

Practical Applications #3

Embouchure Boot Camp

*A Progressive Daily Routine for the Serious
Instrumentalist*

Saxophone



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Summer 2012



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WARNING!!

YOU ARE ABOUT TO ENLIST IN A HIGHLY EFFECTIVE PROGRAM. IF YOU ARE NOT PREPARED FOR THE FOLLOWING SIDE EFFECTS, CLOSE THIS OPERATIONS MANUAL AT ONCE!

SIDE EFFECTS OF USING THIS BOOK AS DIRECTED:

1. A sudden belief that your band director has started to pick easier music
2. A sneaking suspicion that band rehearsal has gotten shorter because you haven't even broken a sweat yet.
3. A profound distortion of reality - what was once fast music is now quite slow and easily played
4. "Buff-ness" is evident in the area of the lower face.
5. An increased sense of confidence accompanied by a strong desire to play more exciting and challenging music.
6. In short - YOU WILL BECOME A BETTER PLAYER!



Embouchure Boot Camp - Saxophone



ENLISTMENT INFORMATION



To the enlistee:

Welcome to Embouchure Boot Camp, Private! By enlisting in Boot Camp, you have shown that you are a serious musician who is looking to improve your playing. Before you begin, the Drill Sergeant has some orders:

General Orders No. 1-5

Embouchure Boot Camp - Rules and Regulations

1. The musical drills contained in this Boot Camp Operations Manual must be practiced DAILY. You will not find success by returning casually to these exercises. They must be played every day with PURPOSE. Plot your progress using the PROMOTION CHART on page 6. Boot Camp is not a casual experience; it involves commitment...YOU MUST ENLIST!
2. None of the drills in Embouchure Boot Camp should be played for the sake of "getting through them." True improvement will result when the drills are played thoughtfully while taking each of the Drill Sergeant's Orders (listed at the beginning of each section of the manual) into careful consideration. The drills must not just be played, but played correctly.
3. **ALL** drills that contain metronome markings **MUST** be played with a metronome.
4. The exercises and drills in the Boot Camp Operations Manual do not consist of an entire practice session. They are meant to give the player a consistent and thorough routine that is played every day before etudes, solos and literature are practiced. The number of drills that are done each day will vary depending on time constraints. A normal routine should take 30 minutes. If the private has only 10 minutes on a particular day, then 1 drill from every section of the manual should be played. At no time should 0 drills be considered - see General Order No. 1.
5. A private lesson teacher is strongly encouraged to progress through this manual. However, many situations arise and every effort has been made to give detailed and concise instructions for every drill. If you read these carefully and put them into practice, you should be able to put yourself through boot camp.

Your band is proud of the commitment and dedication that you have already shown by enlisting in Embouchure Boot Camp. You will need to continue to show these traits in order to progress through Boot Camp. Who knows, if you work hard and follow the rules and regulations listed above, you might graduate boot camp with the rank of Command Chief Master Sergeant. Only one question remains: Do you have what it takes?

Sincerely,

Drill Sergeant
Embouchure Boot Camp



Embouchure Boot Camp - Saxophone



PRACTICE GUIDELINES



To the enlistee:

Consider these guidelines to help yourself stay on track for daily practice:

- ✎ Set a regular time to practice.
- ✎ Find a comfortable, well-lit, quiet place to practice, preferably the largest room in the house to help with sound development.
- ✎ Practice standing up, not sitting.
- ✎ Use your metronome consistently.
- ✎ Practicing in short amounts daily is much more preferable than cramming. Developing instrumental technique is much like an exercise workout—teach your muscles by doing a little bit daily.
- ✎ Take frequent breaks if you are more advanced and practicing more than 45 minutes per day. Sessions of playing longer than 45 minutes can cause muscular problems such as tendonitis or carpal tunnel syndrome if one does not rest frequently.
- ✎ Don't forget that the ultimate goal is not to produce the notes you see on the page as you would type in words on a keyboard. The goal is to produce beautiful music. Never forget to listen to yourself and make music as you practice. Try to mimic the sounds of your favorite players.

To the Commanding Officers of the Household (i.e. Parents):

Congratulations, your student has just enrolled in Embouchure Boot Camp! In order to give your student the best opportunity for success, please consider the following guidelines to assist in the quality of their practice.

