

INSIDE THE CIRCLE:

A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

FLUTE/PICCOLO PART

2nd Edition

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Breathing Exercises

Breathing Exercise #1: Smooth and Slow

Inhale 8-Exhale 8 (repeats), Inhale 6-Exhale 6 (repeats), Inhale 4-Exhale 4 (repeats)

Breathing Exercise #2: Slow to Fast

Inhale 8-Exhale 8 (repeats), Inhale 7-Exhale 7 (repeats), Inhale 6-Exhale 6 (repeats), 5, 4, 3, 2, 1

Breathing Exercise #3: Fast to Slow

Inhale 1-Exhale 1 (repeats), Inhale 2-Exhale 2 (repeats), Inhale 3-Exhale 3 (repeats), 4, 5, 6, 7, 8

Breathing Exercise #4: Expand In/Contract Out

Inhale 8 Counts, Hold 10 seconds and sip small breaths, Exhale 1 count,
Hiss 10 seconds, Inhale 1 Count, Exhale 1 Count, Relax

Breathing Exercise #5: Dynamic Breathing

Sustain a piano Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Mezzo Forte Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Fortissimo Dynamic level for 4-8 counts, Rest for 4 counts (repeats)

Breathing Exercise #6: Long Tone Exercise

Perform any of the Long Tone Exercises as a breathing exercise.

Breathing Exercise #7: Note Length/Shape Exercise

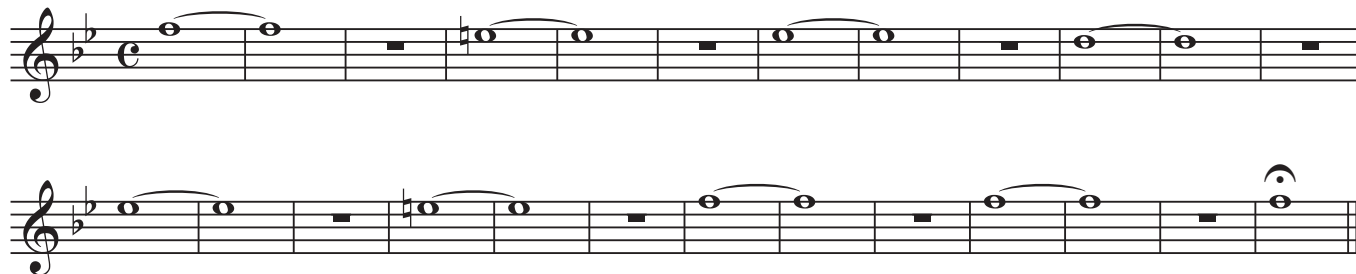
Perform any of the Note Length/Shape Exercises as a breathing exercise.

Breathing Exercise #8: Show Excerpts

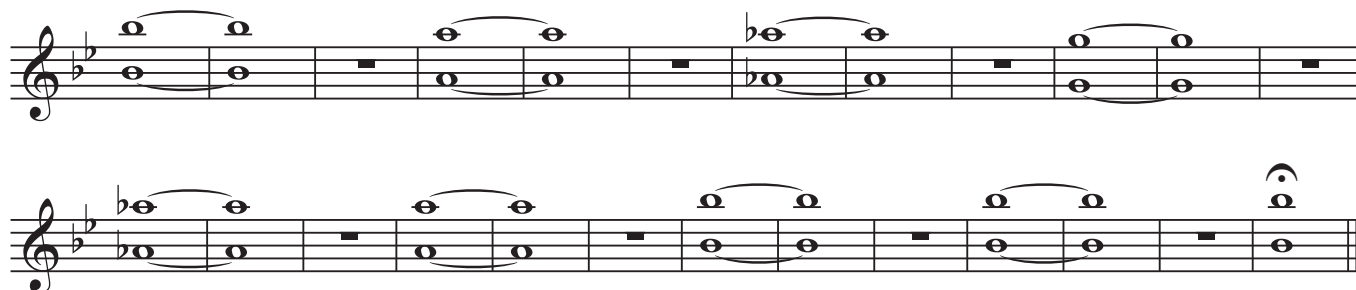
Choose an excerpt from your show and perform it as a breathing exercise.

