

Rotating Practice Routine:

This is an example of how you could rotate your material over a period of three days. It's a model only; develop a routine that best suits your need. Train like an athlete. You must rest your chops (and body). Eat right (I'm serious here). Avoid caffeine before practice.

DAY ONE	DAY TWO	DAY THREE
<p>Warm-up (embouchure maintenance)</p> <ol style="list-style-type: none"> 1.) Expanding long tones starting on G in staff, ending on low F# and Ab top of staff. It is important to rest as long as you play. 2.) Expanding Clarke Study #1. Start on F#. It is important to rest as long as you play. 3.) Expanding two octave chromatic scales. Start on middle C. It is important to rest as long as you play. 4.) Carmine Caruso Magic Notes - one time through 	<p>Warm-up (embouchure maintenance)</p> <ol style="list-style-type: none"> 1.) Expanding long tones starting on G in staff, ending on low F# and Ab top of staff. It is important to rest as long as you play. 2.) Expanding Clarke Study #1. Start on F#. It is important to rest as long as you play. 3.) James Stamps 1st warm-up, expanded to at least two octaves 4.) Carmine Caruso Magic Notes - one time through. 	<p>Warm-up (embouchure maintenance)</p> <ol style="list-style-type: none"> 1.) Expanding long tones starting on G in staff, ending on low F# and Ab top of staff. It is important to rest as long as you play. 2.) Expanding Clarke Study #1. Start on F#. It is important to rest as long as you play. 3.) Interval slurs (Schlossberg, Irons etc.) 4.) Carmine Caruso Magic Notes - one time through.
<p>Technique Maintenance</p> <ol style="list-style-type: none"> 1.) Major Scales, Natural Minor Scales (slur and tongue) 2.) Major and minor arpeggios 3.) Single tonguing, double tonguing (select several for each) 4.) Pattern work (Clarke 2, scale patterns in Arban transposed to all keys) Wait at least an hour before going to music. 	<p>Technique Maintenance</p> <ol style="list-style-type: none"> 1.) Harmonic Minor Scales, Melodic Minor Scales (slur and tongue) 2.) Dominant and fully-diminished arpeggios 3.) Single tonguing, triple tonguing (select several for each) 4.) Pattern work (Clarke 4, scale patterns in Arban transposed to all keys.) Wait at least an hour before going to music 	<p>Technique Maintenance</p> <ol style="list-style-type: none"> 1.) Whole Tone Scales, Dorian Scales (slur and tongue) 2.) Augmented and jazz arpeggios 3.) Interval work (slurred and tongued) 4.) Pattern work (Clarke 3, scale patterns in Arban transposed to all keys.) Wait at least an hour before going to music. Why not do some sight-singing or piano?
<p>Music</p> <p>Start with a lyrical study at a softer dynamic. Play etude material. Be sure to sight read and transpose.</p>	<p>Music</p> <p>Start with a lyrical study at a softer dynamic. Play solo material. Be sure to sight read and transpose.</p>	<p>Music</p> <p>Start with a lyrical study at a softer dynamic. Play orchestral or chamber material. Be sure to sight read and transpose.</p>
<p>Warm down</p> <p>Low, slow, and soft</p>	<p>Warm down</p> <p>Low, slow, and soft</p>	<p>Warm down</p> <p>Low, slow, and soft</p>