



On The Right Track

aerobics for brass

Trumpet



Music Service

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AEROBICS FOR BRASS

"Aerobics for Brass" is a collection of technical exercises for the student brass player.

It comes in two different formats:-

- A full version which takes a five-note player up to Grade 3
- A "minimax" version which is a shorter version of the original but with larger pages. This is produced with junior school students in mind and takes a five-note player up to Grade 1

From my own early experiences and with now, 30 years as a brass teacher I often find books of technical exercises very daunting and nearly always aimed at a more advanced player. Aerobics for Brass attempts to bring the very young student into the "Zone" at an earlier stage by making the daily routine of technical drills more approachable and hopefully enjoyable. Many of the exercises are supported by "backing tracks" and listening examples. In addition to the exercises there are some guidelines on "POSTURE" and "BREATHING"

To all students remember to:-

- Take your time with this material, build your way slowly with a few exercises from different sections.
- When you have made significant progress move onto the more advanced pieces
- Repetition (may seem endless and tedious) is the key to success, it is better to play the same few exercises over and over again than to try to play everything once. Make them part of a regular routine to the point where you can play some of them without the book.
- Building your technical is essential to any instrumental player, difficult passages in our repertoire will more often than not relate to a technical exercise.
- I hope you enjoy using "Aerobics for Brass" Good luck.

M H Bates Birmingham Music Service February 2008

Specific Aims and Teaching Notes:-

Aerobics 1 1a 1b 1c These exercises enable the development of your pitching skills starting with the 2 open notes C and G. Learn how to play 2 and then 3 different pitches on each valve combination. Also discover how to go "Down The Valves" It is a good idea to jump from 1 to 1a at the marked sign >>>  Playing 2 note and then 3 note patterns. You start the 3 note figure with 1st and 2nd valve notes and go "Up The Valves"
At this stage you only need to tongue the notes, avoid un-wanted slurring

Brass Basics 1 and 2 Brass basics are scales, arpeggios and interval based exercises. Brass Basics begin with 5 note patterns. Try to play these exercises with the same pulse so by making the quicker versions harder. Learn how an arpeggio is made from the 1st 3rd and 5th notes of the scale. The F scale will always have B_b (1st Valve) in it and the D major scale has F# (2nd Valve) in it.

Tongue Test 1 This is the first of 3 work-outs to help develop correct and eventually fast tonguing. Only the rhythms are notated. You need to play the rhythm patterns to a C scale (one octave up) or can use the five note pattern as an easier alternative. There are 2 ways of working with this material:-

1. Play the same rhythm and get progressively quicker
2. Play different rhythms at the same speed

Try to develop a method of counting out aloud the rhythms before you play them. Use beat numbers as shown in the first few examples.

E.g. ♩ ♪ ♪ ♩ becomes 1 2 and 3 4 or tea cof-fee tea tea.

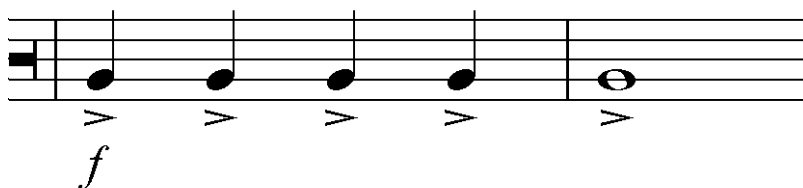
Slurs and Easy Slurs 1-5 These exercises serve as an introduction to the technique of slurring. They start with patterns of just 2 and then 3 notes. Having learnt to play the first exercises you then are given the same melody with different patterns of slurring/tonguing. (This is referred to as "ARTICULATION")

Aerobics 2 These are a more advanced set of slurring exercises and are moving towards the technique of Lip Slurring (That is slurring up and down to notes on the same valves). Work on the evenness of your fingers and good breath control is essential. When you have good control, try the faster speed option. (CD track:tbc {in production})

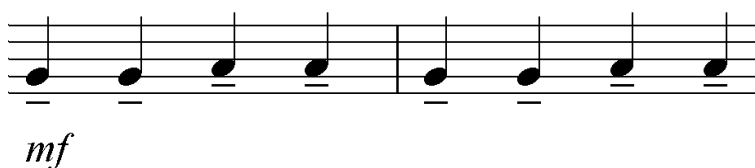
Brass Basics 3 and 4 These are a continuation of Nos. 1 and 2 and will take you through minor keys (d minor f minor a minor) and then on to one octave scales and arpeggios as found in most Grade 1 Brass Exams. Try to play slurred as well as tongued.

Aerobics 3 (“Lip Builders”) This is a set of short exercises which concentrate on the range of notes between G and the C above (with B and Bbs) The exercises are to develop range and stamina and in addition ask you to control the way a note is tongued. It is suggested that each exercise is at first played on its own using the slower speed backing tracks. Learn the notes and rhythms and then try to bring in the tongue actions and dynamics. Eventually try to perform the whole piece non-stop. When really confident use the faster backing track. Here are some explanations of the symbols used and how to use different: - **TONGUE STRIKES**

- The Accented notes. These required a firm and fast release as if saying “TAR” or “DAR” quite loud. The tongue hits the teeth hard and is followed with plenty of fast flowing air.



- Tenuto Notes. These require a soft tongue strike as if saying “DO” or “TOO” Air flow is slower but continuous.



- Staccato (or detached notes) These need a light but firm strike as if saying “TA” (as in tap) or “DA” (as in Dad). There is very little air flow here as it is delivered in short fast shots, but remember to keep up your breath support from the diaphragm and avoid becoming tense in the throat.



There is a lower (transposed) version of this. Will help with fingering low D to E and test the reading of F sharps and naturals

Introduction to Lips Slurs This starts the process of lip slurring. The exercises are similar to Aerobics 2 and will help you in preparation for the technical work required for some Grade 1 exams. There is extra text on these pages to help you. You may find it difficult to lip slur at first and it is therefore important to persevere with this material. When you gain confidence and skill move onto:-

Introduction to Lip Slurs 2 These work you towards slurring upwards from G to C. Try to lip slur the patterns in Aerobics 1 1a etc. Also try:-

More Lip Slurs Notice with these that the patterns are not written out completely. It is assumed that by this stage you know how to move down/up the valves!!

Tongue Test 2 This uses the same format (and backing tracks) as Test 1. Word rhythms (mnemonics) are used to help read and play rhythms that use semiquavers. Play slowly and develop a good tongue action. The speed comes from the tongue, make sure you are not using the lips to produce the rhythm ("peh peh peh peh" as in "pepper" is the wrong technique). Another common fault is too much tension in the throat caused by trying to play fast. (eh! eh! As in "earth" again is a poor technique and you should consult your teacher) Use syllables such as "TOO" or "DOO" or "Teh" as in "Today" or "Deh" as in "Dordogne" (in France!!)

More advanced players could use this material for work on "Double-Tonguing"

Tongue Test 3 The same format as with Test 1 and Test 2. These patterns use triplets in various combinations. As before use the word rhythms to help read and play the patterns. In both Test 2 and Test 3 only use the faster speeds when you are secure with the required techniques for playing fast repeated notes.

Extending The Valve Sequence This follows on from Aerobics 1 1a 1b 1c. It introduces the valve combination of 2 and 3 and 1 and 3 and extends the range of the instrument down to low G. Lip slur patterns can also be played now using a 6 note sequence down and up. Learn to memorise this sequence. This will help you develop a pre concert/rehearsal warm up that is quick, effective and you will not need any music.

1st and 3rd Valve Workout The aim of this material is to work on building lip strength towards top E. The principal idea is to play on the longest length of tube. Resistance is less and you should find it enables easier playing of the harmonic series. (In simple terms you will be able to play 3 or 4 different notes using all 3 valves) This is a stepping stone to try the same patterns on higher note.

Aerobics 4 These exercises start on 1st and 3rd and move upwards. They are a natural progression from the previous pages. Work hard at the breath control. The crescendo (getting louder) marks are there to make you empty your lungs. You should then automatically take a big breath.

Jazz Rhythms These take you through a number of typical jazzy or pop rhythms. Today's many different styles of music require you to play these rhythms from the very early stages. Play along to a sequence known as a "12 Bar Blues" using the notes given. Play single rhythms but then experiment by combining 2 or 3 together. These pages show the different methods used to write the same jazz rhythms. Learn the difference between swing quavers and straight quavers.

Off Beats This is another rhythm work out section designed to help you count carefully rhythms that contain half beat rest and tied notes. These can be difficult to work out so spend time counting the rhythm out before you play it. Lots of practise at this will help your sight-reading.

Aerobics 5 This exercise is designed for a student approaching Grade 2 and is a range building exercise. It also requires some stamina (lip strength) at the end to play up to top "E" It may help at first to work on the first 4 lines. Remember to do the crescendo at the end of the line. This will make you empty your lungs, so by guaranteeing a big breath for the next line

Brass Basics 5 Similar to the earlier "Brass Basics". This page works on the keys of A major and minor. They only use a range of five notes and should provide useful material for securing your range up to top "E"

Aerobics 6 "Tip-Toe-Technixs" These short studies are for the student moving towards Grade where a range up to top "F" is required. The pieces require a very light tongue action (as if saying: -"tip-toe") Learn your fingerings before playing these exercises. Lower (transposed) version is also provided.

Easy Slurs 6 These are the same exercises as before but transposed higher in the key of G major. Useful material for students who have passed Grade 1 and need material to help gain security at playing the "D" above "C"

Brass Basics 6 Ideal for those beyond Grade 1 containing short scale and arpeggio work in the keys of G major and minor. Some more extended extension exercises using all 8 notes of the C scale

Aerobics 7 This takes a simple idea to the playing of scales. Play 2 notes then 3 4 5 etc. You will find most of the scales here for the early grades. More able players can work on variations of articulation.

Aerobics 8 These are quite long pieces as I have taken the idea of **Aerobics 7** and applied it to the "chromatic" scale. You must learn the fingerings. If you can get round these pieces it will greatly advance your playing.

Arban Aerobics These exercises owe there origin to the "Brass Bible"

"The Arban" Try slowly and build up speed. Then try with the different articulations.

Finger Aerobics These are designed to help develop the coordination of the fingers and the tongue. Try slowly and build up speed. Work on slurring and tonguing always maintaining a good finger posture.

The tracks for use with this book are available for download from

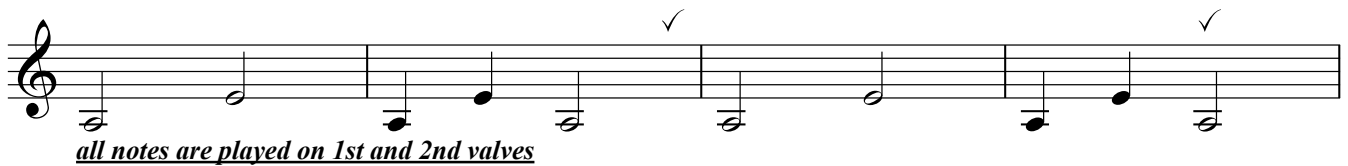
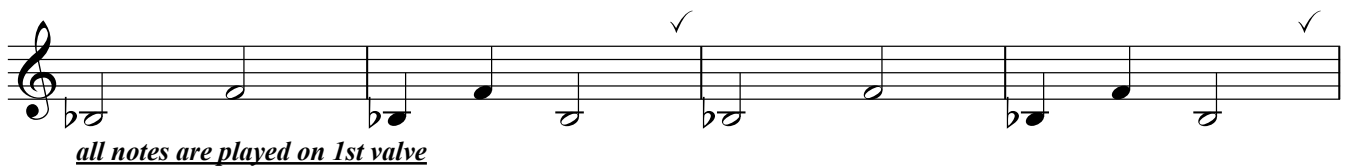
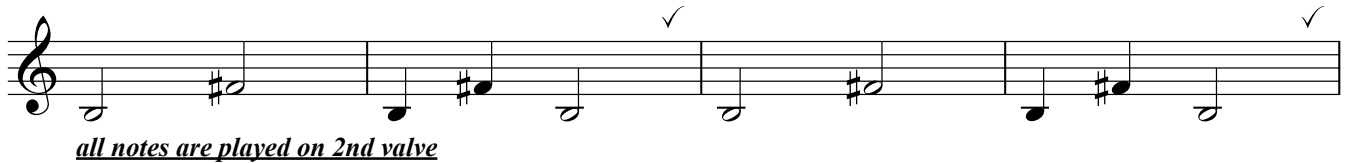
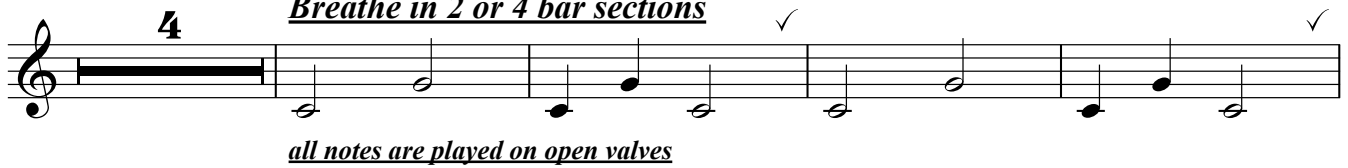
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October 2012

Aerobics for Brass 1

This exercise uses a basic finger pattern known as :-
going "DOWN THE VALVES". It is vital for you to learn
the simple order of the valves and also
which notes can be played by each set or fingerings

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Now the valve sequence is reversed
be careful to pitch the "Low A" correctly
by relaxing your lip muscles

