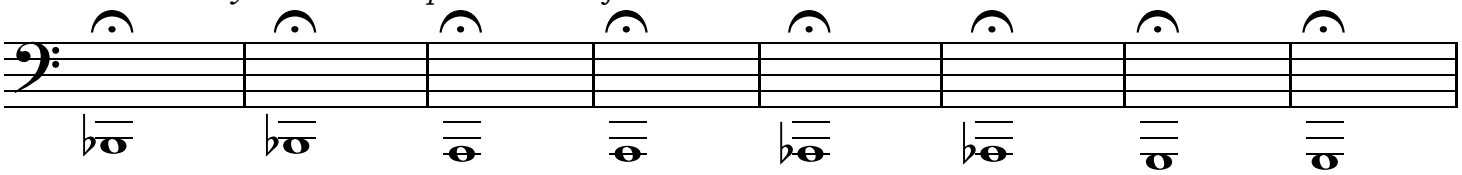


213

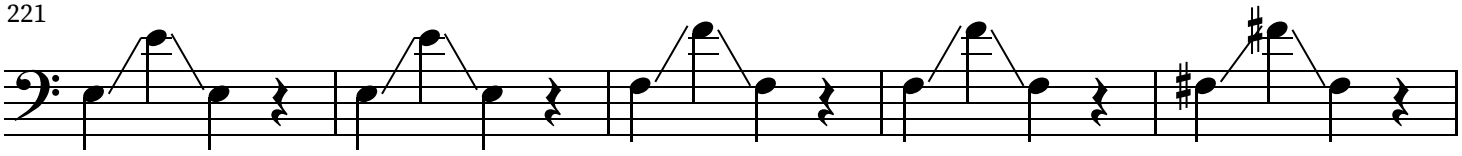
Dynamic less important than fullness- make sure these are even and resonant.



F

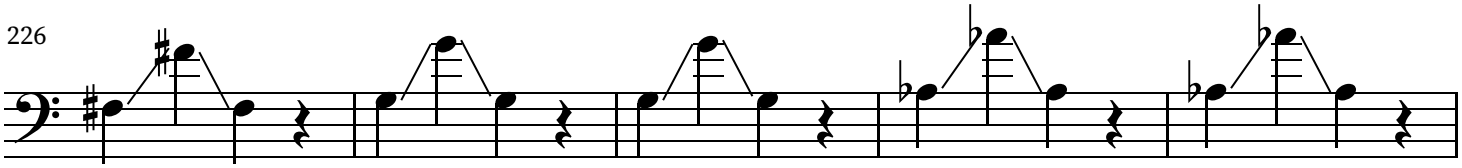
Horn Rips: Try to keep the flex even. As loose as you can, without letting your corners stop being firm. Only go as high as you can play relaxed with no pushing.

