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Concert F Long Tones

Timing and Rhythm: Before beginning the exercise, count the rhythm using your preferred method and instruct students to employ a strict down-up motion with the foot. Emphasize that the foot tap is equally important for executing releases as it is for maintaining time. Introduce the concept: "If a note is followed by a rest, release the note on the rest." In this exercise, that means each whole note should be released on beat 1 of the following measure (or when the foot reaches the down position).

Breath: In the *Habits* system, the syllables *OH* or *MAWH* are used for inhalation. Before performing, rehearse the count-off, breath, and articulation: count "1, 2, 3," then inhale on 4 using *OH* or *MAWH*. Encourage students to take a relaxed, natural breath without pausing at the top of the inhale. On the downbeat, practice one measure by tizzling for four beats, releasing on count 5 in coordination with the foot tap and a steady airstream.

Tone: Have all students sing the exercise using the solfege syllable "So." For brass players, perform the exercise on mouthpieces while woodwinds and percussion play. Instruct brass students to hold the mouthpiece using two fingers and a thumb at the bottom of the shank, focusing on producing a resonant ring and matching pitch. When performed collectively, the ensemble should strive for a relaxed, consistent airstream, sustaining through to beat one of the following measure.

Percussion: For snare drum, ensure that each note is executed evenly between hands; using drum pads is recommended. If students have practiced the four basic strokes from *Habits*, the evenness of the rebound stroke should be clearly evident.



HOUSE SELECTION

(from *Harry Potter and the Sorcerer's Stone*)

by
JOHN WILLIAMS
Exercise by
BRIAN BALMAGES

CONCERT F LONG TONES

The musical score is for a Concert F Long Tones exercise. It is written in 4/4 time and spans 8 measures. The instruments and their parts are as follows:

- Flute / Oboe:** Whole note F4.
- B \flat Clarinet / B \flat Bass Clarinet:** Whole note F4.
- E \flat Alto Sax / E \flat Baritone Sax:** Whole note F4.
- B \flat Tenor Sax:** Whole note F4.
- B \flat Trumpet / Baritone T.C.:** Whole note F4.
- F Horn:** Whole note F4.
- Bassoon / Trombone / Euphonium / Tuba:** Whole note F4.
- Mallets:** Whole note F4.
- Percussion:** Snare drum (S.D.) and mallets (M) play a rhythmic pattern: S.D. R R R R, R R R, L L L L, L L L, R R R R, R R R, L L L L, L.



DEMENTUS IS GAINING

(from *Furiosa: A Mad Max Saga*)

by
TOM HOLKENBORG
Exercise by
BRIAN BALMAGES

SKILLS ARE GAINING

Flute / Oboe

B♭ Clarinet / B♭ Bass Clarinet

E♭ Alto Sax / E♭ Baritone Sax

B♭ Tenor Sax

B♭ Trumpet / Baritone T.C.

F Horn

Bassoon / Trombone / Euphonium / Tuba

Mallets

Percussion

Fl.

Cl. / B. Cl.

A. Sax / B. Sax

T. Sax

Tpt. / Bar. T.C.

Hn.

Bsn. / Tbn. / Euph.

Mlts.

Perc.