OR Jump to the "Sign" in Aerobics 1a
to **start your work** on 3 note patterns

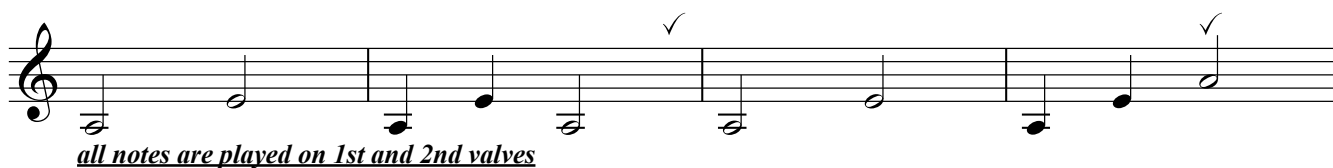
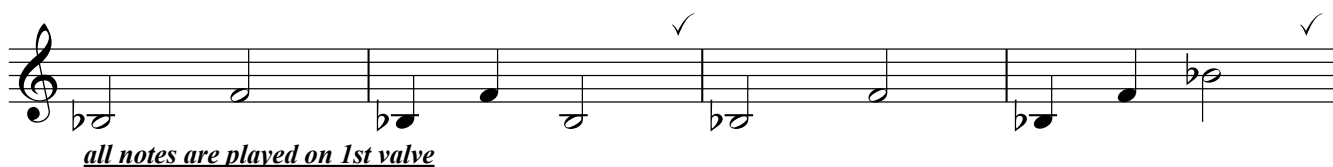
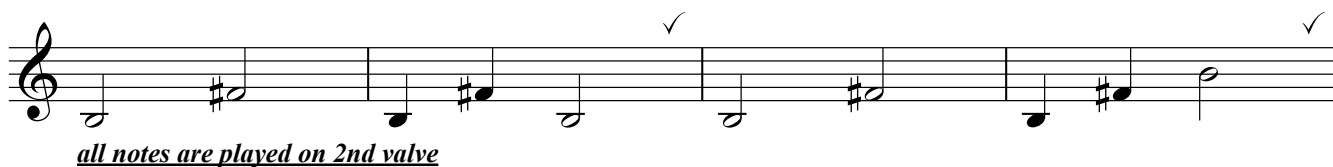
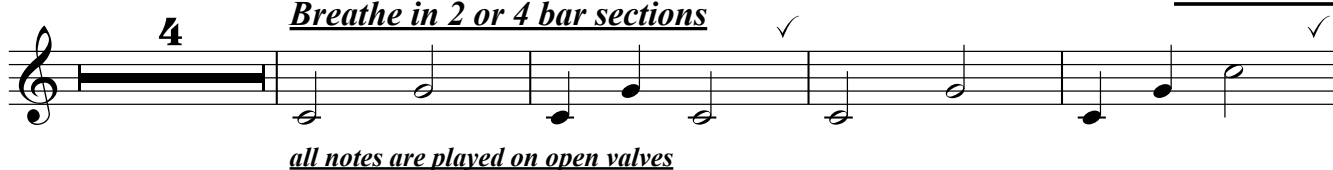
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Aerobics for Brass 1a

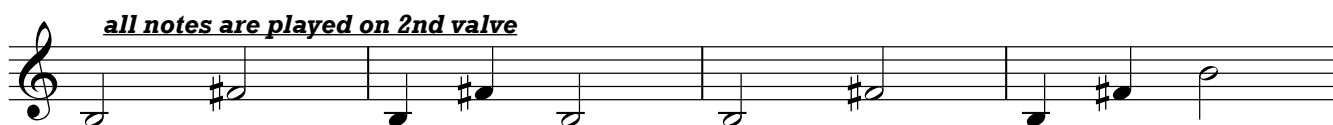
Now try this exercise which requires you to play 3 notes on each valve combination. If you are new to this start at the "Sign" and work "up the valves"

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Again the valve sequence is reversed.
Jump to here having played the 1st half of
Aerobics 1

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Aerobics for Brass 1b

Here is another 3 note pattern

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4 **Breathe in 2 or 4 bar sections**



all notes are played on open valves

This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note F#4, and a half note E4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are on open valves.



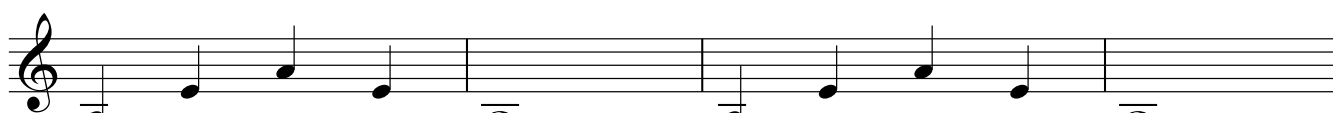
all notes are played on 2nd valve

This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note A#4, and a half note B4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are played on the 2nd valve.



all notes are played on 1st valve

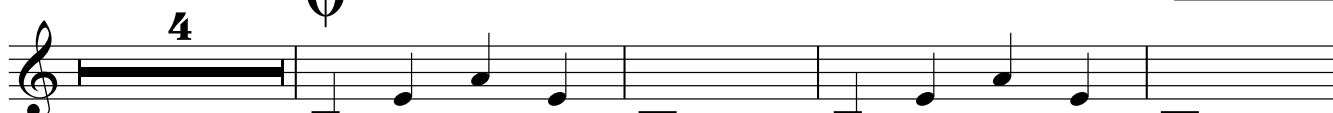
This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note F4, and a half note E4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are played on the 1st valve.



all notes are played on 1st and 2nd valves

This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note F#4, and a half note E4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are played on the 1st and 2nd valves.

4 



all notes are played on 1st and 2nd valves

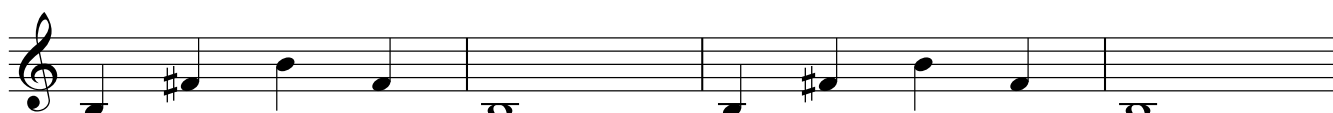
This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note F#4, and a half note E4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are played on the 1st and 2nd valves.

[download](#)



all notes are played on 1st valve

This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note F4, and a half note E4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are played on the 1st valve.



all notes are played on 2nd valve

This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note A#4, and a half note B4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are played on the 2nd valve.

all notes are played on open valves



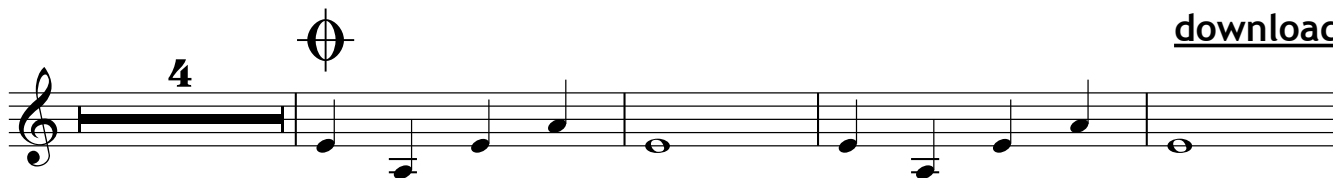
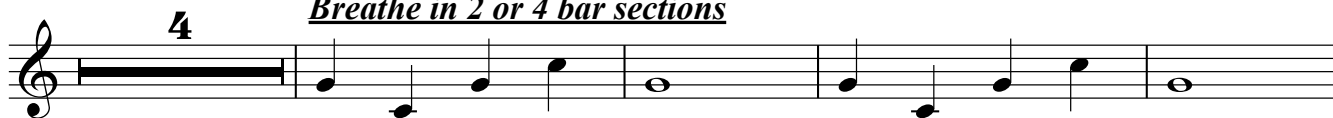
This musical staff shows a 4-measure pattern. The first measure is a whole rest. The second measure contains a quarter note G4, a quarter note A4, and a half note B4. The third measure contains a quarter note G4, a quarter note F#4, and a half note E4. The fourth measure contains a quarter note G4, a quarter note A4, and a half note B4. All notes are played on open valves.

Aerobics for Brass 1c

Here is another 3 note pattern

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Breathe in 2 or 4 bar sections



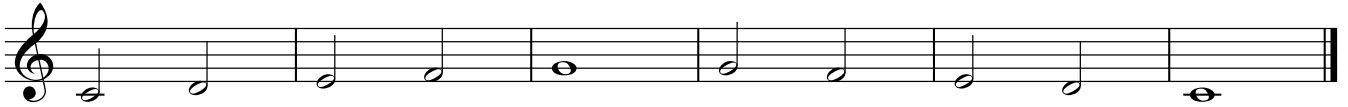
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Brass Basics 1:- The First Five

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① Five Note C Scale



② Five Note C Scale:-quicker



③ Three Note C Arpeggio



④ Three Note C Arpeggio (quicker+inversion)



⑤ Five Notes in 3rds {Cmajor}



⑥ Five Notes in 3rds {Cmajor}:- quicker



⑦ Five Notes in 3rds {Cmajor} SLURRED*



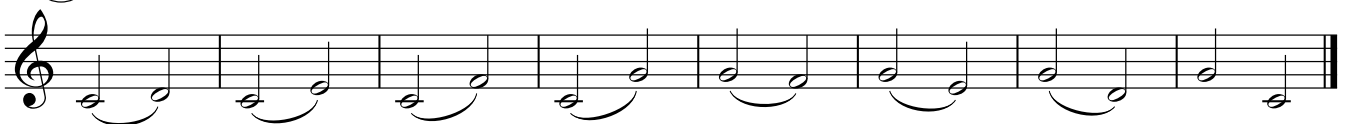
⑧ Five Notes in 3rds {Cmajor} SLURRED:- quicker



⑨ Five Note "interval" extensions {Cmajor}



⑩ Five Note "interval" extensions {Cmajor} SLURRED*

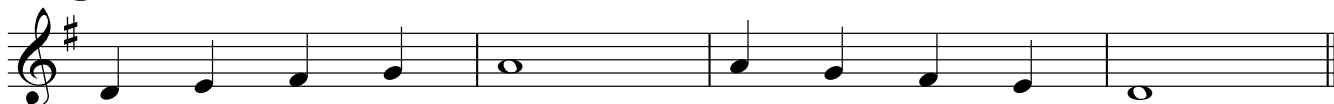
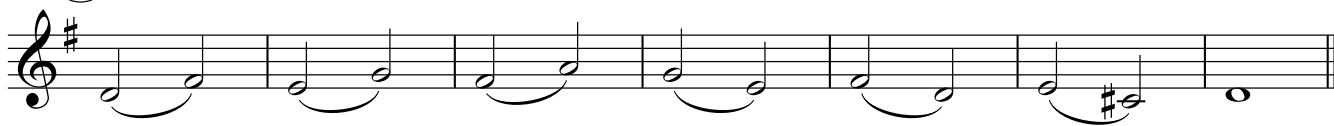


⑪ Five Note "interval"extensions {Cmajor} :-quicker



⑫ Five Note "interval"extensions {Cmajor} :-quicker/SLURRED*



13**Five Note D Scale****14****Five Note D Scale:-quicker****15****Three Note D Arpeggio****16****Three Note D Arpeggio (quicker+inversion)****17****Five Notes in 3rds {D major} SLURRED*****18****Five Note F Scale****19****Five Note F Scale:-quicker****20****Three Note F Arpeggio****21****Three Note F Arpeggio (quicker+inversion)****22****Five Notes in 3rds {F major} SLURRED***

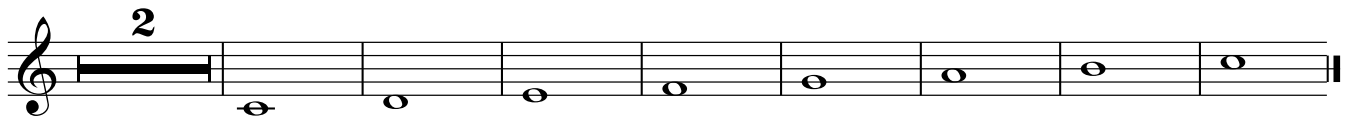
Tongue Test 1

download

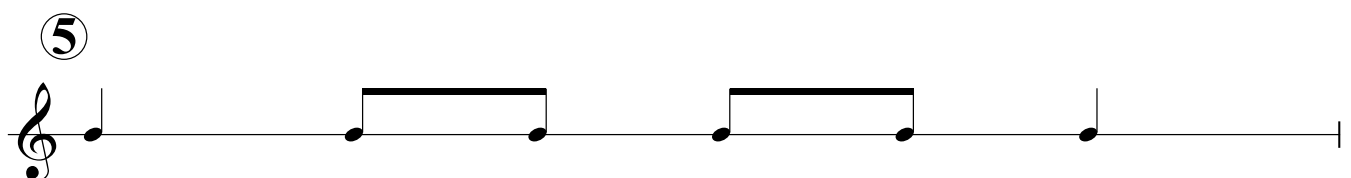
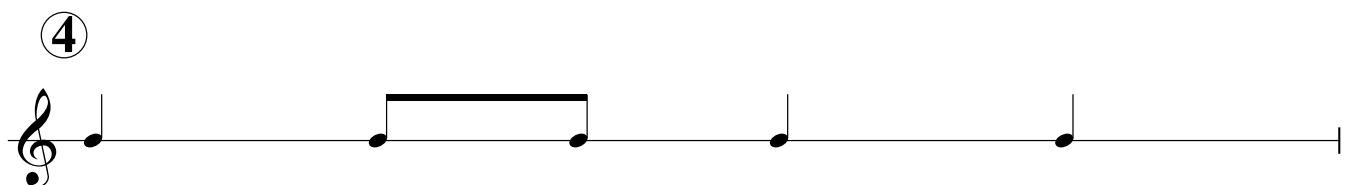
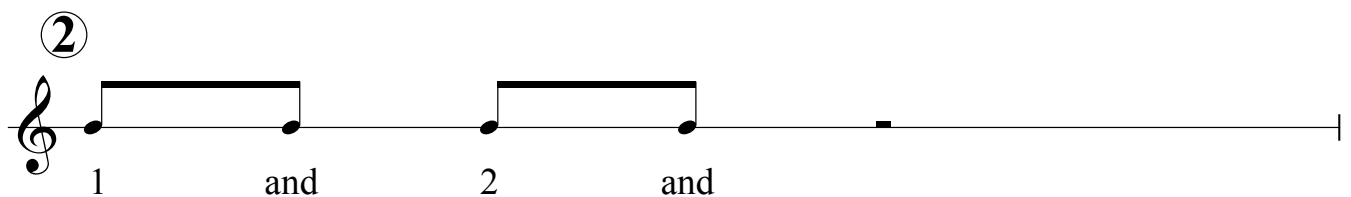
Quavers