- ✎ Stay connected. Encourage your student to practice and reward his/her hard work with recognition. Instruments are not quiet, so be sure to support your student's practice time even if you are reading or watching TV.
- ✎ Give your student a place to practice that is free of distractions, preferably in the largest room in the house. This will help develop projection by practicing filling up a large space with sound.
- ✎ Allow the student to leave the instrument out so it is easily accessible for practice. The safest way to do this is to purchase an instrument stand. Your enlistee will practice more often if the instrument is visible and handy.
- ✎ Help your student to stay on track by reminding him/her to practice in a way that helps them to realize their goals. Use language like, "I know it has been a busy day, but if you practice today, you will stay on track to achieve your goal of getting placed in the top band next year."



Embouchure Boot Camp - Saxophone



PROMOTION CHART



Every drill in this book is intended to be played every day as part of a daily practice routine. However, it is more than likely that this will be impossible for the Embouchure Boot Camp enlistee to achieve immediately. Therefore, it is necessary to plot a course through the book starting with the rank of "Private" and ending with the rank of "Command Chief Master Sergeant."

Each exercise in Embouchure Boot Camp is preceded by a military rank insignia. This denotes the difficulty level of each exercise and helps the enlistee (you) chart your progress through boot camp. The chart below lists what Embouchure Boot Camp exercises that need to be performed in order to achieve the different military ranks. All ranks should drill each warm-up (Breathing, Stretch Drills, Register Drills) every day.

Good Luck on your journey from Private to Command Chief Master Sergeant!

Insignia	Rank	Single Tonguing	Mechanism Exercises	Technical Exercises	Major Scale Exercises	Minor Scale Exercises	Date of Promotion
	Private						
	Private 1 st Class						
	Sergeant						
	Staff Sergeant						
	Technical Sergeant						
	Master Sergeant	ALL Tech Srgt Drills at 90% of Top Speed	ALL Tech Srgt Drills at 90% of Top Speed	ALL Tech Srgt Drills at 90% of Top Speed	ALL Tech Srgt Drills at 90% of Top Speed	ALL Tech Srgt Drills at 90% of Top Speed	
	Senior Master Sergeant						
	Chief Master Sergeant						
	Command Chief Master Sergeant	ALL Exercises Performed at Top Speed					





BREATHING



Breathing is the MOST important aspect of saxophone playing and is the FIRST thing you should practice every day. Great breathing will aid in fixing every playing problem. However, most players never practice their breathing! This breathing drill helps to practice controlling the large amount of air needed to play. The most important part of this drill is to STAY RELAXED. This is especially important during the "suspend" portion of the drill. Suspending the air is NOT holding your breath. Your throat should stay open during this entire drill. Suspend the air by simply not breathing in or out while keeping your muscles totally relaxed. Sniff a small amount of air at the nose to be sure that you are suspending your air and NOT holding your breath.

Drill Sergeant's Orders:

- ✎ Do all five parts of the drill one after another to achieve maximum relaxed respiration. Finish the eight-count drill and go on immediately to the four-count and so on...
- ✎ The first part of your body to expand during inhalation is your mid-section.
- ✎ During the eight and four-count inhalations, suck in the air at the lips as if you were sipping a milkshake through a straw, slow and steady.
- ✎ For the eight and four-count exhalations, put your embouchure into the playing position with the opening small enough to provide resistance. Blow steadily all the way to the end.
- ✎ For the one count inhalations, your mouth should look like you are eating a hot potato in order to inhale quickly.
- ✎ Remember to breathe or exhale all the way to the end. Do not allow yourself to stop the breathing motion during this exercise.
- ✎ **SUSPEND** your air; don't hold your breath.



Set your metronome to: ♩ = 60

Inhale	Suspend	Exhale	Frequency
8 counts	8 counts	8 counts (pp)	Do this 2 times
4 counts	4 counts	4 counts	Do this 3 times
1 count	4 counts	4 counts	Do this 3 times
1 count	4 counts	1 count	Do this 4 times
1 count	(none)	1 count (fff)	Do this 7 times



Some players find it useful to pretend to pull back a bow during inhalation (ready), remaining in the fully extended position during the "suspend" portion (aim), and watching the arrow fly through some far-away target during exhalation (fire!).