221



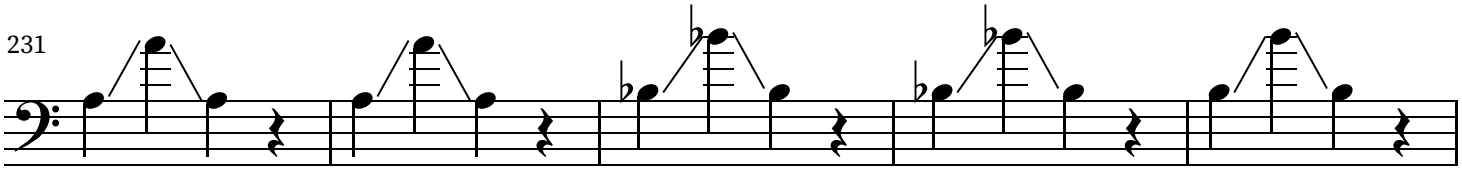
(2-7-2) *(1-6-1)* *(5-5-5)*

226



(4-4-4) *(3-7-3)*

231



(2-6-2) *(1-5-1)* *(4-7-4)*

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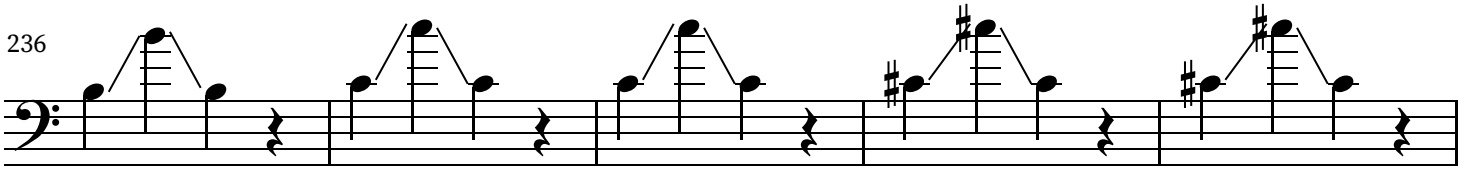
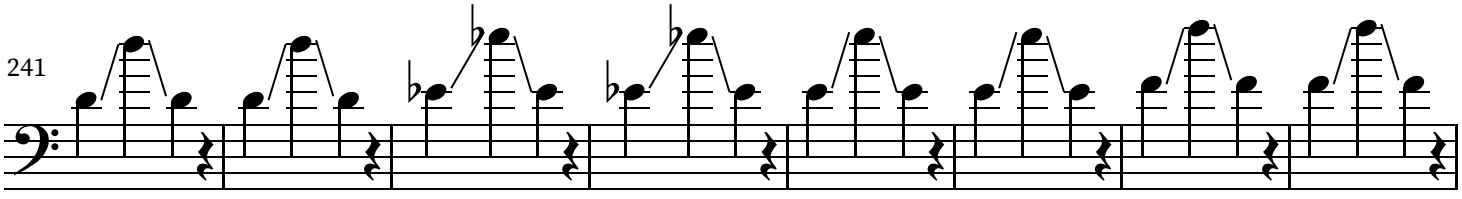
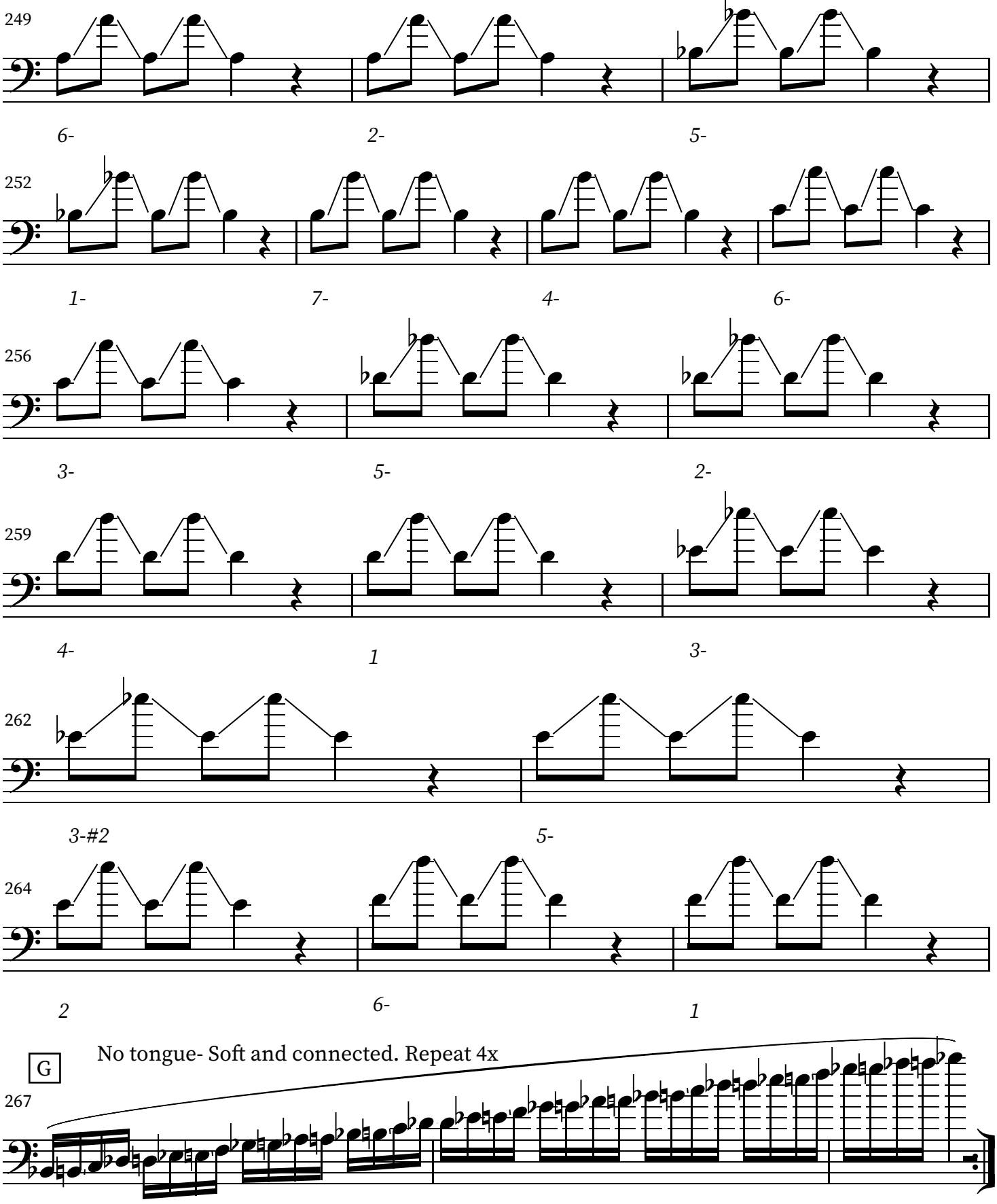