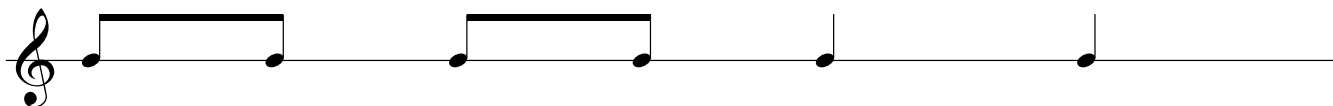
*Play any of the rhythms below on the above pattern of notes
It will help to learn the pattern first.
Use the backing tracks to play the rhythms progressively faster
{Use the "C" scale written below as a harder alternative}*



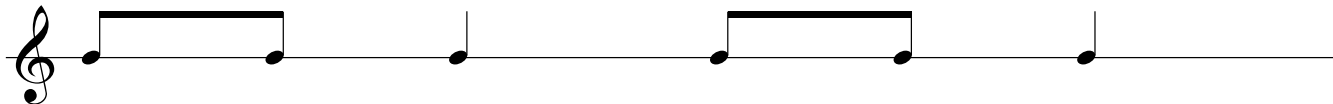
① *It may help to think of the beat numbers and
divide the quavers with "and" The first 3 are
done for you*



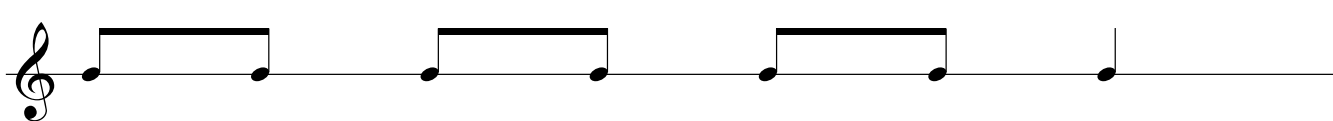
⑥



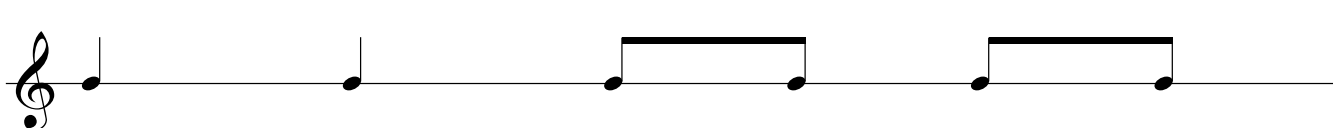
⑦



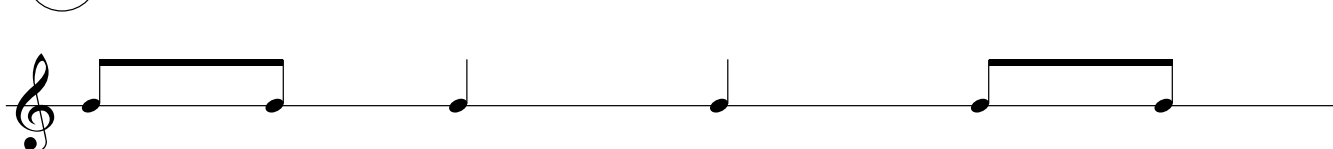
⑧



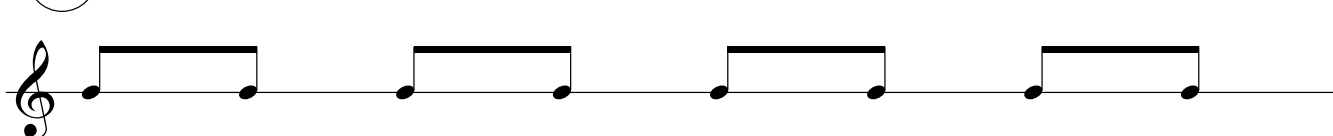
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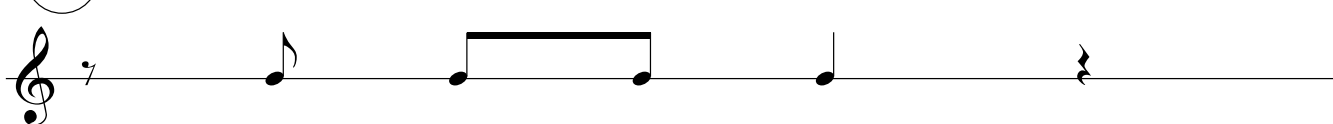
⑩



⑪

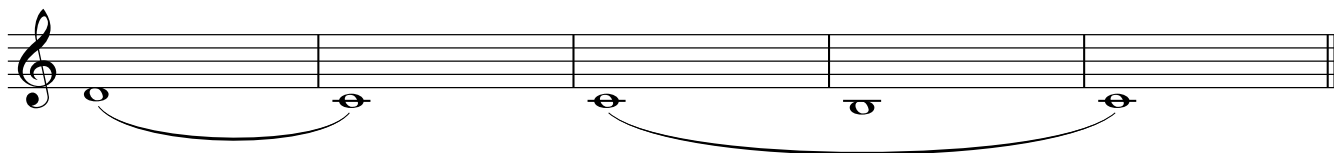
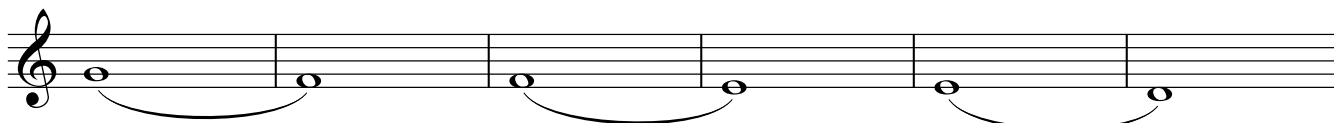


⑫



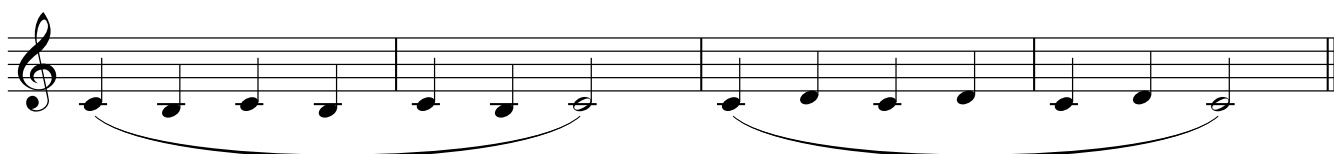
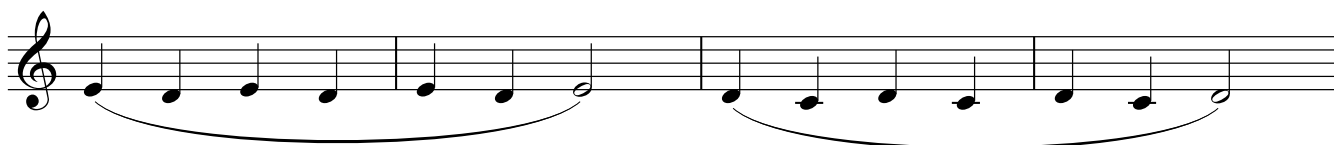
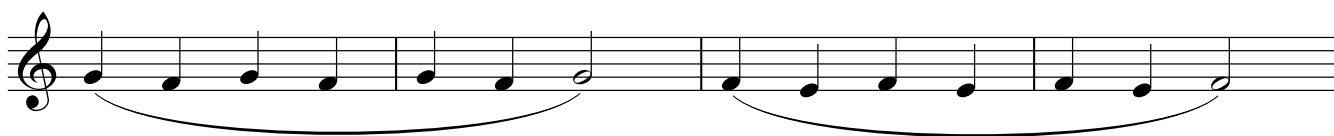
Slurs

A slur is shown as a curved line joining two or more notes and is played by allowing the air to flow as you change valves, instead of using a tongue action. As if saying "aah" Try these preliminary exercises.

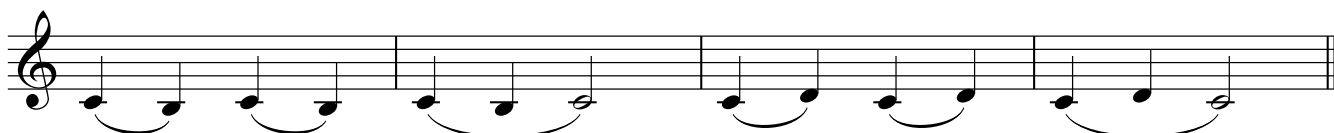
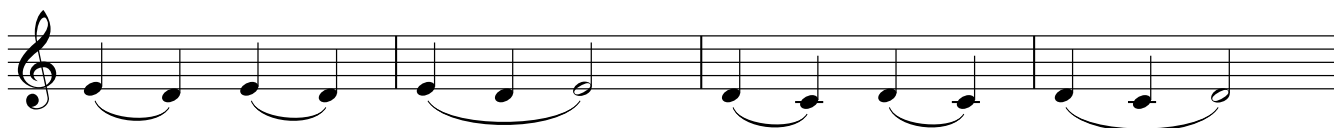


easy slurs 1

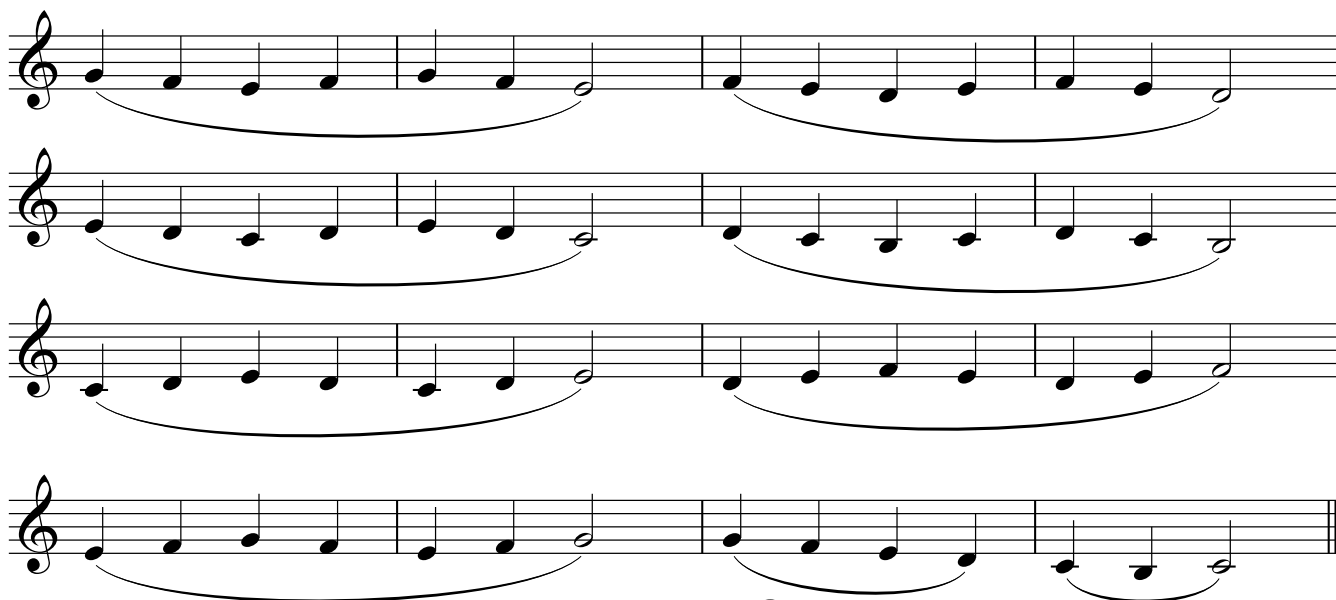
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easy slurs 1a