STRETCH DRILLS



The first notes you play on the instrument should be very relaxing. The first notes should start in the comfortable middle range and gradually stretch to the outer registers of the instrument, much like an athlete preparing for a big game. Musicians are, after all, athletes of the small muscles.

Drill Sergeant's Orders:

- ✈ Support your sound at ALL times!
- ✈ Play all stretch drills at a comfortable mezzo forte dynamic.
- ✈ Concentrate on keeping a full sound in all ranges. These drills are meant to be played in free time. If a note does not feel comfortable, hold it until it does. The second exercise in particular should be played freely. Hold the top and bottom note of each phrase until your embouchure feels comfortable.





REGISTER DRILLS



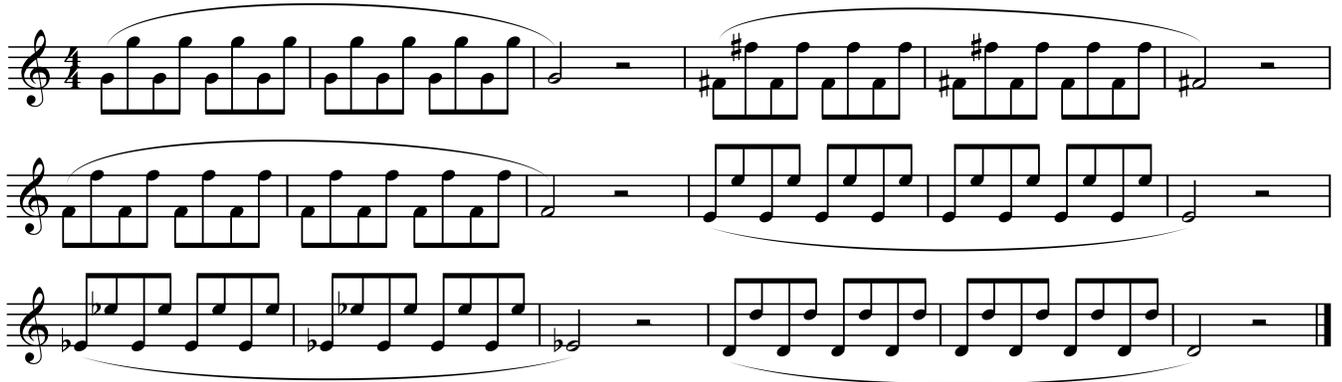
Once you have played your first notes of the day, it is important to remind yourself of what a great embouchure looks and feels like. Register drills are the ideal way to do this. As a saxophonist you are required to change registers on the instrument quickly and easily. It is impossible to execute the following exercises without a great embouchure and the proper reed (3 or higher for most mouthpieces).

Drill Sergeant's Orders:

- ✎ Support your sound at ALL times!
- ✎ Perform the following drills in strict time with a metronome. You may choose the tempo.
- ✎ Remind yourself to have a circular embouchure (pressure is exerted on the mouthpiece and reed in all directions).
- ✎ If the bottom note doesn't immediately jump down when you release the octave key, you will need to make sure that you are taking the right amount of mouthpiece in the mouth and that your tongue level is in the right spot.
- ✎ Focus on creating a full and rich sound before pressing the register key and playing the upper note. The goal is to have the embouchure and air at the required level before the upper register is played. This will make changing between registers more effortless.



Embouchure Boot Camp - Saxophone



Eugene Rousseau

YOU ARE WHAT YOU EAT

Great improvement can be achieved by simply listening to great saxophone players and trying to mimic their sound.

Listen to one of the greatest saxophone players of all time - Eugene Rousseau. Eugene is one of the most prolific recording artists on the saxophone in history.

In the recording on the right, Eugene Rousseau performs some of the saxophone solos that he helped to commission and arrange.



CHECK IT OUT!!



Embouchure Boot Camp - Saxophone



$\text{♩} = 80-120$

T T T T

simile...



$\text{♩} = 80-120$

T T T T

simile...



$\text{♩} = 80-120$

T T T T

simile...



$\text{♩} = 80-120$

T T T T

simile...



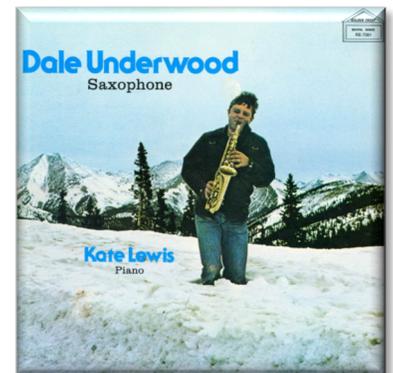
Dale Underwood

YOU ARE WHAT YOU EAT

Listen to one of the greatest saxophone virtuosos ever - Dale Underwood.