Long Tones

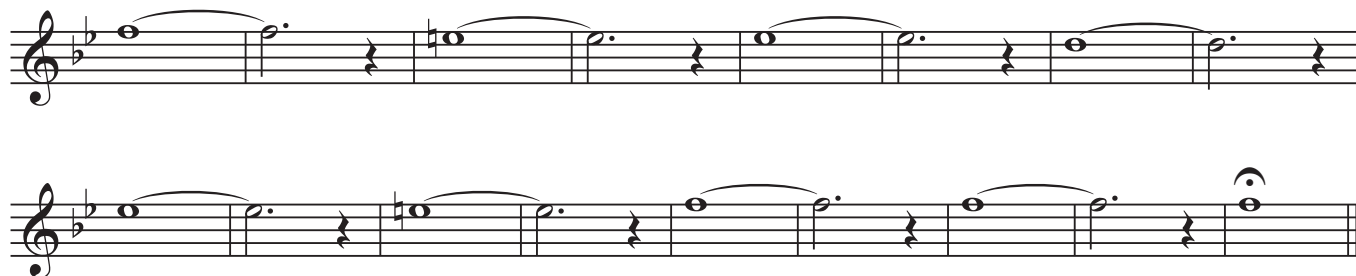
9 Count Tones on F Concert



9 Count Tones on Bb Concert



8 Count Tones on F Concert



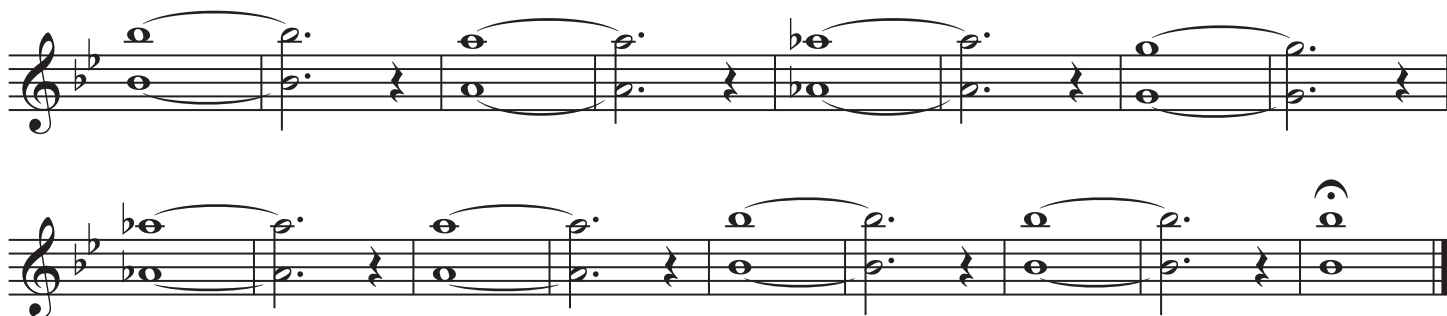
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Long Tones