easy slurs 2



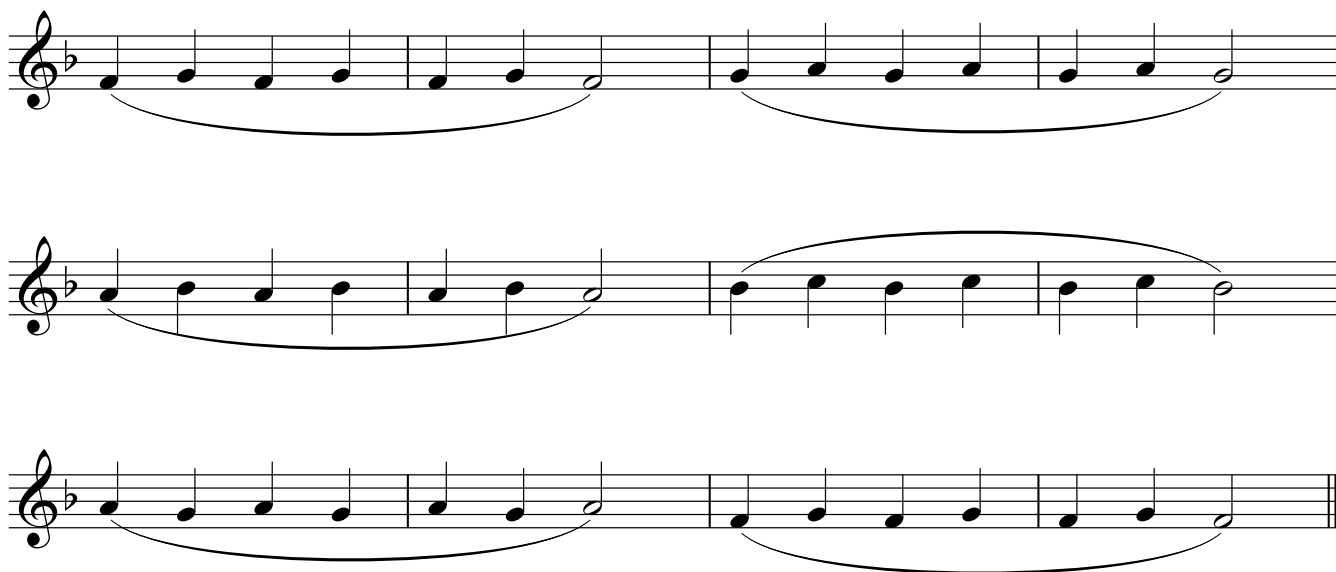
easy slurs 2a



easy slurs 2b



easy slurs 3



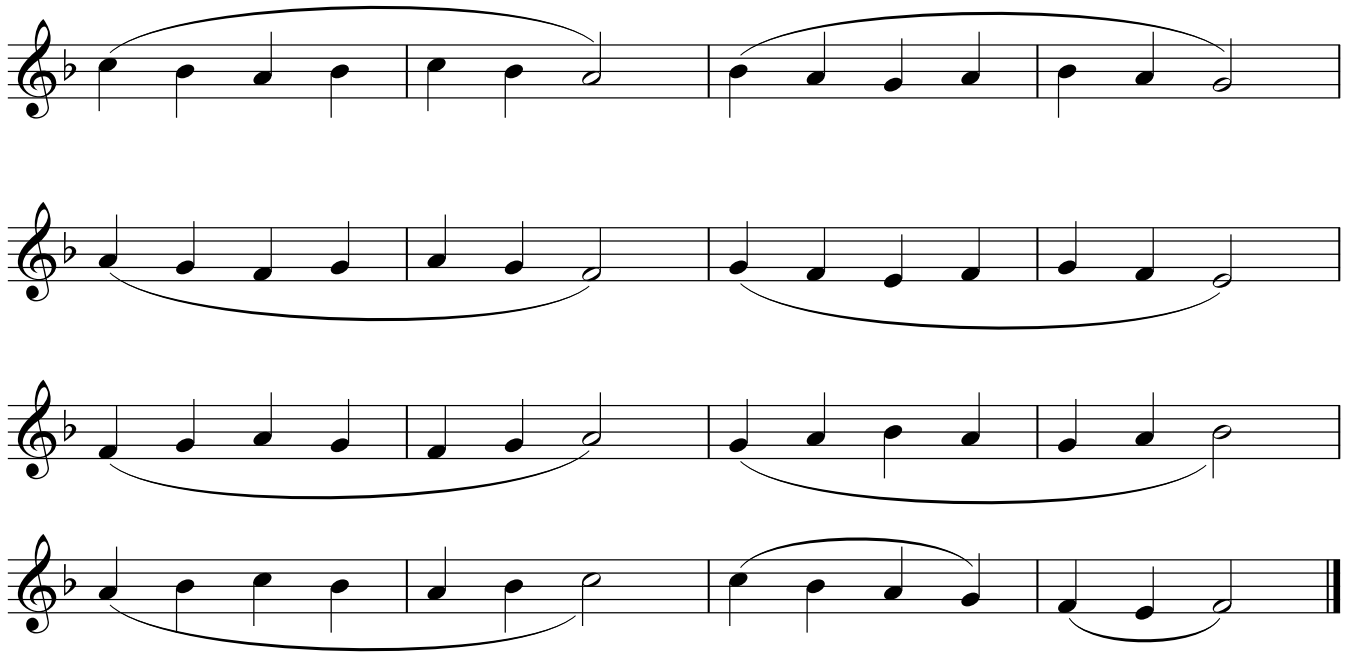
easy slurs 3a



easy slurs 3b



easy slurs 4



easy slurs 4a



easy slurs 4b



easy slurs 5



easy slurs 5a



easy slurs 5b



Aerobics 2

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① 4

Exercise 1 consists of four measures of music in 4/4 time. The first measure is a whole rest. The second measure contains a half note G4 with a sharp sign, followed by a half note A4. The third measure contains a half note B4 with a sharp sign, followed by a half note C5. The fourth measure contains a half note D5, followed by a half note E5. The notes are grouped by a slur.

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② 4

Exercise 2 consists of four measures of music in 4/4 time. The first measure is a whole rest. The second measure contains a half note G4 with a sharp sign, followed by a half note A4. The third measure contains a half note B4 with a sharp sign, followed by a half note C5. The fourth measure contains a half note D5, followed by a half note E5. The notes are grouped by a slur.

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③

4

Exercise 3 consists of four measures of music in 4/4 time. The first measure is a whole rest. The second measure contains a half note G4 with a sharp sign, followed by eighth notes A4, B4, C5, D5, E5, F5, G5, and A5. The third measure contains a half note G4 with a sharp sign, followed by eighth notes F5, E5, D5, C5, B4, A4, G4, and F4. The fourth measure contains a half note G4 with a flat sign, followed by eighth notes F4, E4, D4, C4, B3, A3, G3, and F3. The notes are beamed in pairs of four.

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④

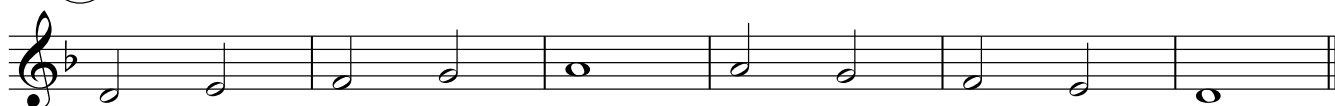
4

Exercise 4 consists of four measures of music in 4/4 time. The first measure is a whole rest. The second measure contains a half note G4 with a sharp sign, followed by eighth notes A4, B4, C5, D5, E5, F5, G5, and A5. The third measure contains a half note G4 with a sharp sign, followed by eighth notes F5, E5, D5, C5, B4, A4, G4, and F4. The fourth measure contains a half note G4 with a flat sign, followed by eighth notes F4, E4, D4, C4, B3, A3, G3, and F3. The notes are beamed in pairs of four.

Brass Basics 3:- D minor.F minor. A minor.

23 Five Note D minor Scale

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24 Five Note D minor Scale:-quicker

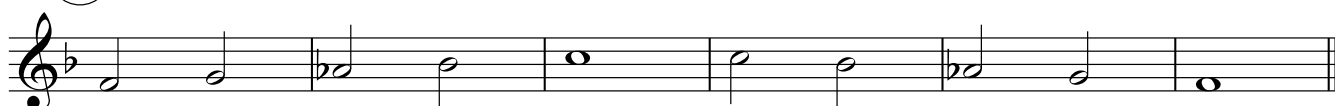
25 Three Note D minor Arpeggio



26 Five Notes in 3rds {D minor} SLURRED*



27 Five Note F minor Scale



28 Five Note F minor Scale:-quicker

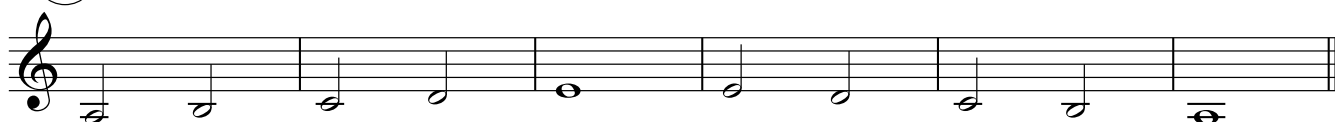
29 Three Note F minor Arpeggio



30 Five Notes in 3rds {F minor}



31 Five Note A minor Scale

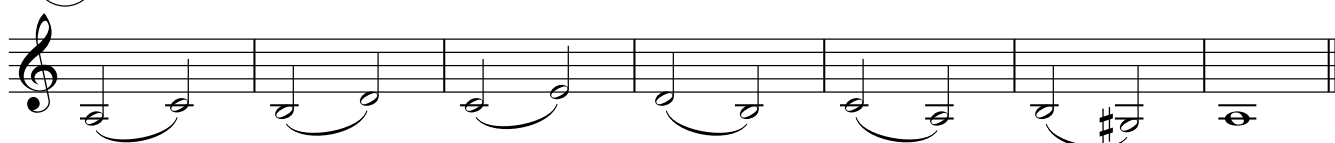


32 Five Note A minor Scale:-quicker

33 Three Note A minor Arpeggio



34 Five Notes in 3rds {A minor} SLURRED*



Brass Basics 4:- more extensions/ 8 note scales

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35 Five Note "interval" extensions {D major}



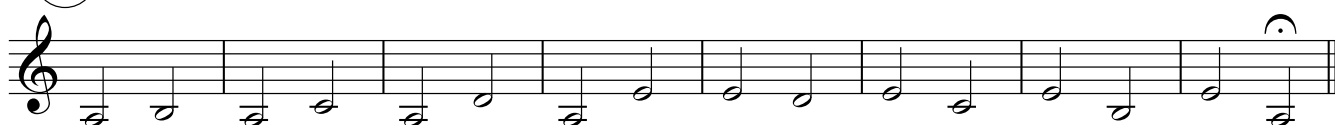
36 Five Note "interval" extensions {F major}



37 Five Note "interval" extensions {D minor}



38 Five Note "interval" extensions {A minor}



39 Five Note "interval" extensions {F minor}



40 1 Octave (8 notes) C major Scale



41 1 Octave (8 notes) C major Scale {quicker:-ABRSM Grade 1 version}



42 1 Octave (8 notes) C major Arpeggio



43 8va C major Arpeggio (Grd.1)



44 1 Octave (8 notes) A minor Scale



45 1 Octave (8 notes) A minor Scale {quicker:-ABRSM Grade 1 version}



46 1 Octave (8 notes) A minor arpeggio



47 8va A minor Arpeggio (Grd.1)



Aerobics 3

①

Lip Builders (exercises for range building "G" to "C")

download

2

download

[illegible]

③

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④

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5

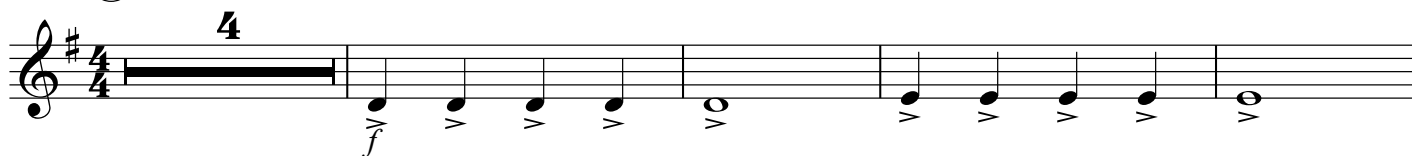
download

Aerobics 3 a

①

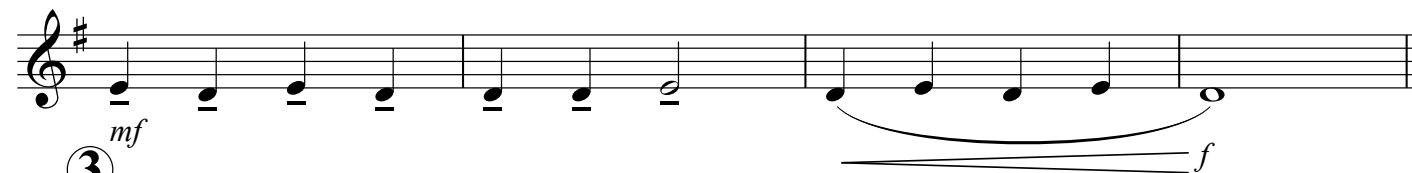
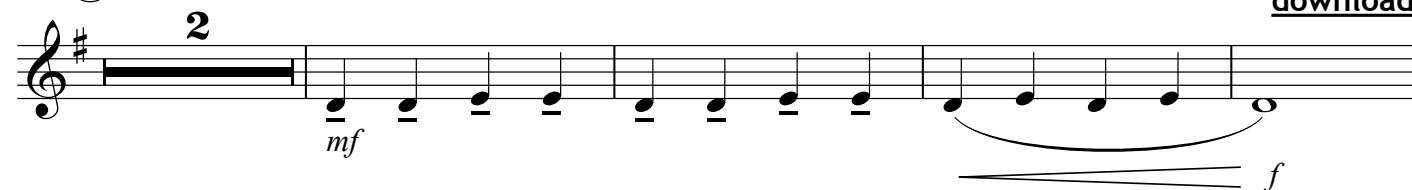
Lip Builders (play this lower version as well)

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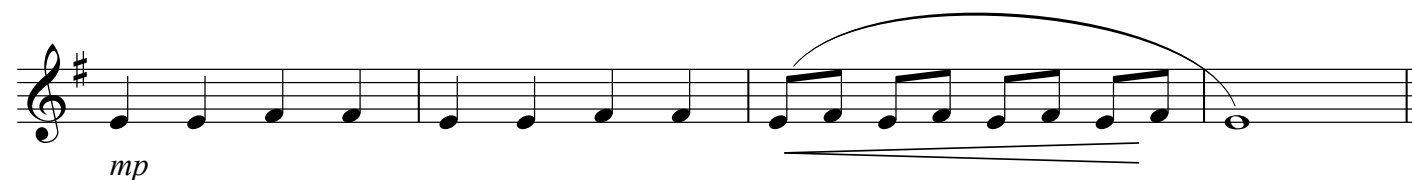
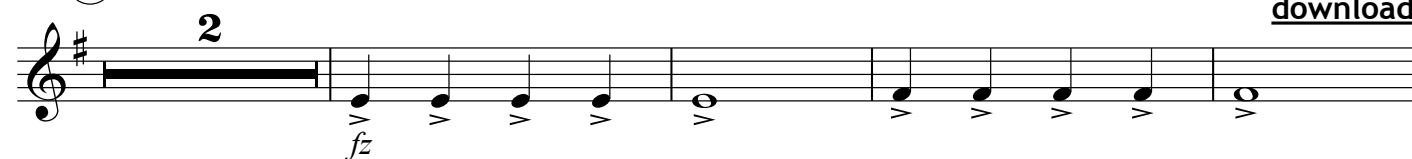
②

