

INSIDE THE CIRCLE:

A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

ALTO SAXOPHONE 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.

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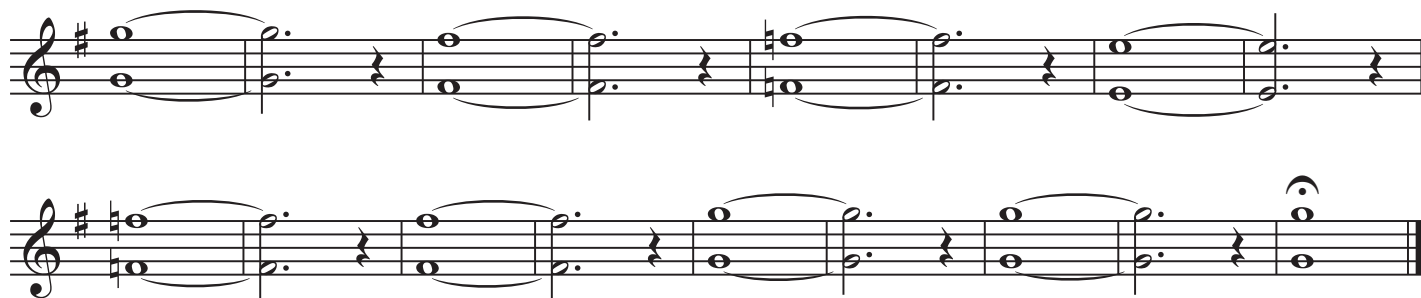
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Long Tones