8 Count Tones on Bb Concert



Release Exercise on F Concert

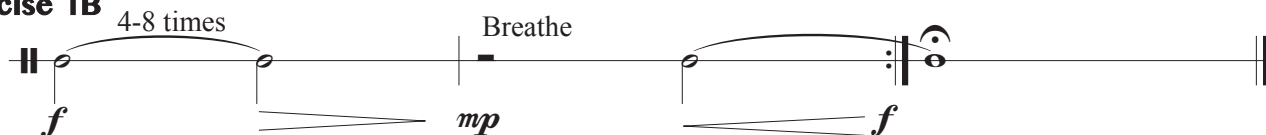


Stagger Breathing Exercises

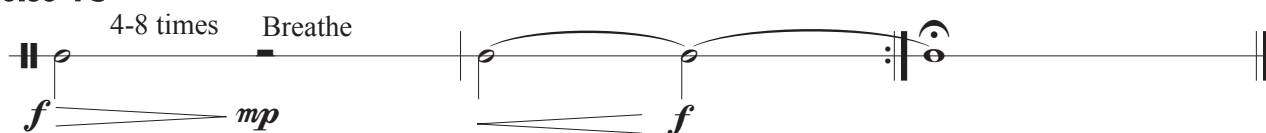
Exercise 1A TEMPO: FAST



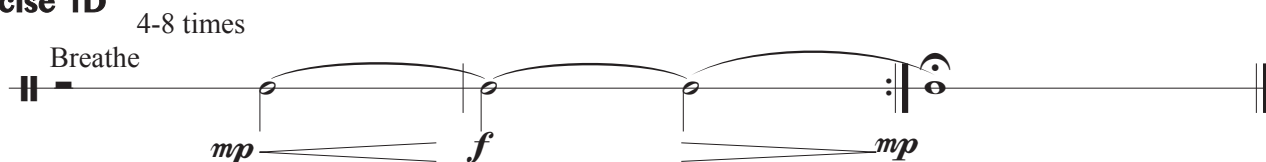
Exercise 1B



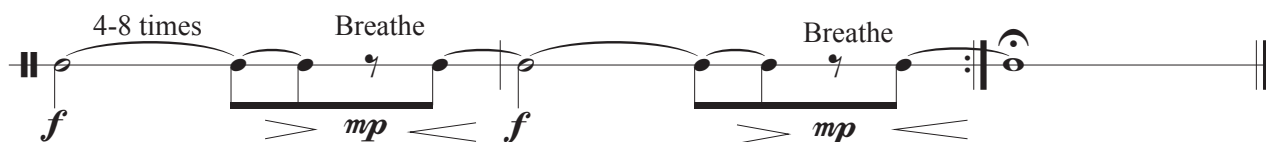
Exercise 1C



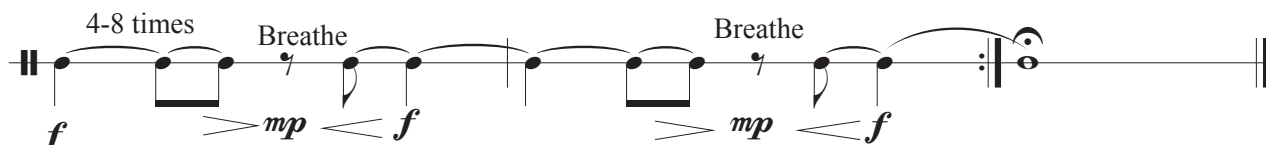
Exercise 1D



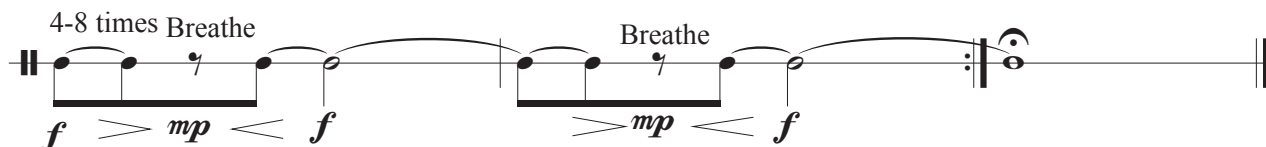
Exercise 2A TEMPO: MODERATE-SLOW



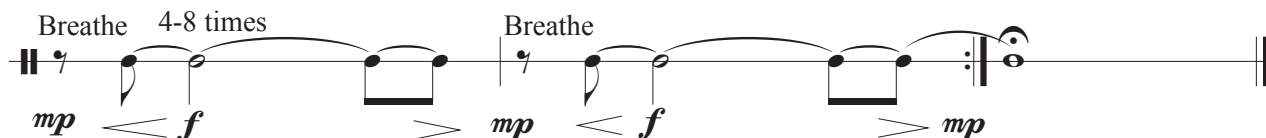
Exercise 2B



Exercise 2C



Exercise 2D



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Flexibility / Scales

Flexibility Exercise #1

Flexibility Exercise #1 is a musical exercise for the Flute/Piccolo part, consisting of two systems of three staves each (Flute A, Flute B, and Flute C). The key signature is one flat (B-flat), and the time signature is common time (C). The exercise features a variety of rhythmic patterns, including eighth and sixteenth notes, and rests. The Flute A part is the most complex, featuring many sixteenth-note runs and slurs. The Flute B and C parts provide a harmonic foundation with longer notes and rests.

Flexibility Exercise #2

Flexibility Exercise #2 is a musical exercise for the Flute/Piccolo part, consisting of three systems of three staves each (Flute A, Flute B, and Flute C). The key signature is one flat (B-flat), and the time signature is common time (C). The exercise features a variety of rhythmic patterns, including eighth and sixteenth notes, and rests. The Flute A part is the most complex, featuring many sixteenth-note runs and slurs. The Flute B and C parts provide a harmonic foundation with longer notes and rests.

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Flexibility / Scales

Flexibility Exercise #3

FLA

FLB

FLC

FLA

FLB

FLC

FLA

FLB

FLC

FLA

FLB

FLC

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Flexibility / Scales

Flexibility Exercise #4

FLA

FLB

FLC

FLA

FLB

FLC

FLA

FLB

FLC

FLA

FLB

FLC

The musical score is written for guitar in E-flat major (one flat) and 3/4 time. It consists of seven staves, each containing a different musical pattern. The notation includes treble clef, key signature (one flat), and time signature (3/4). The patterns are characterized by complex chordal structures, often using beamed eighth and sixteenth notes, and frequently incorporating grace notes. The score includes various musical notations such as repeat signs, dynamic markings like accents (>) and slurs, and some staves feature triplets. The patterns are as follows:

- Staff 1:** A simple pattern of whole notes, each consisting of a triad (E-flat, G, B-flat).
- Staff 2:** A pattern of eighth notes, each consisting of a triad (E-flat, G, B-flat), with accents (>) over the notes.
- Staff 3:** A pattern of eighth notes, each consisting of a triad (E-flat, G, B-flat), with accents (>) over the notes.
- Staff 4:** A pattern of eighth notes, each consisting of a triad (E-flat, G, B-flat), with accents (>) over the notes.
- Staff 5:** A pattern of eighth notes, each consisting of a triad (E-flat, G, B-flat), with accents (>) over the notes.
- Staff 6:** A pattern of eighth notes, each consisting of a triad (E-flat, G, B-flat), with accents (>) over the notes.
- Staff 7:** A pattern of eighth notes, each consisting of a triad (E-flat, G, B-flat), with accents (>) over the notes.

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Note Length / Shape Exercise

The first system of the musical score for 'The Rose Tree' is written in G major (one sharp) and 2/4 time. It consists of two staves. The upper staff is for the vocal melody, and the lower staff is for the piano accompaniment. The melody begins with a treble clef, a key signature of one sharp (F#), and a common time signature. The piano accompaniment starts with a bass clef and a key signature of one sharp. The first measure of the melody is a quarter note G4, followed by a quarter note A4, and then a quarter note B4. The piano accompaniment consists of a series of eighth notes in the right hand and a series of eighth notes in the left hand, creating a rhythmic pattern. The system ends with a double bar line and repeat signs.

The first system of the musical score is written on a single staff with a treble clef and a key signature of one flat (B-flat). It begins with a repeat sign. The first measure contains a complex chordal texture with multiple notes beamed together. This is followed by a measure with a single note and a quarter rest. The system concludes with a double bar line.