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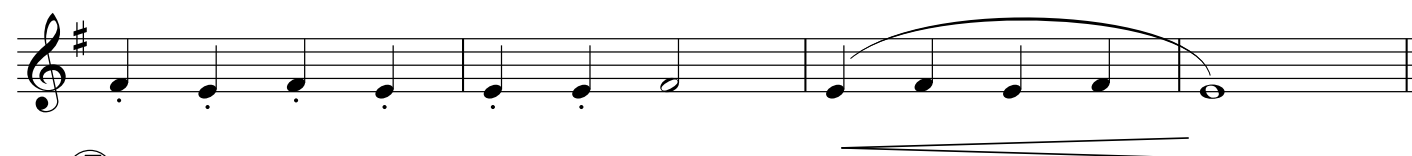
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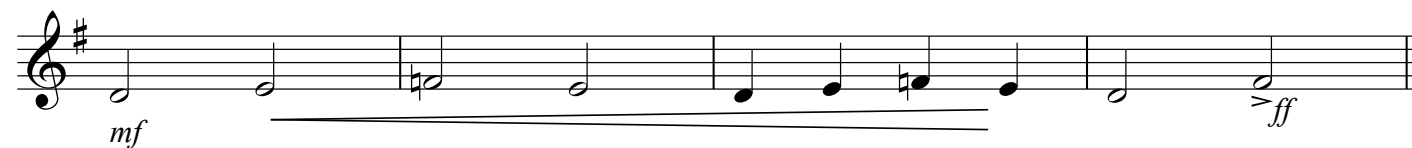
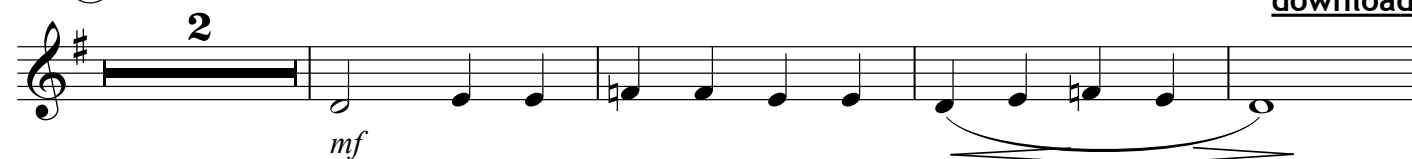
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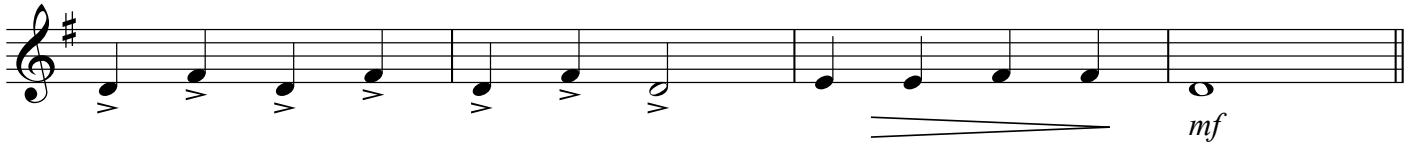
⑤

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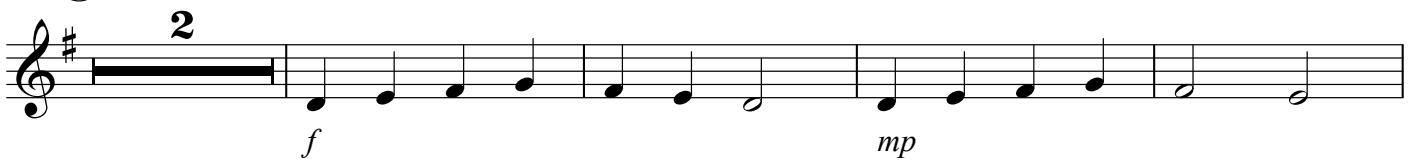
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⑨

[download](#)



[download](#)

⑥

f

mf

[download](#)

⑦

mp

mp

[download](#)

⑧

f *mp*

mf *f*

[download](#)

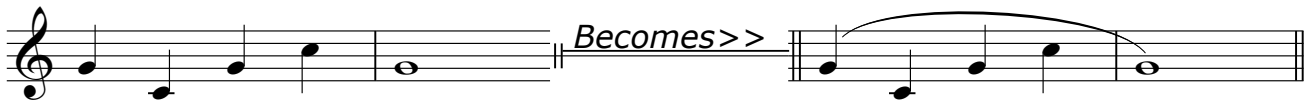
⑨

f *mp*

mf *ff*

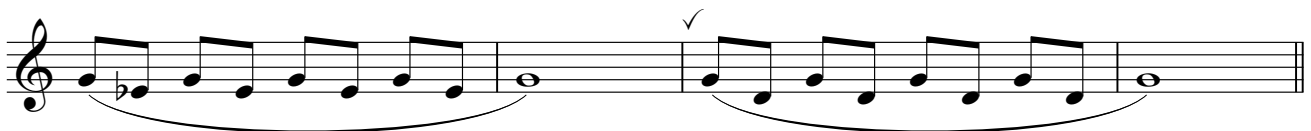
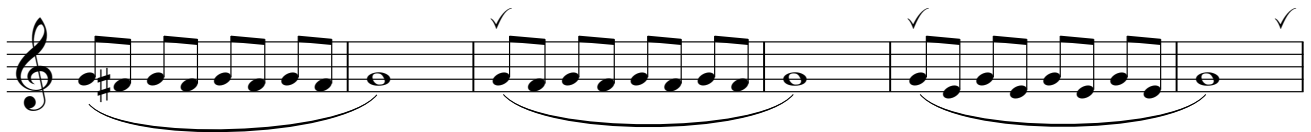
Introduction to "Lip Slurs"

Aerobics 1, 1a, etc can all be played using what is known as a "lip slur"



Tongue the first note and then move using only your lip muscles and your breath

Here are some preliminary exercises to help develop the control required for the lip slur remember you only tongue the first note



Play this again but use 1 and 3 for both notes

You will probably find this hard!! Try it slower

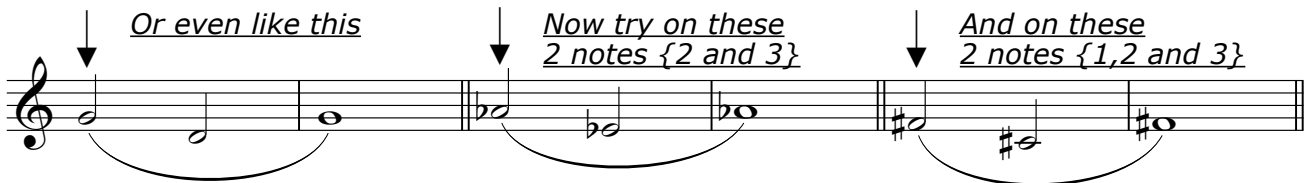
Or maybe like this



Or even like this

Now try on these 2 notes {2 and 3}

And on these 2 notes {1, 2 and 3}



Now try this pattern on open valves

Now try this pattern on 2nd valve



Tongue the first note and then move using only your lip muscles and your breath

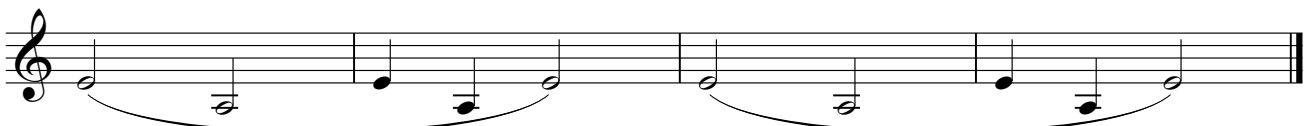
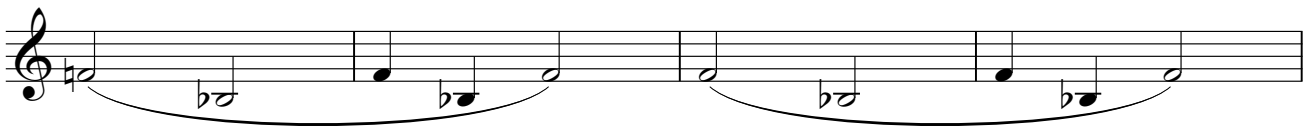
Now try this pattern on 1st valve

Now try this pattern on 1st and 2nd

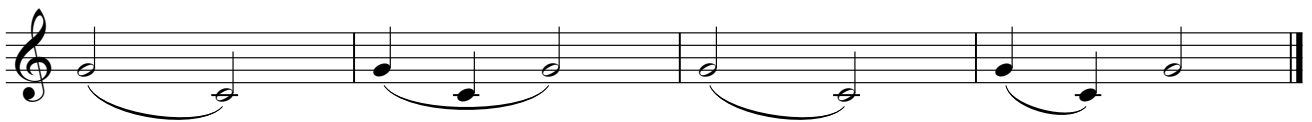


Now try this extension of the pattern on open valves and proceed
"Down The Valves"

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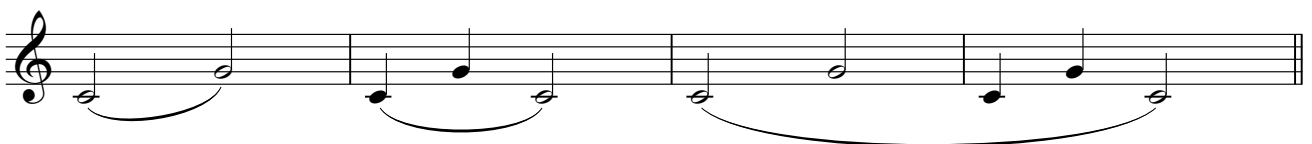


If you find the above too hard then try these easier variations,
again proceed "Down The Valves"



Here is the pattern used in AEROBICS 1 now written as a lip slur exercise.
You can try all the AEROBICS as "LIP SLURS"
and you can use the same backing tracks

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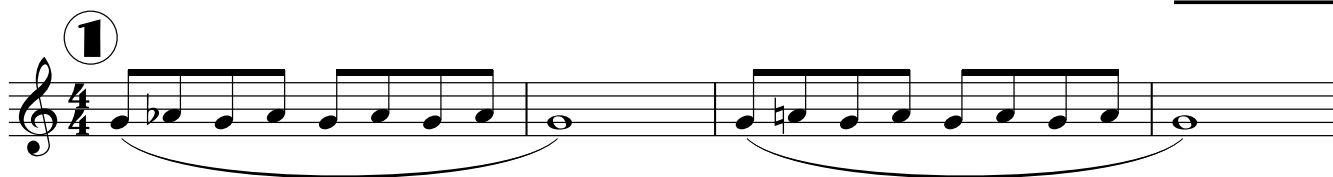


Introduction to Lip Slurs 2

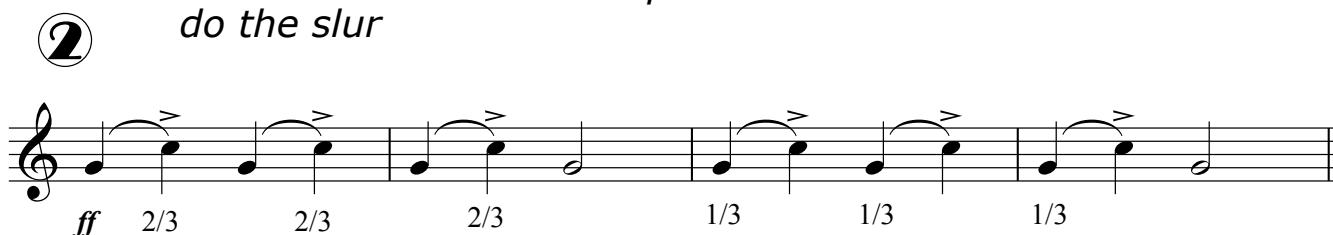
Here are some more exercises which will help you to lip slur.

*Try to play at different speeds
and think carefully about your breath control*

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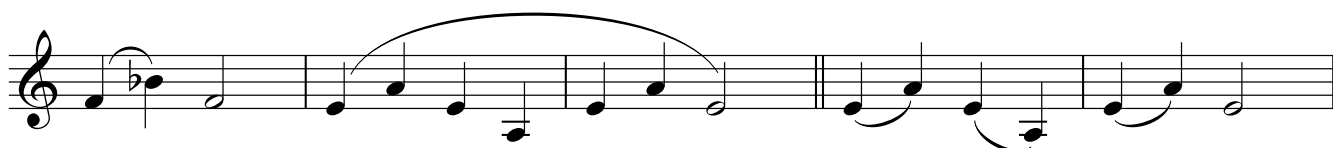


*Try this to help slur from G up to C,
use the alternative fingerings,
play loud (ff) and use the power of
the breath to make the lip muscles
do the slur*



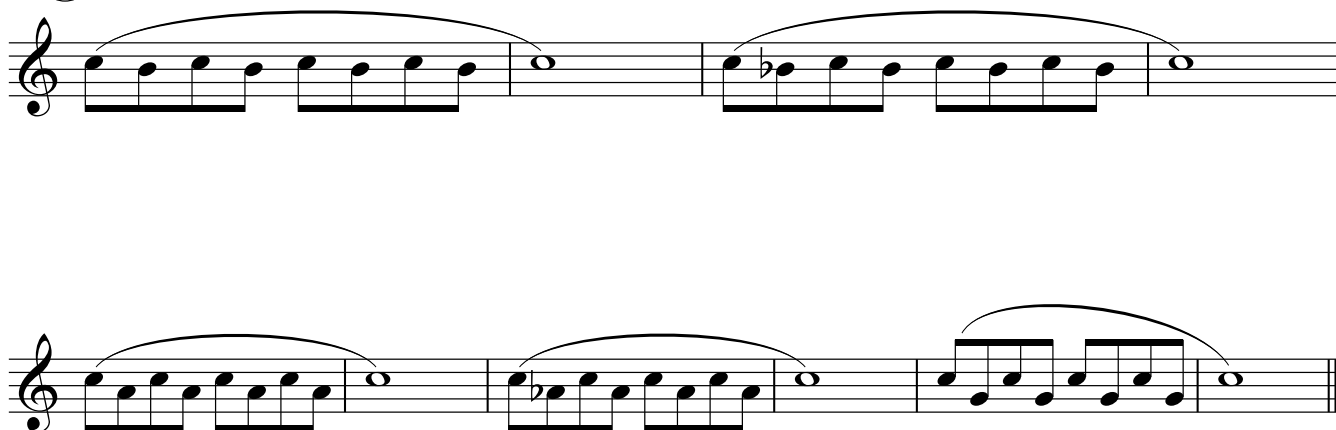
*Have a go at this one with Aerobics 1 backing tracks,
remember to reverse the valve sequence on the way back up!*

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4

This is hard but give it a go, try to stay on the top "C"

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*It may help to work on this version,
you should notice that the fingerings
are the same (see Aerobics 2)*

5

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⑥

Try this, it is quite a "work out" but, with practise you should be able to work out what is happening!!