8 Count Tones on Bb Concert

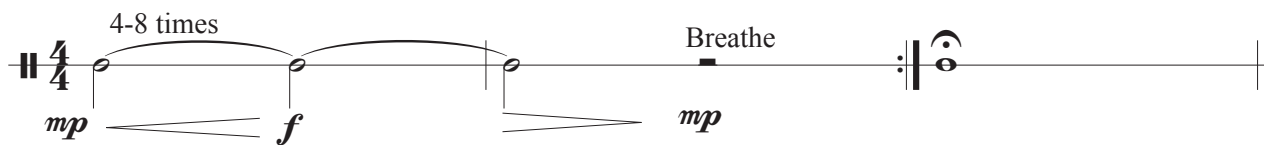


Release Exercise on F Concert

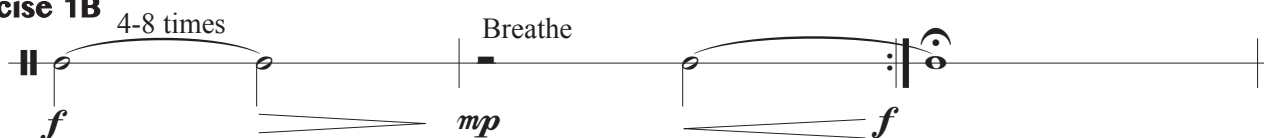


Stagger Breathing Exercises

Exercise 1A TEMPO: FAST



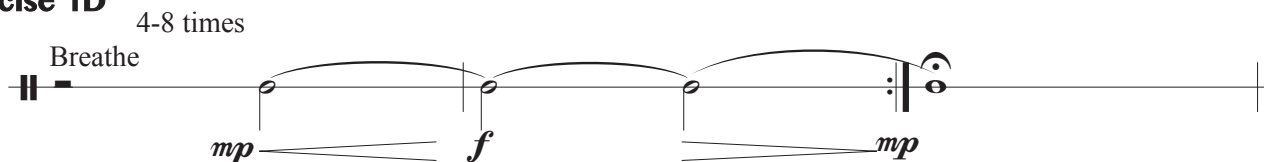
Exercise 1B



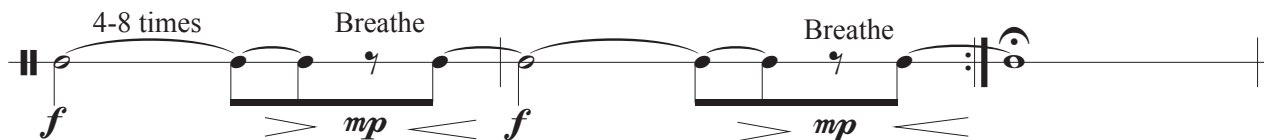
Exercise 1C



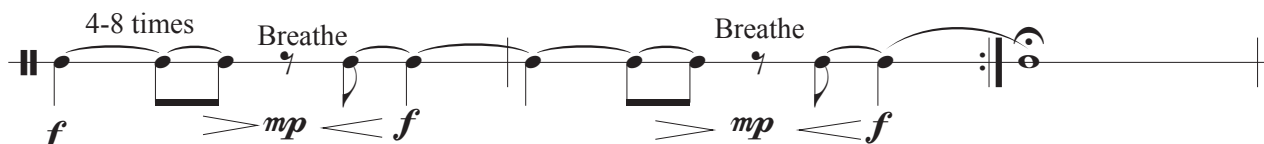
Exercise 1D



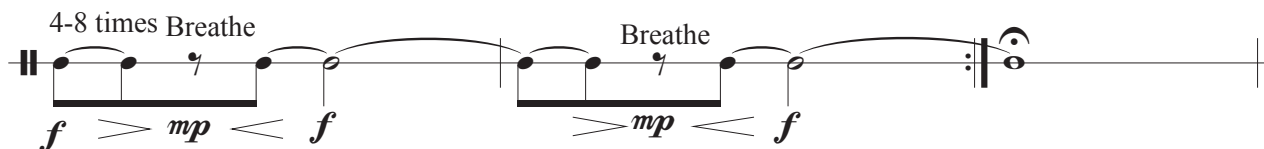
Exercise 2A TEMPO: MODERATE-SLOW



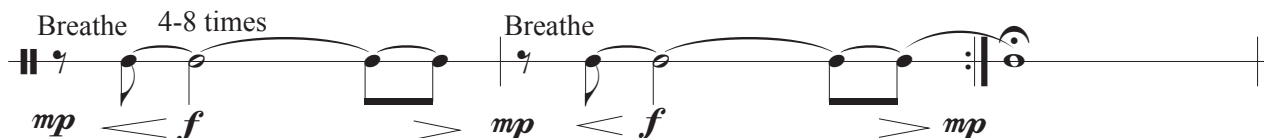
Exercise 2B



Exercise 2C



Exercise 2D



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Flexibility / Scales

Flexibility Exercise #1

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

Flexibility Exercise #2

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

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Flexibility / Scales

Flexibility Exercise #3

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

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Flexibility / Scales

Flexibility Exercise #4

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

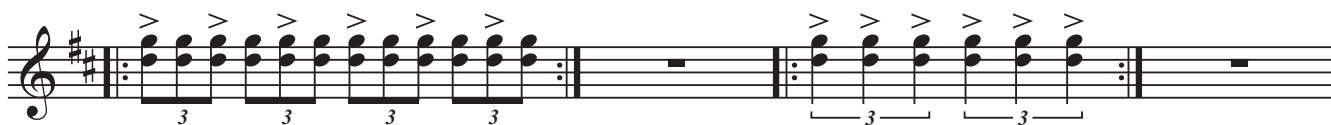
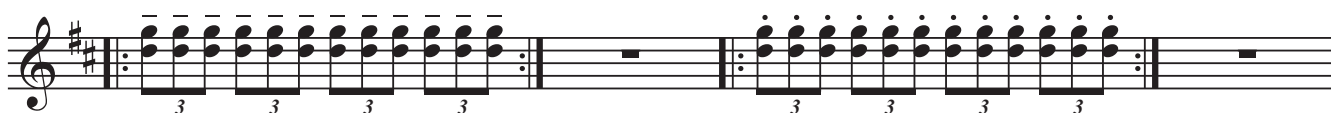
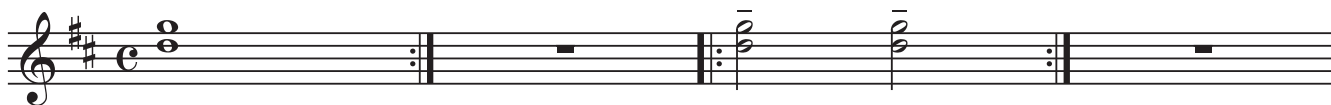
A Sx C

A Sx A

A Sx B

A Sx C

Note Length / Shape Exercise

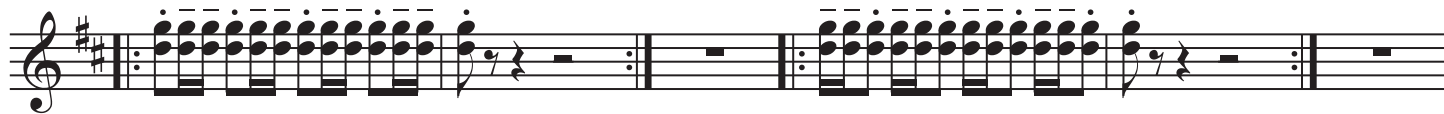


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Note Length / Shape Exercise



Show Articulation Examples

Basic 8 Staccato Eighth Notes

Four staves of music in treble clef, key of D major (two sharps), and common time (C). Each staff contains two measures of eighth notes, each beamed in pairs of four, followed by a whole rest. The notes are: Staff 1: D4, E4, F#4, G4; Staff 2: A4, B4, C5, D5; Staff 3: E5, F#5, G5, A5; Staff 4: B5, C6, D6, E6. The final measure of the fourth staff contains a whole note chord of D5, F#5, and A5.