A musical score for the song "The Rose Tree". The score is written on a single staff with a treble clef and a key signature of one flat (B-flat). The time signature is 4/4. The melody consists of a series of eighth notes, starting on G4 and ascending to E5, then descending back to G4. The lyrics "The Rose Tree" are written below the staff, aligned with the notes. The score ends with a double bar line and a repeat sign.

Show Articulation Examples

Basic 8 Staccato Eighth Notes

Four staves of music in treble clef, key of B-flat major, 4/4 time. Each staff contains two measures of eighth notes, each with a staccato mark, followed by a whole rest. The notes are: Staff 1: G4, A4, Bb4, C5, D5, E5, F5, G5; Staff 2: F5, E5, D5, C5, Bb4, A4, G4, F4; Staff 3: F4, E4, D4, C4, Bb3, A3, G3, F3; Staff 4: E3, D3, C3, Bb2, A2, G2, F2, E2. The final measure of the fourth staff contains a double bar line and a repeat sign.

Show Articulation Example 1

Four staves of music in treble clef, key of B-flat major, 4/4 time. Each staff contains two measures of eighth notes, each with a staccato mark, followed by a whole rest. The notes are: Staff 1: G4, A4, Bb4, C5, D5, E5, F5, G5; Staff 2: F5, E5, D5, C5, Bb4, A4, G4, F4; Staff 3: F4, E4, D4, C4, Bb3, A3, G3, F3; Staff 4: E3, D3, C3, Bb2, A2, G2, F2, E2. The final measure of the fourth staff contains a double bar line and a repeat sign.

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Show Articulation Examples

Show Articulation Example 2

Example 2 shows four staves of music. The first three staves are in treble clef with a key signature of one flat (Bb). The first staff contains a series of eighth-note chords with accents (>) and slurs. The second and third staves continue this pattern with similar articulation. The fourth staff is in treble clef with a key signature of two flats (Bb, Eb) and features a final measure with a fermata over a chord.

Show Articulation Example 3

Example 3 shows three staves of music. The first two staves are in treble clef with a key signature of one flat (Bb). The first staff contains a series of eighth-note chords with accents (>) and slurs. The second staff continues this pattern. The third staff is in treble clef with a key signature of two flats (Bb, Eb) and features a final measure with a fermata over a chord. The first two staves also include triplet markings (3) under the eighth notes.

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Show Articulation Examples

The image displays four staves of musical notation for flute/piccolo, illustrating various articulation techniques. Each staff begins with a treble clef and a key signature of one flat (B-flat). The notation consists of eighth and sixteenth notes, often beamed together in groups. Slurs are used to group notes within a phrase. Accents (>) are placed above specific notes to indicate emphasis. Triplets are marked with a '3' and a bracket underneath. The first three staves end with a double bar line, while the fourth staff continues with a final measure containing a triplet of eighth notes. The notation is clean and professional, typical of a music manuscript.

Ensemble Fundamental Tuning Exercise

$\text{♩} = 92$

A

B

C

D

19

Just Intonation Tuning Exercises

Bb Major Scale

Fl/Ob A: 0 +4 -14 -2 +2 -15 -12 0 -12 -15 +2 -2 -14 +4 0

Fl/Ob B: 0

Bb Major Chord

Fl/Ob A: 0 -14 +2 0

Fl/Ob B: 0

F Major Chord

Fl/Ob A: 0 -14 +2 0

Fl/Ob B: 0

C Major Chord

Fl/Ob A: 0 -14 +2 0

Fl/Ob B: 0

Eb Major Chord

Fl/Ob A: 0 -14 +2 0

Fl/Ob B: 0

Ab Major Chord

Fl/Ob A: 0 -14 +2 0

Fl/Ob B: 0

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Just Intonation Tuning Exercises

G Minor Scale

Fl/OB A

Fl/OB B

G Minor Chord

Fl/OB A

Fl/OB B

D Minor Chord

Fl/OB A

Fl/OB B

A Minor Chord

Fl/OB A

Fl/OB B

C Minor Chord

Fl/OB A

Fl/OB B

F Minor Chord

Fl/OB A

Fl/OB B

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Tuning Chart

Materials: Instrument, tuner and patience.