In the recording on the right, Dale performs some of the most famous alto saxophone concertos and sonatas, including the Sonata for Alto Saxophone by Paul Creston.

CHECK IT OUT!!





MECHANISM DRILLS



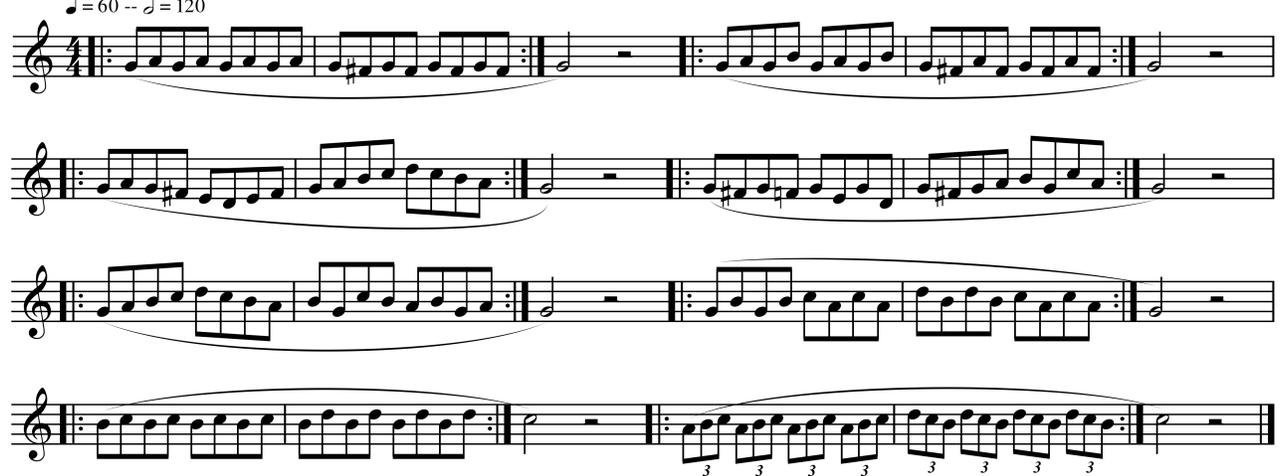
Mastering the mechanics of the saxophone requires much practice and attention to detail. Saxophonists are often asked to perform rapid technical passages and leaps with the instrument. The exercises below will help develop that skill.

Drill Sergeant's Orders:

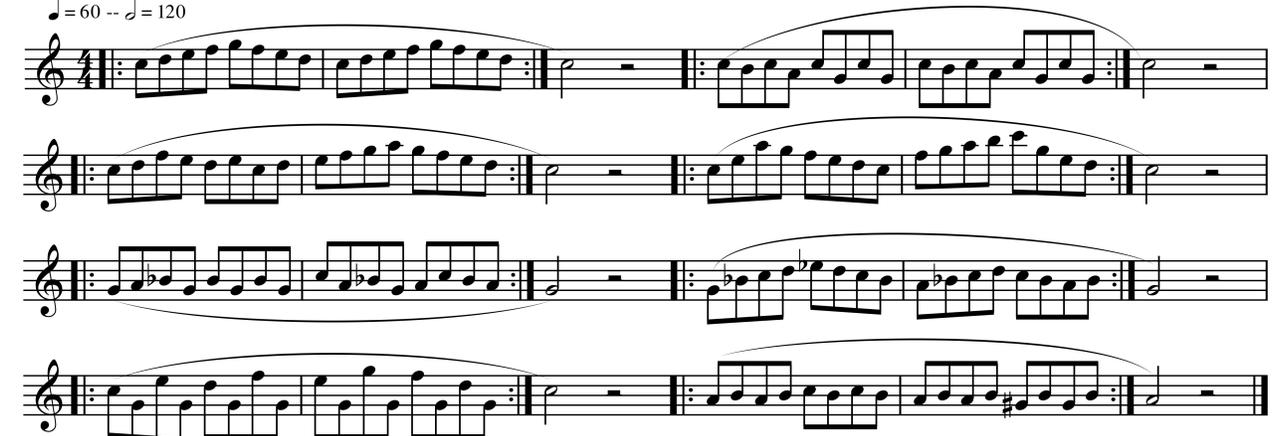
-  Support your sound at ALL times!
-  Drills MUST be practiced with a metronome.
-  All repeats should be taken 8-10 times.
-  Only increase the metronome speed when you have played the exercise flawlessly. It is better to spend a little more time at a slower speed and get it right, than try to push the tempo too soon and end up practicing mistakes.
-  Practice quick and precise fingering! Even though these exercises are slurred, the changes between the notes need to be precise. If the fingering requires multiple keys, focus on putting the keys down at the same time.
-  Keep as little movement in the embouchure as possible throughout the drill.
-  STAY RELAXED with great hand position. Stop when you feel tension in the body.