Show Articulation Example 1

Four staves of music in treble clef, key of D major (two sharps), and common time (C). Each staff contains two measures of eighth notes, each beamed in pairs of four, followed by a whole rest. The notes are: Staff 1: D4, E4, F#4, G4; Staff 2: A4, B4, C5, D5; Staff 3: E5, F#5, G5, A5; Staff 4: B5, C6, D6, E6. The final measure of the fourth staff contains a whole note chord of D5, F#5, and A5. Accents (>) are placed above the first eighth note of each pair in every measure.

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Show Articulation Examples

Show Articulation Example 2

Four staves of music in treble clef, key of D major (two sharps). The notation features various articulation marks, including accents (>) and slurs, over chords and single notes. The first three staves each contain two measures of music, followed by a whole rest. The fourth staff contains one measure of music followed by a whole rest. The music is written in a style typical of marching band music, with a focus on articulation and dynamics.

Show Articulation Example 3

Three staves of music in treble clef, key of D major (two sharps). The notation features various articulation marks, including accents (>) and slurs, over chords and single notes. The first two staves each contain two measures of music, followed by a whole rest. The third staff contains one measure of music followed by a whole rest. The music is written in a style typical of marching band music, with a focus on articulation and dynamics. Triplet markings (3) are present under some of the notes.

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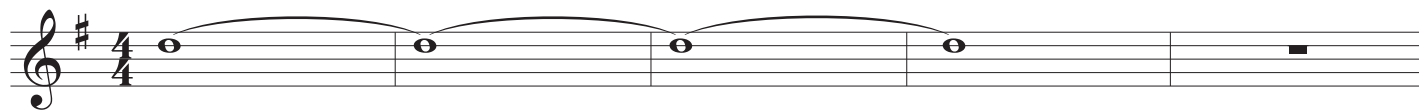
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Show Articulation Examples

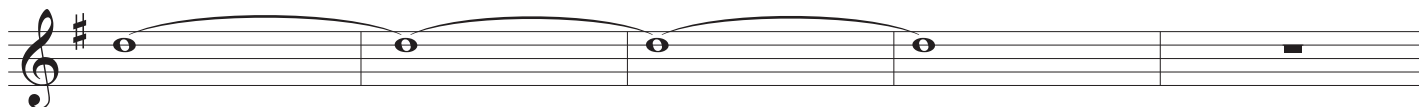


Ensemble Fundamental Tuning Exercise

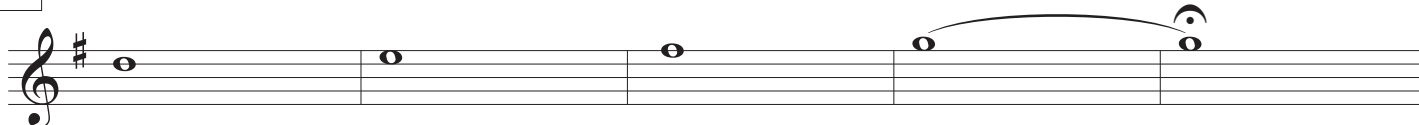
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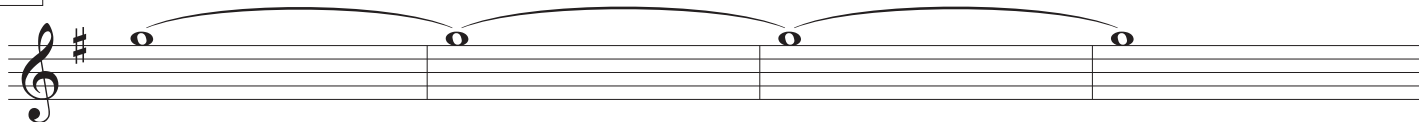
A



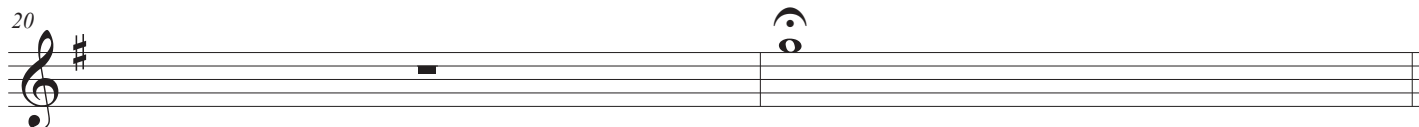
B



C



D



Just Intonation Tuning Exercises

Bb Major Scale

A Sx A

A Sx B

Bb Major Chord

A Sx A

A Sx B

F Major Chord

A Sx A

A Sx B

C Major Chord

A Sx A

A Sx B

Eb Major Chord

A Sx A

A Sx B

Ab Major Chord

A Sx A

A Sx B

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Just Intonation Tuning Exercises