Tuning Steps:

Step 1: Tune your fundamental pitch to get the instrument in tune. For Flute: A above the staff.

For Piccolo: A in the staff.

Step 2: Tune the note at a piano dynamic. Write down how many cents out of tune.

Step 3: Tune the note at a mezzo forte. Write down how many cents out of tune.

Step 4: Tune the note at a fortissimo. Write down how many cents out of tune.

Step 5: Experiment how to fix the intonation. Write down ways to place the note in tune.

Repeat Steps 2 through 4 all the way to the highest pitch.

***Ways to adjust tuning: Piccolo/Flute: Roll out. Roll in. Alternate Fingering.

Tips:

*Start the chart with the lowest note.

*When tuning each note, do not adjust the pitch to play in tune. Play the note as natural as possible.

This way you will be receiving your most accurate tendency on each pitch.

*Each dynamic may have a different pitch tendency. Be patient with each dynamic to get the most accurate tendency.

*Write +13 if you are sharp 13 cents. Write -10 if you are flat 10 cents. Write 0 if you are in tune.

*Fix?: On the "Fix?" line write down what you need to do to adjust the pitch and play it in tune. You may want to fill out the entire chart come back later to fill in the "Fix?" line.

*This sheet may take some time. You may have to complete the full chart in a couple of practice sessions.

Staff 1: C4, C4, D4, D4

Staff 2: E4, E4, F4, F4

Staff 3: G4, G4, A4, A4

Staff 4: B4, B4, C5, C5

Each measure includes dynamic markings (p, mf, ff) and a 'Fix?' line for adjustments.

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Tuning Chart

p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix?_____	Fix?_____	Fix?_____	Fix?_____

p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix?_____	Fix?_____	Fix?_____	Fix?_____

p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix?_____	Fix?_____	Fix?_____	Fix?_____

p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix?_____	Fix?_____	Fix?_____	Fix?_____

p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix?_____	Fix?_____	Fix?_____	Fix?_____

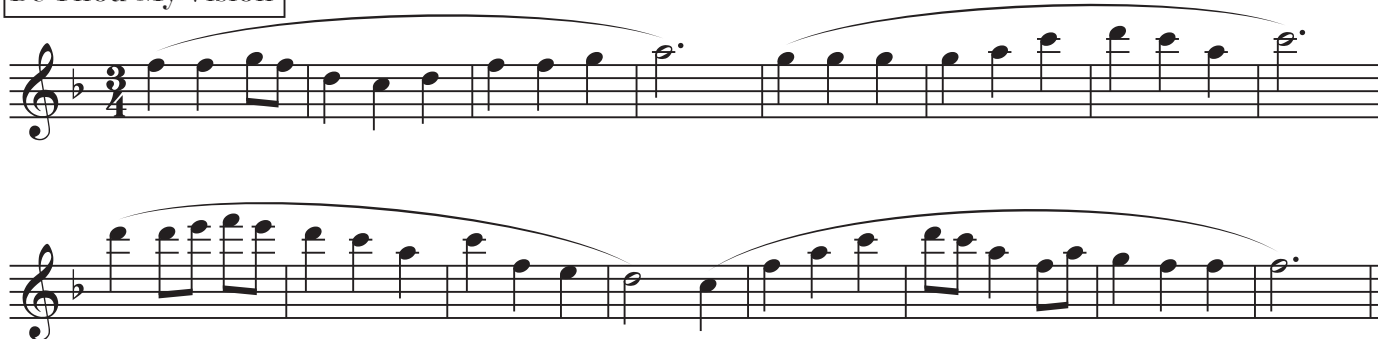
p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix?_____	Fix?_____	Fix?_____	Fix?_____