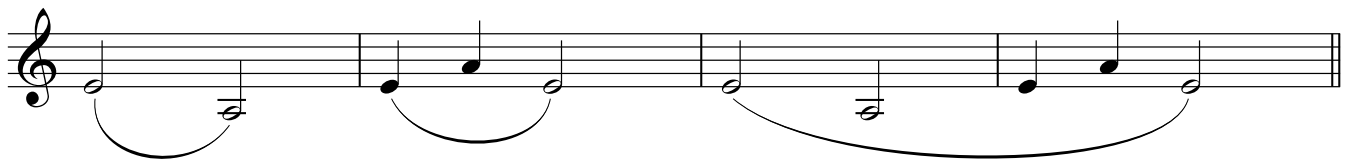
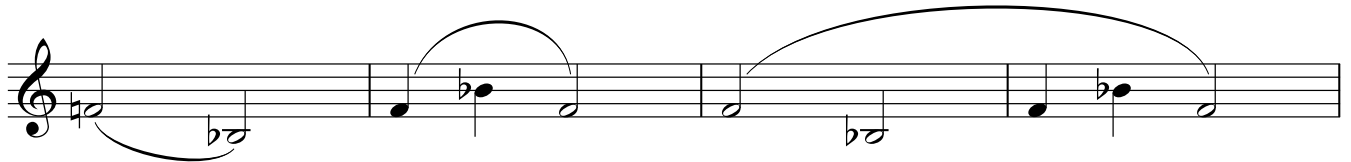
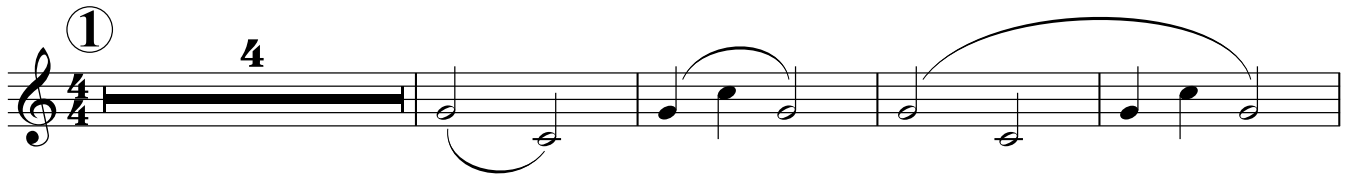
The musical notation consists of ten staves, each containing two measures of music. The first measure of each staff begins with a half note, followed by a half note, with a slur over the two notes. The second measure begins with a half note, followed by a half note, with a slur over the two notes. The notes are eighth notes. The key signature changes from one sharp (F#) to one flat (Bb) across the staves. The exercise is designed to be challenging for the student to figure out the pattern.

play G on 1/3

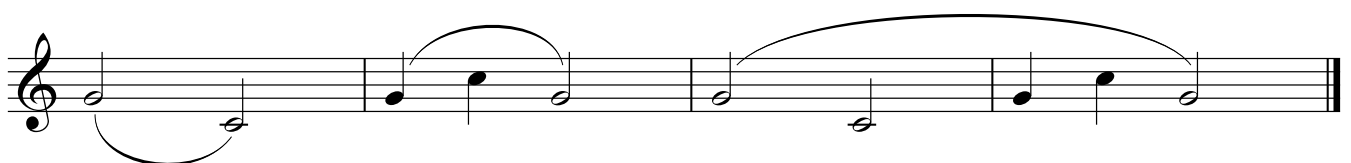
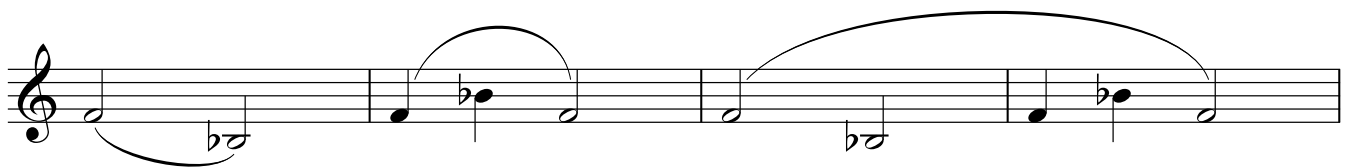
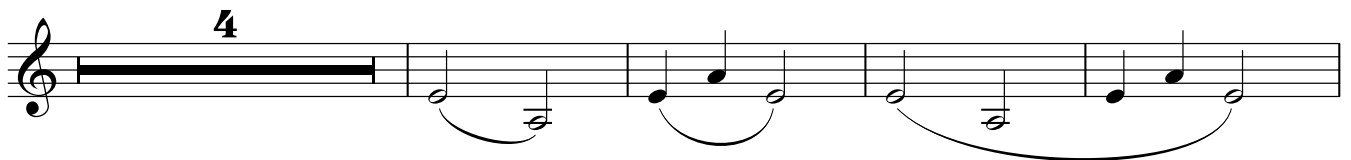
More Lip Slurs

*Here are some more "Lip Slurs" to try,
you can use the same backing tracks*

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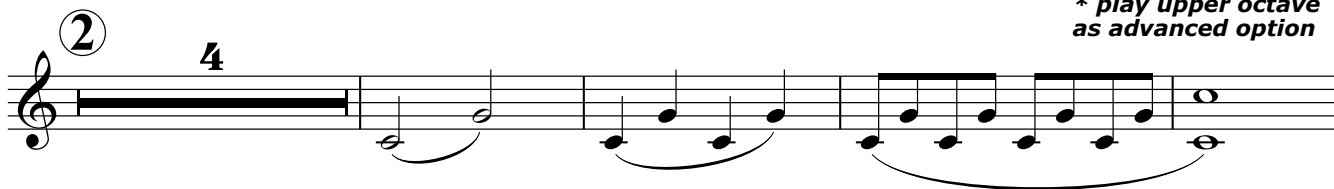


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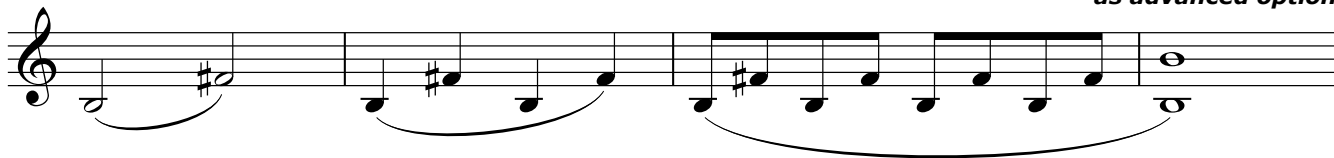


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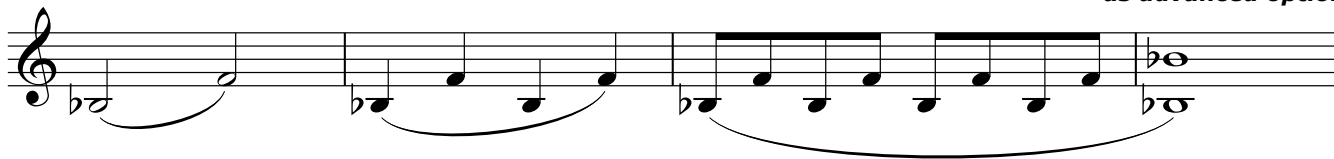
*** play upper octave
as advanced option**



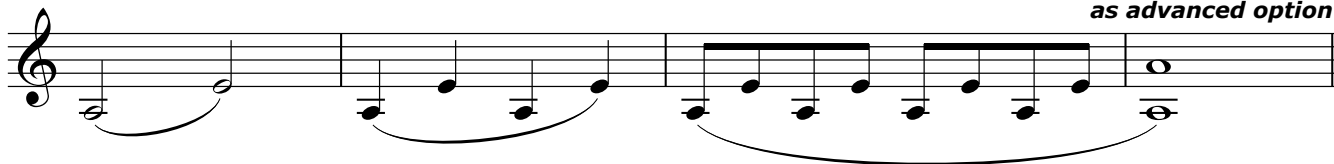
*** play upper octave
as advanced option**



*** play upper octave
as advanced option**

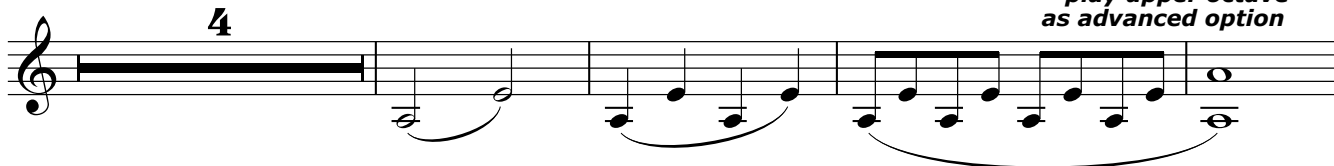


*** play upper octave
as advanced option**

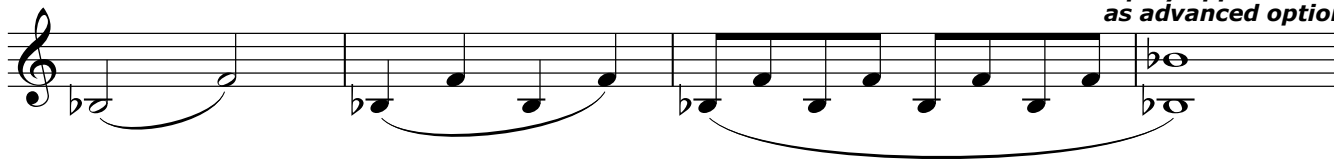


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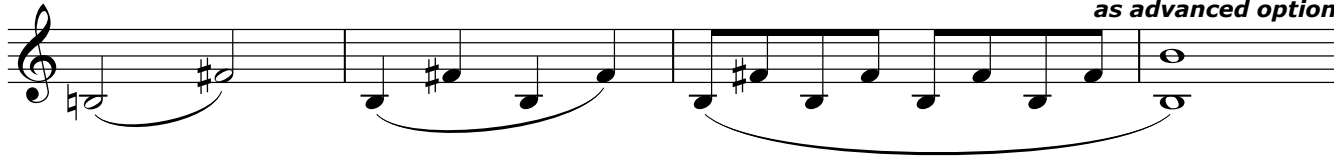
*** play upper octave
as advanced option**



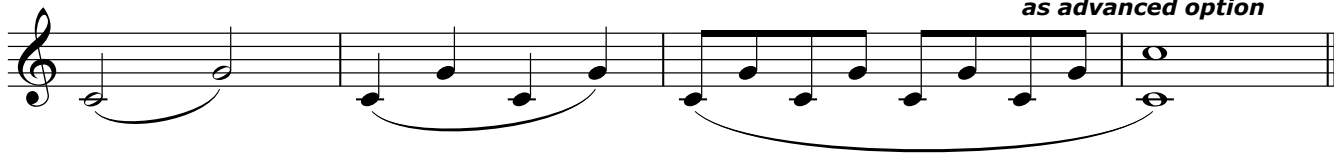
*** play upper octave
as advanced option**



*** play upper octave
as advanced option**



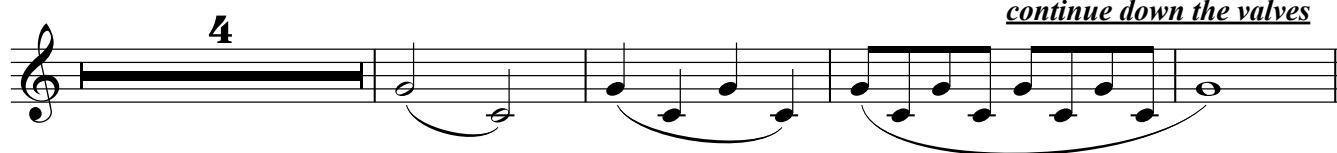
*** play upper octave
as advanced option**



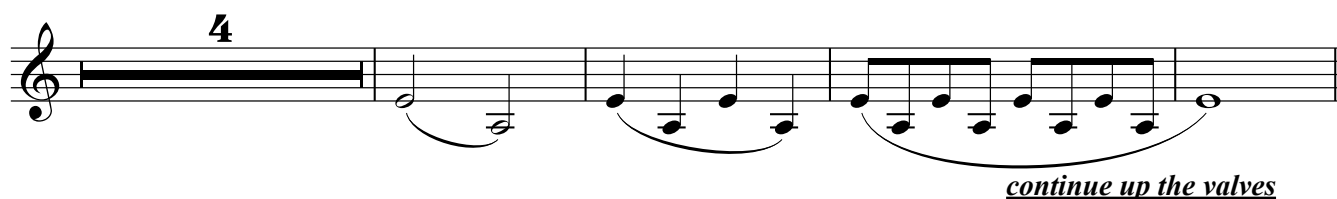
Here are a few more variations to try (only the basic pattern is shown)

