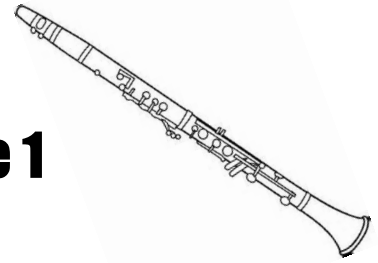


Name \_\_\_\_\_



# St. Mary Magdalene Catholic School Band

## Clarinet Daily Practice Homework Routine 1

Practice this page every day.

Find somewhere quiet and well lit where you can practice.

Follow the **THREE BAND RULES**: 1. Sit on the edge of your chair. 2. Feet flat on the floor. 3. Hold still.

### 1. COUNTING AND BREATHING EXERCISES

Always count out loud in your mind. \* Get fat not tall. \* Ha on the inside or Hop. \* Keep your shoulders frozen.

- Breathe in for 8 counts, out for 8 counts (4 Times)
- Breathe in for 4 counts, out for 4 counts (4 Times)
- Breathe in For 2 counts, out for 2 counts (4 Times)
- Breathe in for 1 count, out for 1 count (4 times)

### 2. SIZZLE EXERCISES

Make a fist, gently place it on your tummy. Take your other hand and place it over your fist. Then...

Count in your mind as you breathe in for 3 counts, sizzle out for 5 counts (4 Times)

*B R E A T H E*      *SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS*

1    2    3      1    2    3    4    5

Count in your mind as you breathe in for 1 count, sizzle out for 8 counts (4 Times)

*BREATHE*    *SS*

1    1    2    3    4    5    6    7    8

### 3. MOUTHPIECE AND BARREL PRACTICE - Do this with your mirror.

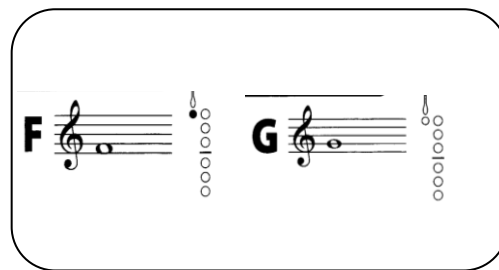
- Think Dooooooooooooo
- Pull chin down and flatten.
- Anchor your corners.
- Anchor your top teeth on mouthpiece.
- Your lower lip is rolled slightly over your bottom teeth.

Count in your mind as you play for 4 counts. At the time you say “rest -2-3- 4” your sound stops as you freeze.

Do this 8 times.

1    2    3    4      Rest 2    3    4

#### 4. FIRST NOTES

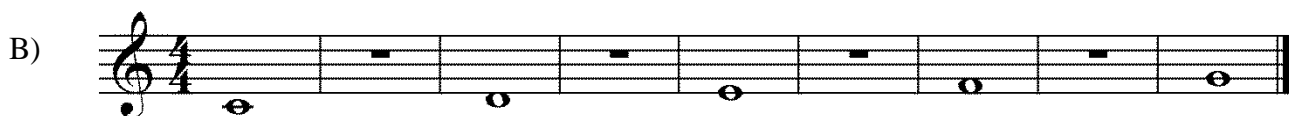
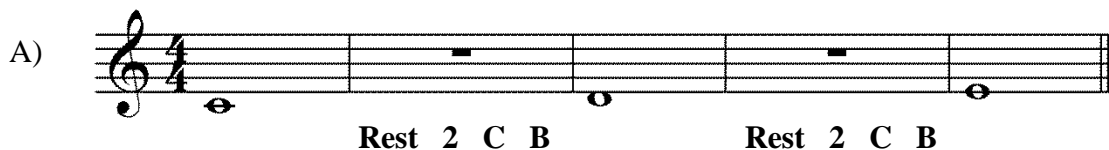


A) 1 2 3 4 Rest 2 3 4 1 2 3 4 Rest 2 3 4 1 2 3 4 Rest 2 3 4

B) 1 2 3 4 5 6 7 8 Rest - 2- 3- 4 1 2 3 4 5 6 7 8 Rest - 2- 3- 4 1 2 3 4 5 6 7 8 Rest - 2- 3- 4

#### 5. PUTTING IT ALL TOGETHER

Do not move between notes, hold still. Freeze at the end of each line for 4 counts.



#### 6. LONG TONES WARM UP – Play 5 Times.



Be sure to log your practice time.