(3-6-3) *(2-5-2)*

241



(1-4-1) *(3-3-3)* *(2-7-2)* *(1-6-1)*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6-
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252
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256
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259
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262
3-#2
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264
2
6-
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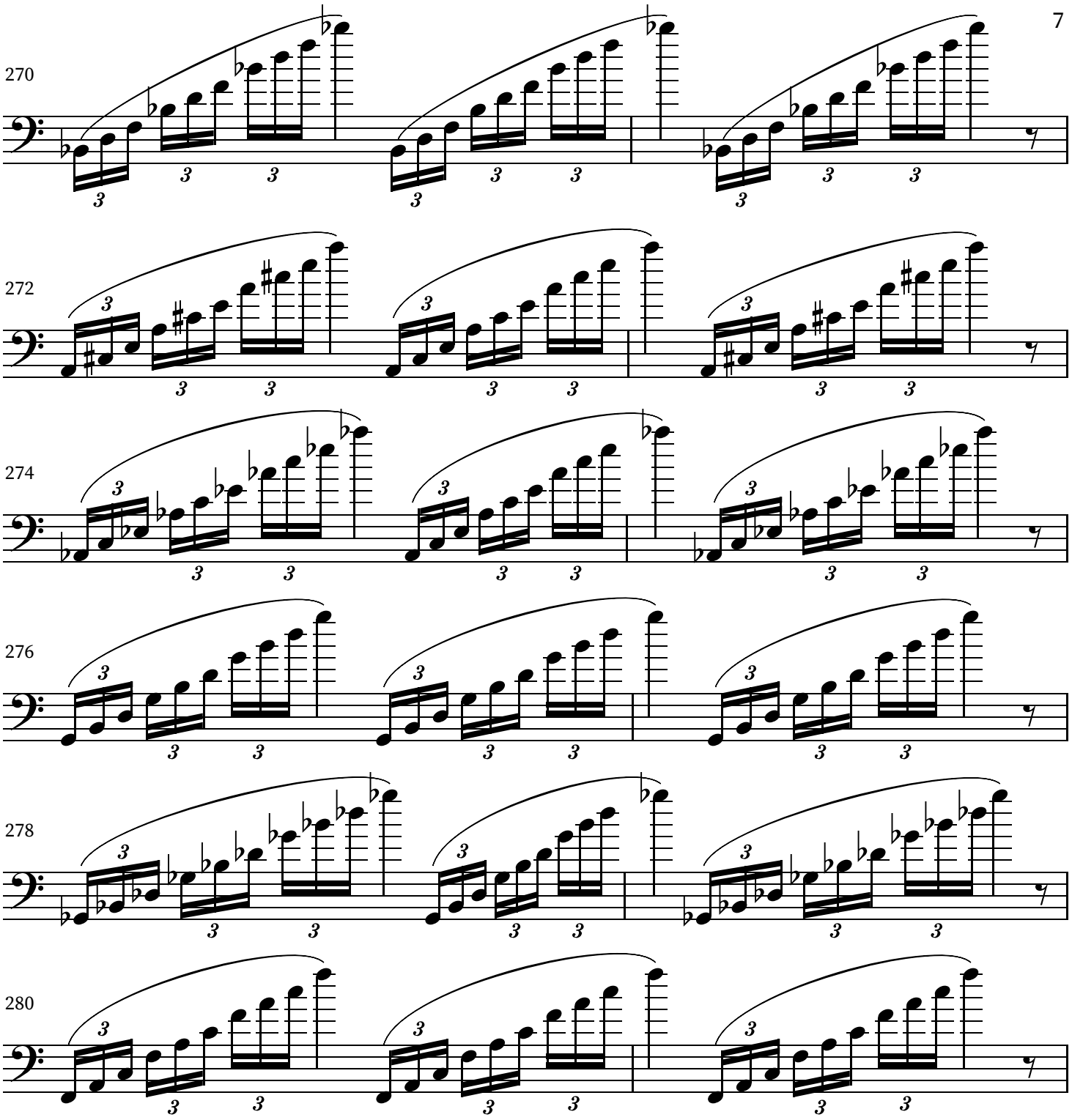
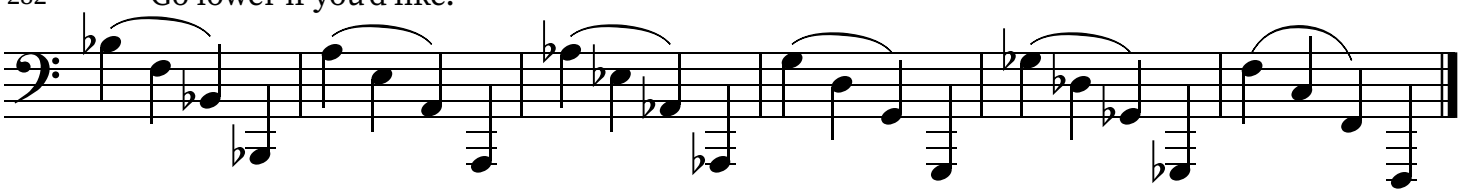
G
No tongue- Soft and connected. Repeat 4x
267



Cool off Slurs: I do these as many times and as slow as I need to begin to let the muscles relax.
Keep your corners firm even descending on these.
Go lower if you'd like.