③

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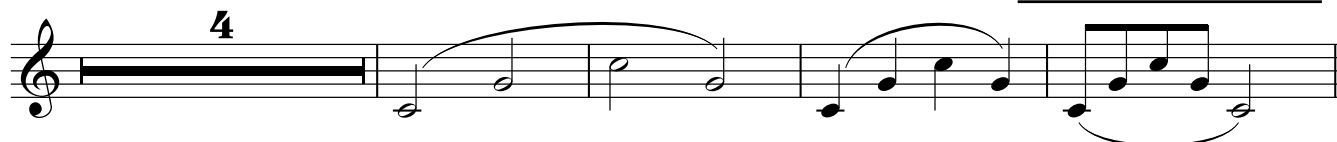
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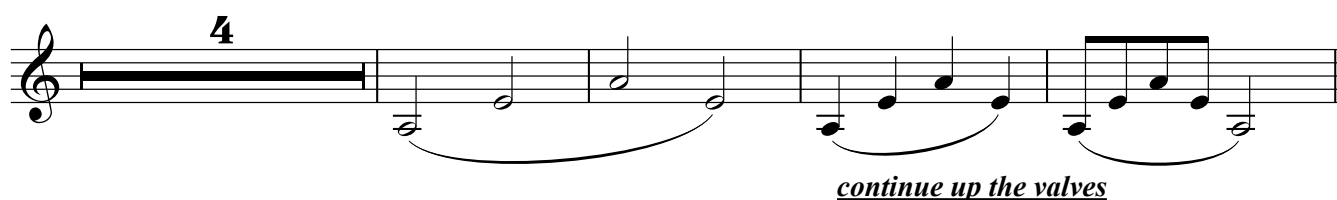
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[continue down the valves](#)



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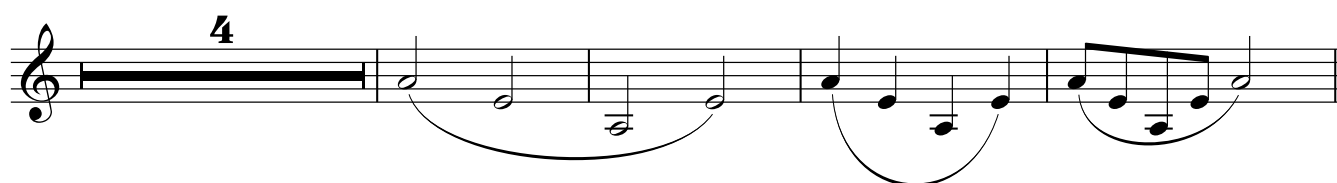
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[continue down the valves](#)



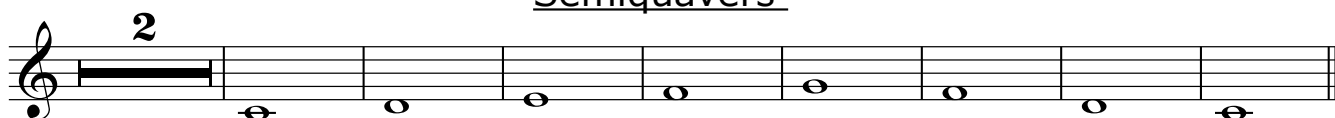
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Tongue Test 2

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Semiquavers

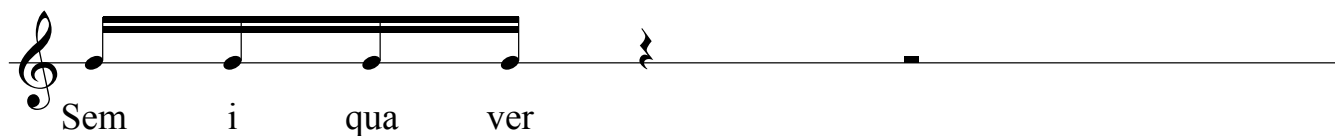


Play any of the rhythms below on the above pattern of notes
It will help to learn the pattern first.
Use the backing tracks to play the rhythms progressively faster
{Use the "C" scale, written below as a harder alternative}

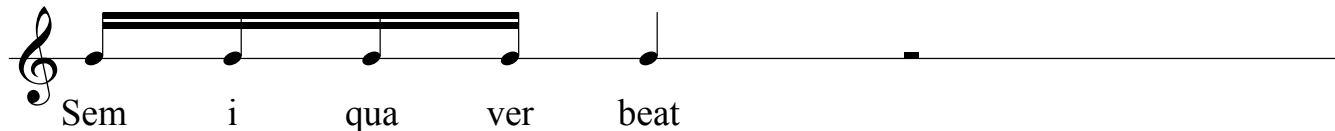


It may help to think of the word
"semiquaver" say it fast!! remember the rests

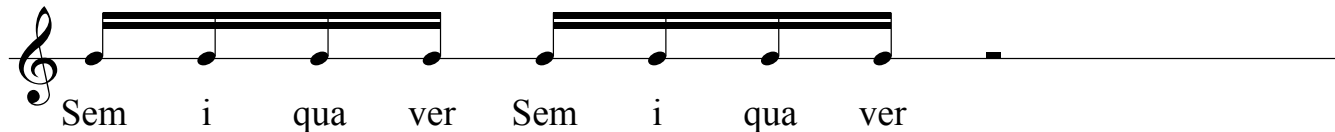
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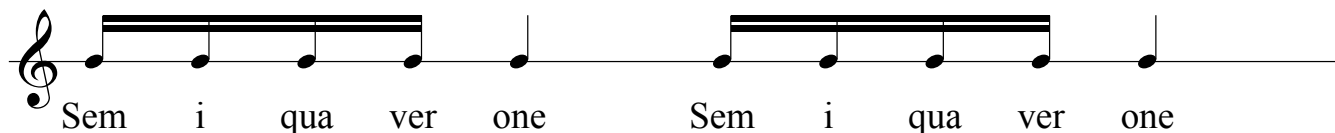
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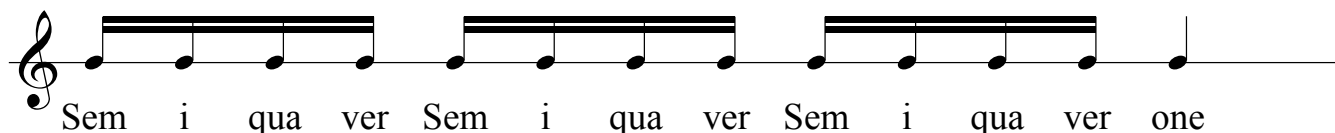
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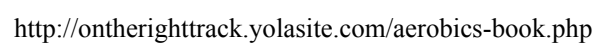
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⑤



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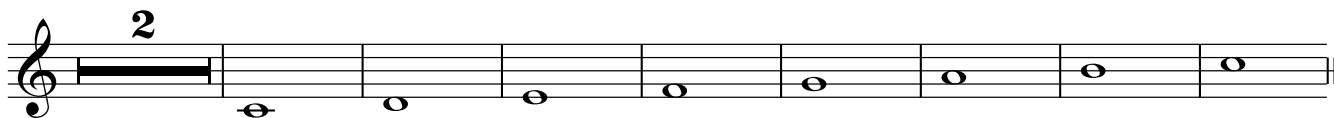
Tongue Test 3

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Triplets



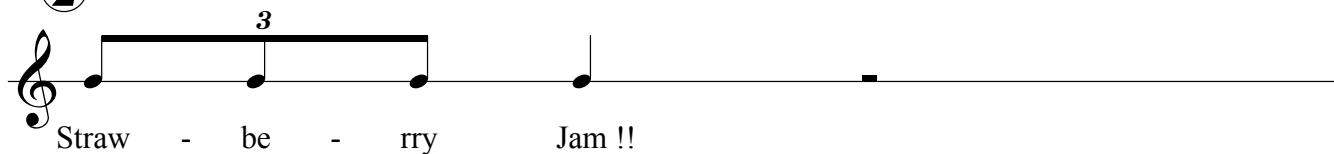
Play any of the rhythms below on the above pattern of notes
 It will help to learn the pattern first.
 Use the backing tracks to play the rhythms progressively faster
 {Use the "C" scale, written below as a harder alternative}



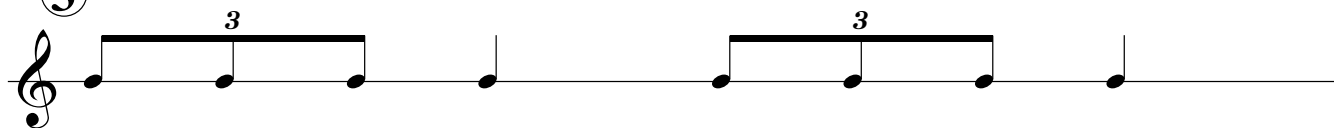
① As in Tongue Test 2 use the "word rhythms" (or mnemonics) to help



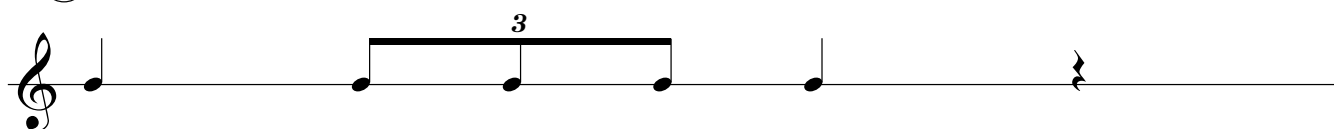
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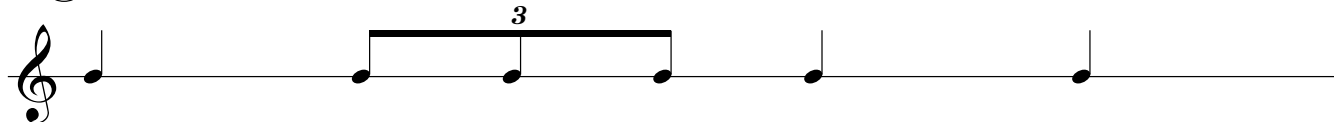
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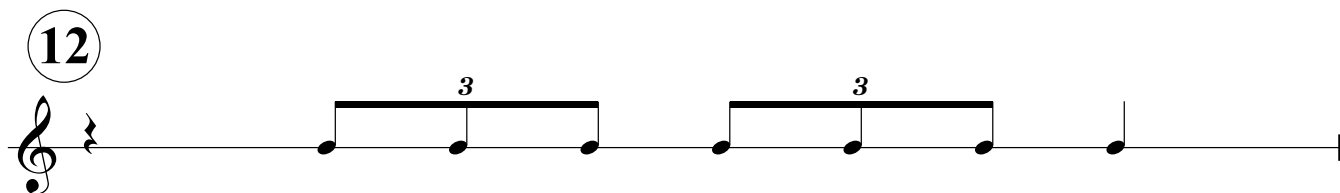
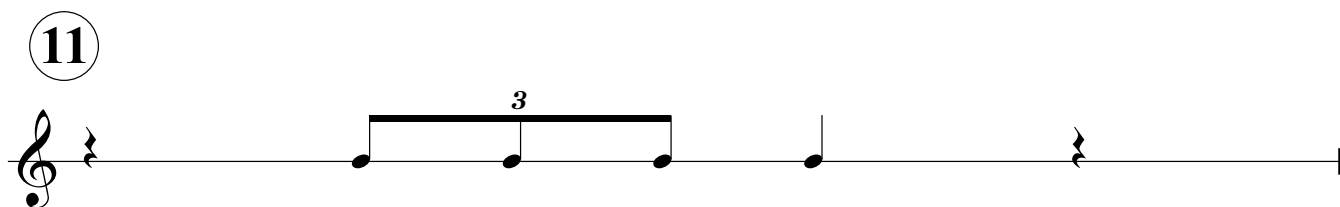
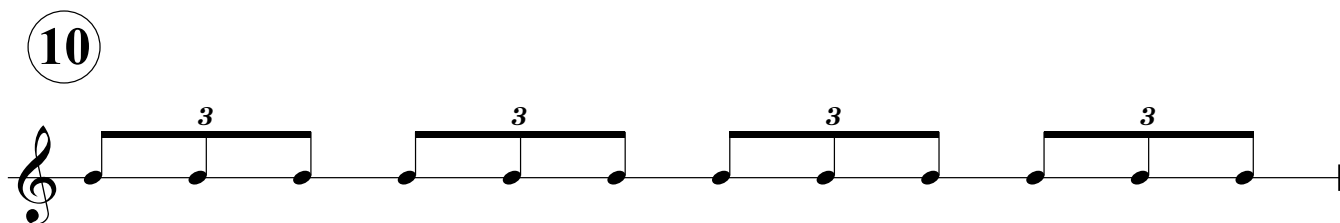
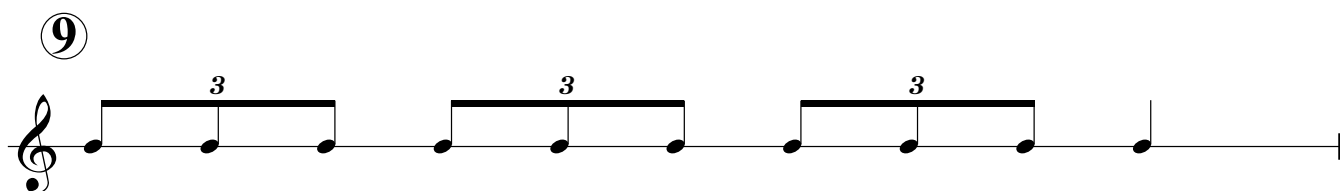
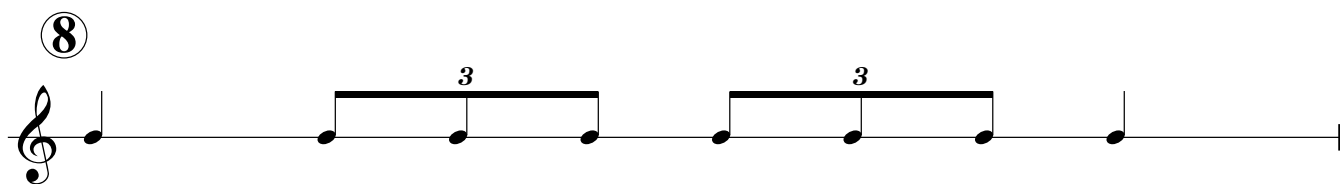
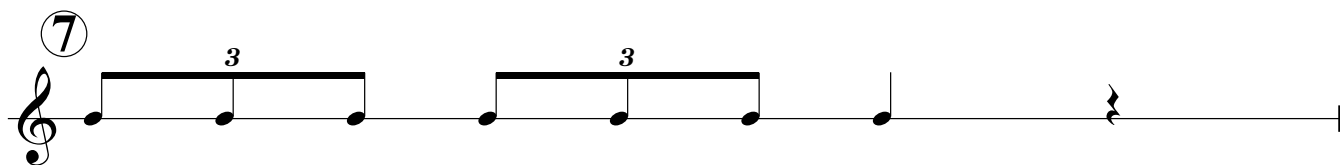
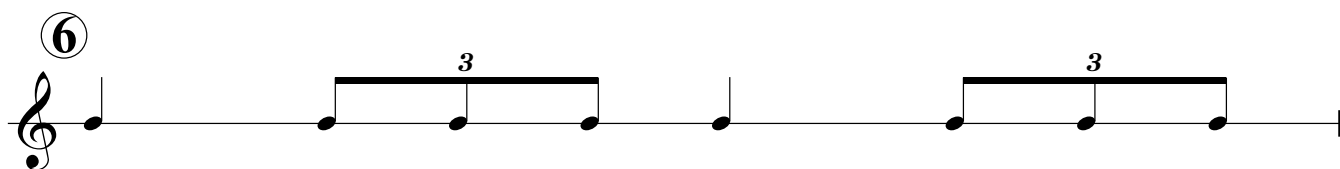