$\text{♩} = 60 \text{ -- } \text{♩} = 120$



$\text{♩} = 60 \text{ -- } \text{♩} = 120$



Embouchure Boot Camp - Saxophone

♩ = 60 -- ♪ = 120



♩ = 60 -- ♪ = 120



♩ = 60 - 180



Lenny Pickett

YOU ARE WHAT YOU EAT

Listen to probably the most famous saxophone sound out there today - Lenny Pickett.

The saxophone has a wide range of music that it can play. Lenny Pickett was the long time leader of the horn section of the funk band - Tower of Power. He is now the leader of the Saturday Night Live Band in NYC.

CHECK IT OUT!!



Embouchure Boot Camp - Saxophone



♩ = 60 - 180

The image shows a musical score for saxophone, consisting of five staves. The tempo is marked as ♩ = 60 - 180. The score is written in 4/4 time and features a complex, rhythmic melody with many sixteenth and thirty-second notes. The first staff begins with a treble clef and a key signature of one sharp (F#). The music is characterized by a driving, repetitive pattern of eighth and sixteenth notes, with occasional rests and dynamic markings. The score concludes with a double bar line and repeat dots.



Minnesota's own – THE HORNHEADS

Kenny Holmen, soprano/tenor sax; Kathy Jensen, alto/baritone sax

YOU ARE WHAT YOU EAT

Check out the hometown team! You can listen to all the recordings in the world, but there is nothing that compares to hearing great music played live. Take a trip down to Minneapolis and hear THE HORNHEADS at their next gig.

How would these great players perform the drills in this book?





TECHNICAL DRILLS



So far in your routine you have worked the embouchure, tongue and fingers. Now it is time to give the fingers a workout chromatically and within a certain key. Work for relaxed control of your keys. Try to keep tension at a minimum throughout each drill and gradually increase the tempo. Keep the tempo the same for a whole week and then increase it by a small margin. You will be surprised where you are in a few short months!

Drill Sergeant's Orders:

-  Support your sound at ALL times!
-  Drills MUST be practiced with a metronome.
-  Only increase the metronome speed when you have played the exercise flawlessly. It is better to spend a little more time at a slower speed and get it right, than try to push the tempo too soon and end up practicing mistakes.
-  Practice quick and precise fingering! Even though these exercises are slurred, the changes between the notes need to be precise. If the fingering requires multiple keys, focus on putting the keys down at the same time.
-  Keep as little movement in the embouchure as possible throughout the drill.



$\text{♩} = 160 - \text{♩} = 112$

3x's

3x's

simile



Embouchure Boot Camp - Saxophone



$\text{♩} = 160 - \text{♩} = 112$

3x's

simile

Musical notation for the first section, consisting of seven staves of music in 2/4 time. The first two staves are marked '3x's' and the third is marked 'simile'. The notation includes various notes, rests, and dynamic markings.



$\text{♩} = 48-90$

Musical notation for the second section, consisting of five staves of music in 6/8 time. The notation includes various notes, rests, and dynamic markings.