Chorales

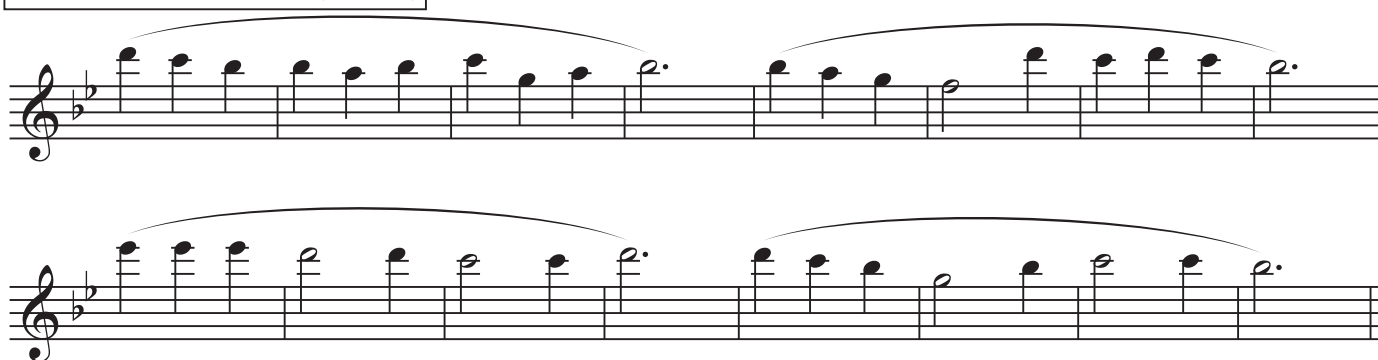
O Sacred Head Now Wounded by JS Bach



Be Thou My Vision



Faith of Our Fathers by H Hemy



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Full Volume

Excerpt #1

♩=86-92

Excerpt #1 is a musical score for a flute/piccolo part. It is written on a single staff in 4/4 time, with a key signature of one flat (B-flat). The tempo is marked as 86-92 beats per minute. The piece begins with a rest for two measures, followed by a series of eighth notes, each with an accent (>). The notes are G4, A4, B-flat4, and C5. The first two notes are beamed together. The next two notes are also beamed together. This is followed by a series of eighth notes, each with an accent (>). The notes are D5, E5, F5, and G5. The first two notes are beamed together. The next two notes are also beamed together. The piece ends with a rest for two measures. The dynamic marking is *fff* (fortississimo).

Excerpt #2

♩=86-92

Excerpt #2 is a musical score for a flute/piccolo part. It is written on two staves in 4/4 time, with a key signature of one flat (B-flat). The tempo is marked as 86-92 beats per minute. The piece begins with a rest for two measures, followed by a series of eighth notes, each with an accent (>). The notes are G4, A4, B-flat4, and C5. The first two notes are beamed together. The next two notes are also beamed together. This is followed by a series of eighth notes, each with an accent (>). The notes are D5, E5, F5, and G5. The first two notes are beamed together. The next two notes are also beamed together. The piece ends with a rest for two measures. The dynamic marking is *fff* (fortississimo).

Excerpt #3

♩=92-100

Excerpt #3 is a musical score for a flute/piccolo part. It is written on two staves in 4/4 time, with a key signature of one flat (B-flat). The tempo is marked as 92-100 beats per minute. The piece begins with a rest for two measures, followed by a series of eighth notes, each with an accent (>). The notes are G4, A4, B-flat4, and C5. The first two notes are beamed together. The next two notes are also beamed together. This is followed by a series of eighth notes, each with an accent (>). The notes are D5, E5, F5, and G5. The first two notes are beamed together. The next two notes are also beamed together. The piece ends with a rest for two measures. The dynamic marking is *fff* (fortississimo).