G Minor Scale

A Sx A

A Sx B

0 +4 +15 -2 +2 +14 -4 0 -4 +14 +2 -2 +15 +4 0

0

G Minor Chord

A Sx A

A Sx B

0 +15 +2 0

0

D Minor Chord

A Sx A

A Sx B

0 +15 +2 0

0

A Minor Chord

A Sx A

A Sx B

0 +15 +2 0

0

C Minor Chord

A Sx A

A Sx B

0 +15 +2 0

0

F Minor Chord

A Sx A

A Sx B

0 +15 +2 0

0

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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 Alto Sax: F# top of the staff, D on the staff and B on the staff. For Tenor Sax: B on the staff, C on the staff and G on 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: Firm-up Embouchure. Loosen Embouchure. 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.

First row of the tuning chart, showing three measures with notes F#, D, and B. Each measure has dynamic markings (p, mf, ff) and a "Fix?" line below it.

Second row of the tuning chart, showing three measures with notes F#, D, and B. Each measure has dynamic markings (p, mf, ff) and a "Fix?" line below it.

Third row of the tuning chart, showing three measures with notes F#, D, and B. Each measure has dynamic markings (p, mf, ff) and a "Fix?" line below it.

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Tuning Chart



p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

Fix?_____

Fix?_____

Fix?_____



p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

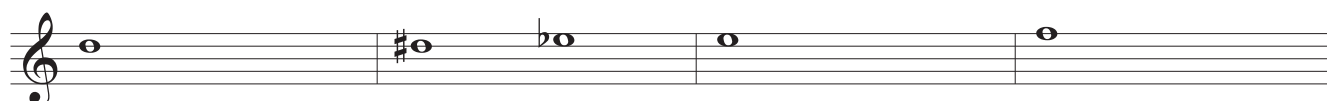
p__ mf__ ff__

Fix?_____

Fix?_____

Fix?_____

Fix?_____



p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

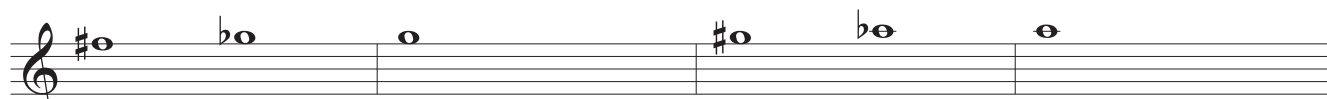
p__ mf__ ff__

Fix?_____

Fix?_____

Fix?_____

Fix?_____



p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

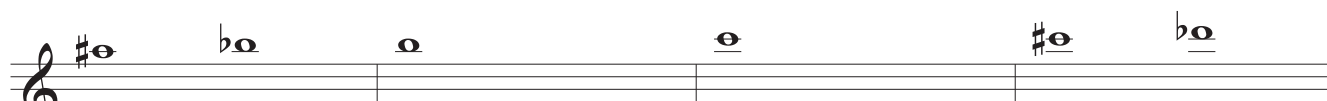
p__ mf__ ff__

Fix?_____

Fix?_____

Fix?_____

Fix?_____



p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

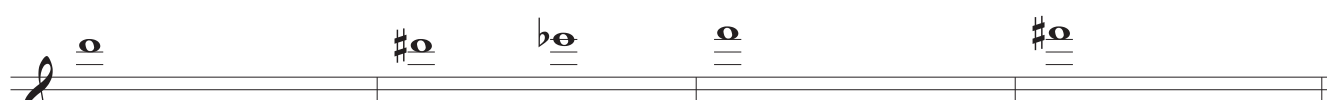
p__ mf__ ff__

Fix?_____

Fix?_____

Fix?_____

Fix?_____



p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

Fix?_____

Fix?_____

Fix?_____

Fix?_____

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Chorales

O Sacred Head Now Wounded by JS Bach



Be Thou My Vision



Faith of Our Fathers by H Hemy



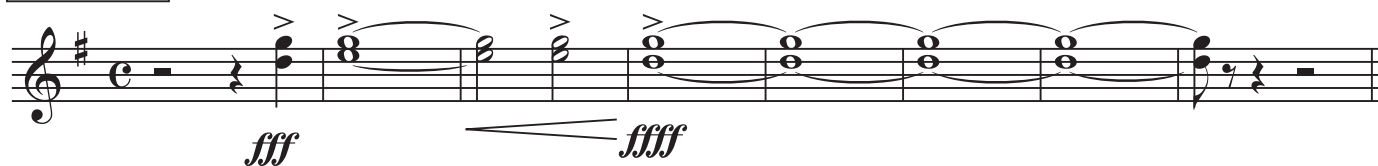
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Excerpt #1 ♩=86-92



Excerpt #2 ♩=86-92



Excerpt #3 ♩=92-100