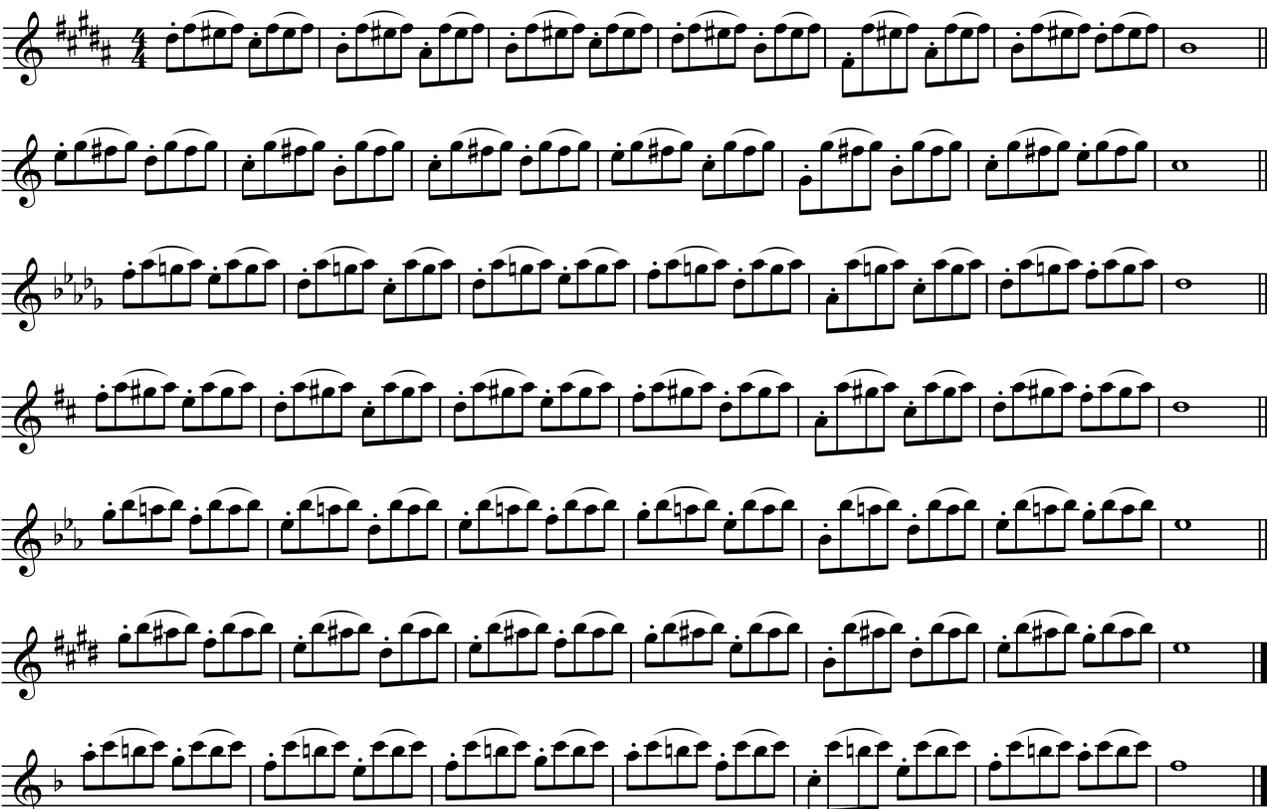
Embouchure Boot Camp - Saxophone



$\text{♩} = 84-124$



$\text{♩} = 84-124$



Embouchure Boot Camp - Saxophone



$\text{♩} = 60-112$

A sheet music page for saxophone, featuring 12 staves of music. The music is written in treble clef with a 4/4 time signature. The key signature changes across the staves: Staff 1 (F#), Staff 2 (Bb), Staff 3 (C#), Staff 4 (Bb), Staff 5 (C#), Staff 6 (C), Staff 7 (Bb), Staff 8 (C#), Staff 9 (Bb), Staff 10 (C#), Staff 11 (Bb), Staff 12 (C#). Each staff contains a melodic line with a long slur over the first two measures and a repeat sign at the end. The music consists of eighth and sixteenth notes, with some triplets and slurs.



MAJOR SCALE DRILLS



These drills are the final challenge for your daily routine. Without exercising your abilities in every musical language (key), you will be limited in what you can accomplish as a musician. Scales are the building blocks of all of the music that we play. If you know these scales, everything becomes easier. Music will become easier to play because you have seen the notes before. Basically, when you practice scales, you are traveling into the future. You are making it easier to play music that you will see later. Cool!

Drill Sergeant's Orders:

- ✉ Support your sound at ALL times!
- ✉ Practice all scales with a metronome marking that you are comfortable with and gradually increase the tempo.
- ✉ Practice 2 scales a day for 6 days. This way you can get through all 12 in a week! (Gb Major and F# Major are enharmonic scales, meaning that they are spelled differently but sound the same and have the same fingerings. So even though there are 13 scales listed, there are technically only 12 different pitch levels.)
- ✉ Practice your least favorite scales the most! Chances are that you will have your favorite and least favorite scales. Chances are even better that your least favorite scales are the ones that need the most practice. Don't just practice the scales that make you feel good, practice the scales that will make you a better musician.

C Major Scale



The C Major Scale is written in 4/4 time across three staves. The first staff contains the first six measures, the second staff contains the next six measures, and the third staff contains the final six measures, ending with a double bar line.

F Major Scale



The F Major Scale is written in 4/4 time across three staves. The first staff contains the first six measures, the second staff contains the next six measures, and the third staff contains the final six measures, ending with a double bar line.



Embouchure Boot Camp - Saxophone

G Major Scale



Three staves of musical notation for the G Major Scale in 4/4 time. The first staff contains the first two lines of the scale. The second staff contains the next two lines. The third staff contains the final line and ends with a double bar line.

Bb Major Scale



Three staves of musical notation for the Bb Major Scale in 4/4 time. The first staff contains the first two lines of the scale. The second staff contains the next two lines. The third staff contains the final line and ends with a double bar line.

D Major Scale



Three staves of musical notation for the D Major Scale in 4/4 time. The first staff contains the first two lines of the scale. The second staff contains the next two lines. The third staff contains the final line and ends with a double bar line.

Eb Major Scale



Three staves of musical notation for the Eb Major Scale in 4/4 time. The first staff contains the first two lines of the scale. The second staff contains the next two lines. The third staff contains the final line and ends with a double bar line.



Embouchure Boot Camp - Saxophone

A Major Scale



Musical notation for the A Major Scale in 4/4 time, consisting of three staves of music.

Ab Major Scale



Musical notation for the Ab Major Scale in 4/4 time, consisting of three staves of music.

E Major Scale



Musical notation for the E Major Scale in 4/4 time, consisting of three staves of music.

Db Major Scale



Musical notation for the Db Major Scale in 4/4 time, consisting of three staves of music.



Embouchure Boot Camp - Saxophone

B Major Scale



Musical notation for the B Major Scale, consisting of three staves of music in 4/4 time. The first staff shows the ascending scale, the second staff shows the descending scale, and the third staff shows the final descending notes and a whole rest.

Gb Major Scale



Musical notation for the Gb Major Scale, consisting of three staves of music in 4/4 time. The first staff shows the ascending scale, the second staff shows the descending scale, and the third staff shows the final descending notes and a whole rest.

F# Major Scale



Musical notation for the F# Major Scale, consisting of three staves of music in 4/4 time. The first staff shows the ascending scale, the second staff shows the descending scale, and the third staff shows the final descending notes and a whole rest.





MINOR SCALE DRILLS



Many students get around to practicing their major scales; many choose to forget about the minor scales. Once again, without exercising your abilities in every musical language (key), you will be limited in what you can accomplish as a musician. The minor scales drills below utilize the melodic version of the minor scale. This means that there is a raised 6th and 7th tone ascending and the entire natural minor scale descending. Since the natural minor scale is just the major scale starting on the 6th note, you have already practiced the natural minor scale. It is the most efficient use of time to drill the melodic minor scale in these studies.

Drill Sergeant's Orders:

- ✈ Support your sound at ALL times!
- ✈ Practice all scales with a metronome marking that you are comfortable with and gradually increase the tempo.
- ✈ Practice 2 scales a day for 6 days. This way you can get through all 12 in a week! (Eb Minor and D# Minor are enharmonic scales, meaning that they are spelled differently but sound the same and have the same fingerings. So even though there are 13 scales listed, there are technically only 12 different pitch levels.)
- ✈ Once again, practice your least favorite scales more than your favorite scales.
- ✈ Focus on centering your tone on each note. These scales are more unfamiliar than the major scales so effort must be made to get them "in your ear."

A Minor Scale



Musical notation for the A Minor Scale in 4/4 time. The scale is written on a treble clef staff. The ascending line starts on A4 and goes up to A5, with a raised 6th (F#) and 7th (G#). The descending line starts on A5 and goes down to A3, with a natural 6th (F) and 7th (G). The piece ends with a double bar line.

D Minor Scale



Musical notation for the D Minor Scale in 4/4 time. The scale is written on a treble clef staff with a key signature of two flats (Bb and F). The ascending line starts on D4 and goes up to D5, with a raised 6th (Bb) and 7th (Cb). The descending line starts on D5 and goes down to D3, with a natural 6th (B) and 7th (C). The piece ends with a double bar line.



Embouchure Boot Camp - Saxophone

E Minor Scale



Musical notation for the E Minor Scale, consisting of three staves of music in 4/4 time. The key signature has one sharp (F#). The notation includes various rhythmic patterns and accidentals (flats and naturals) to indicate the scale's progression.

G Minor Scale



Musical notation for the G Minor Scale, consisting of three staves of music in 4/4 time. The key signature has two flats (Bb, Eb). The notation includes various rhythmic patterns and accidentals (flats and naturals) to indicate the scale's progression.

B Minor Scale



Musical notation for the B Minor Scale, consisting of three staves of music in 4/4 time. The key signature has two sharps (F#, C#). The notation includes various rhythmic patterns and accidentals (flats and naturals) to indicate the scale's progression.

C Minor Scale



Musical notation for the C Minor Scale, consisting of three staves of music in 4/4 time. The key signature has three flats (Bb, Eb, Ab). The notation includes various rhythmic patterns and accidentals (flats and naturals) to indicate the scale's progression.



Embouchure Boot Camp - Saxophone

F# Minor Scale



Musical notation for the F# Minor Scale in 4/4 time. It consists of three staves. The first staff contains the first four measures of the scale. The second staff contains the next four measures. The third staff contains the final four measures, ending with a whole rest.

F Minor Scale



Musical notation for the F Minor Scale in 4/4 time. It consists of three staves. The first staff contains the first four measures of the scale. The second staff contains the next four measures. The third staff contains the final four measures, ending with a whole rest.

C# Minor Scale



Musical notation for the C# Minor Scale in 4/4 time. It consists of three staves. The first staff contains the first four measures of the scale. The second staff contains the next four measures. The third staff contains the final four measures, ending with a whole rest.

Bb Minor Scale



Musical notation for the Bb Minor Scale in 4/4 time. It consists of three staves. The first staff contains the first four measures of the scale. The second staff contains the next four measures. The third staff contains the final four measures, ending with a whole rest.



Embouchure Boot Camp - Saxophone

G# Minor Scale



Musical notation for the G# Minor Scale in 4/4 time. It consists of three staves of music. The first staff contains the first six measures, the second staff contains the next six measures, and the third staff contains the final six measures, ending with a double bar line. The key signature has two sharps (F# and C#), and the time signature is 4/4.

Eb Minor Scale



Musical notation for the Eb Minor Scale in 4/4 time. It consists of three staves of music. The first staff contains the first six measures, the second staff contains the next six measures, and the third staff contains the final six measures, ending with a double bar line. The key signature has three flats (Bb, Eb, and Ab), and the time signature is 4/4.

D# Minor Scale



Musical notation for the D# Minor Scale in 4/4 time. It consists of three staves of music. The first staff contains the first six measures, the second staff contains the next six measures, and the third staff contains the final six measures, ending with a double bar line. The key signature has four sharps (F#, C#, G#, and D#), and the time signature is 4/4.





ACKNOWLEDGEMENTS



Very few of the exercises contained in this book are completely original. Most have been compiled and adapted from proven exercise books from the entire spectrum of wind playing and from the many clinics and supplementary material from the American Band College Summers of 2010, 2011 and 2012. Effort was made to pick the most necessary exercises and adapt them to each instrument in the series. The following resources proved immensely helpful:

Advanced Method Vol.1 for Saxophone - Rubank

The American Band College Summer 2010 Notebook and Clinics
Scott Plugge

The American Band College Summer 2011 Notebook and Clinics
Dale Underwood

The American Band College Summer 2012 Notebook and Clinics
Eugene Rousseau

Guide to Teaching Woodwinds - Frederick W. Westphal

Six Days "Daily Routines for Trombone" - Scott Moore

Technical Studies for Cornet - H.L. Clarke

Technical Studies Book 1 - Allen Vizzutti

Universal Method for Saxophone - Paul DeVille