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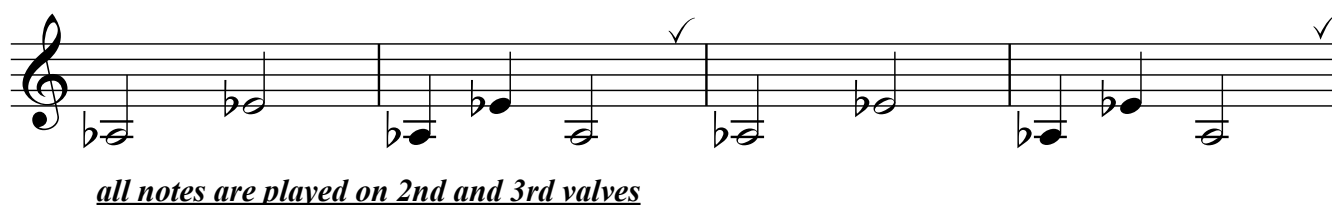
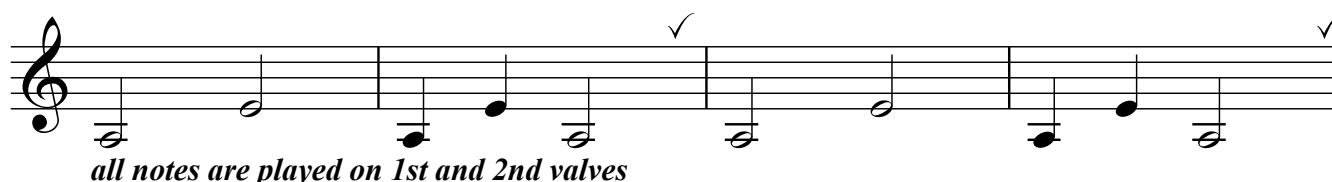
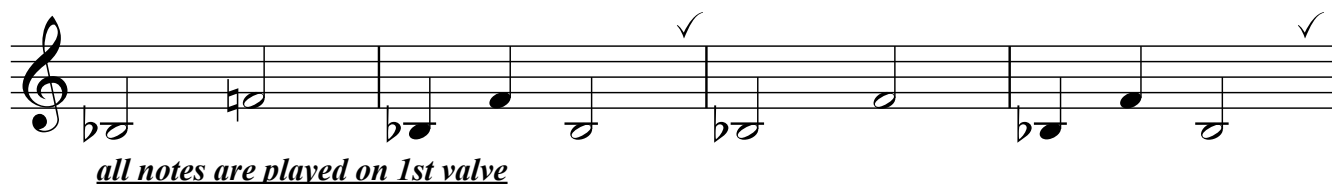
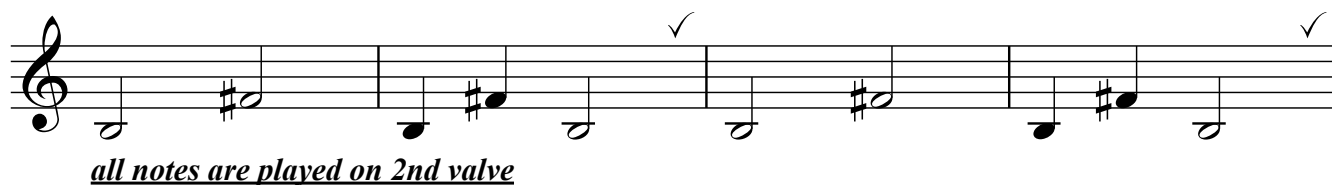




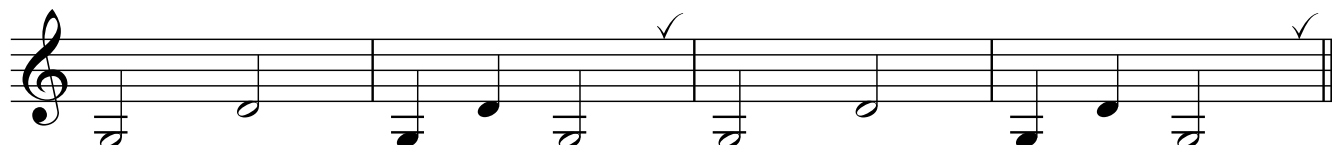
Extending The Valve Sequence

*This exercise continues the basic finger pattern known as :-
going "DOWN THE VALVES". It is vital for you to learn
the simple order of the valves and also
which notes can be played by each set of fingerings*

[download](#)

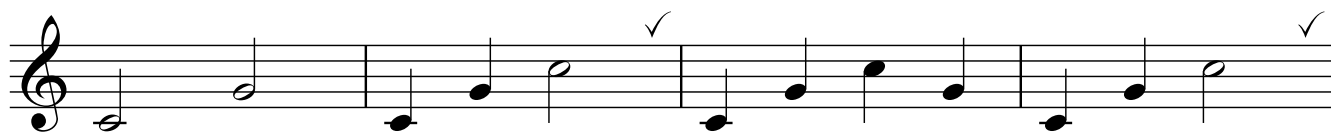


all notes are played on 1st and 3rd valves

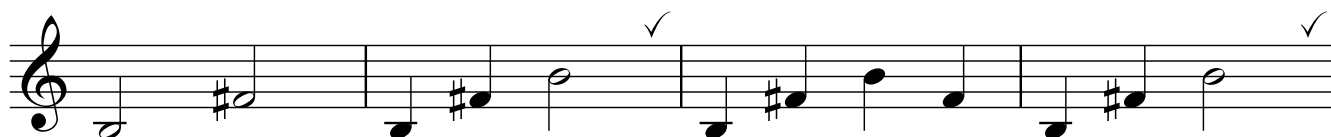


3 note Patterns

[download](#)



all notes are played on open valves



all notes are played on 2nd valve



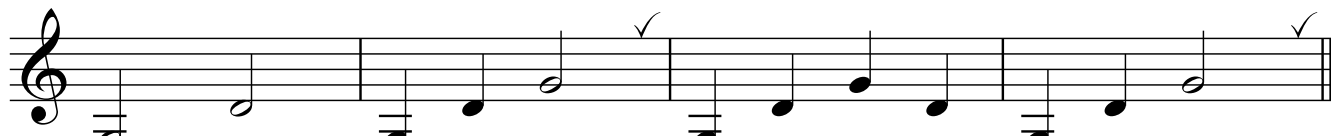
all notes are played on 1st valve



all notes are played on 1st and 2nd valves



all notes are played on 2nd and 3rd valves



all notes are played on 1st and 3rd valves

Valve Sequence Down

Open	2	1	1+2	2+3	1+3
------	---	---	-----	-----	-----

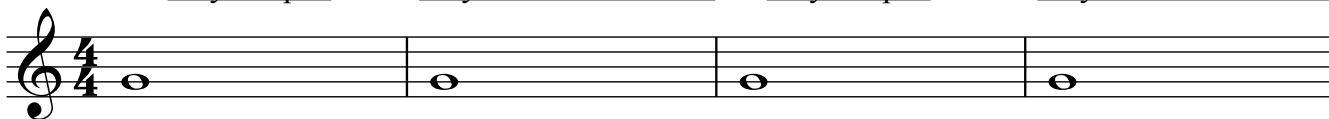
Valve Sequence Up

1+3	2+3	1+2	1	2	Open
-----	-----	-----	---	---	------

1st and 3rd Valve Work Out

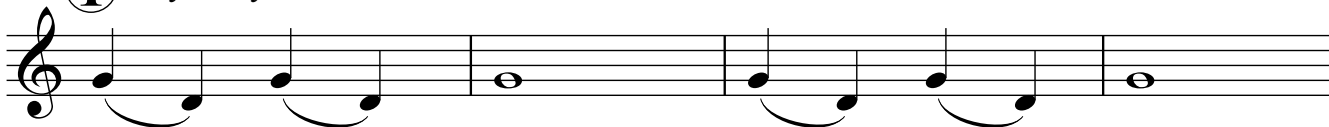
Play G on 1st and 3rd

Play G on 1st and 3rd

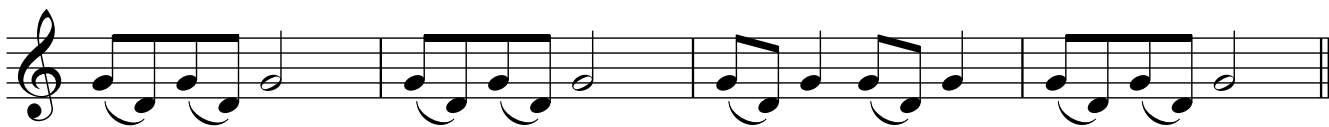


Can you tell the difference in the response of your instrument when you change valves. You are playing the same note but using more tube, You should be able to push the air through easier with the valves down. We use this idea to help build the lip muscles and breath control. By regular practise it should improve you upper range.

① Play every note on 1st and 3rd



forte



② Tongued

Slurred



forte



③ Play F# on 2nd

Play F# on all 3

Play F# on 2nd

Play F# on all 3

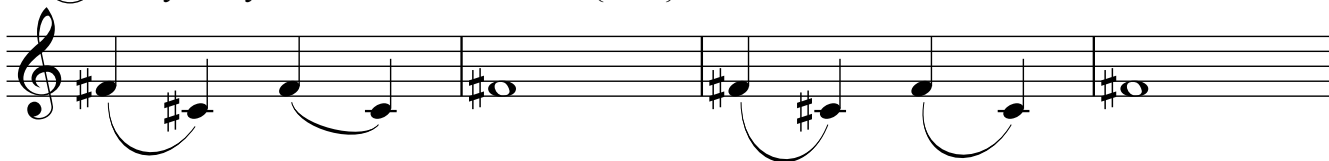


forte

fortissimo

 f
$$ff$$

④ Play every note on 1st 2nd and 3rd {all 3}


$$f$$


⑤ Tongued Slurred

f

The same notes can be written as "Flats"

⑥

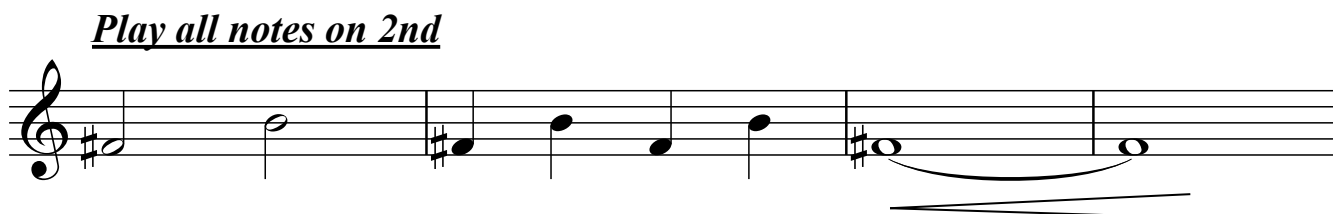
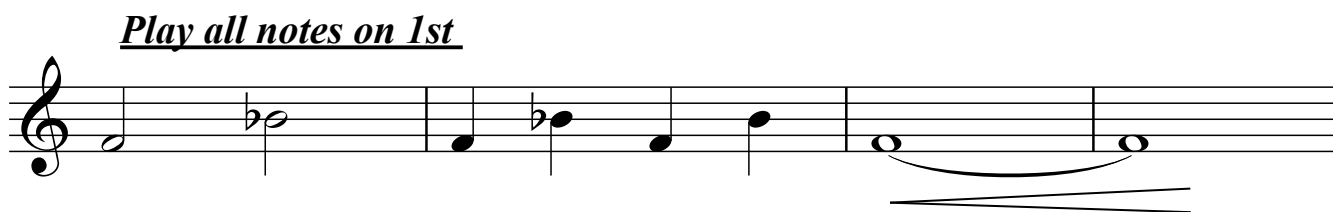
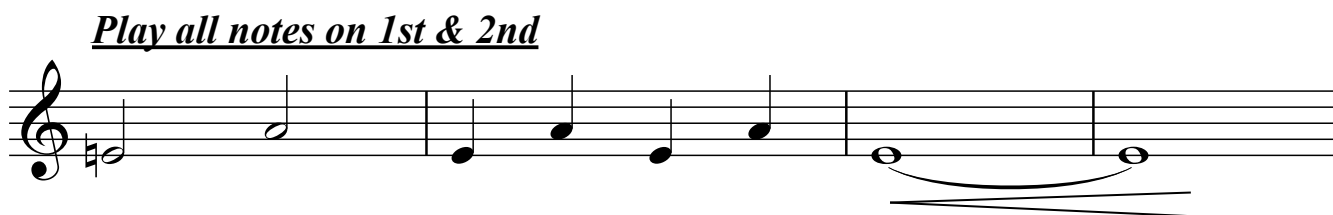
⑦

"Aerobics for Brass 4"

Using The Valves To Go Higher

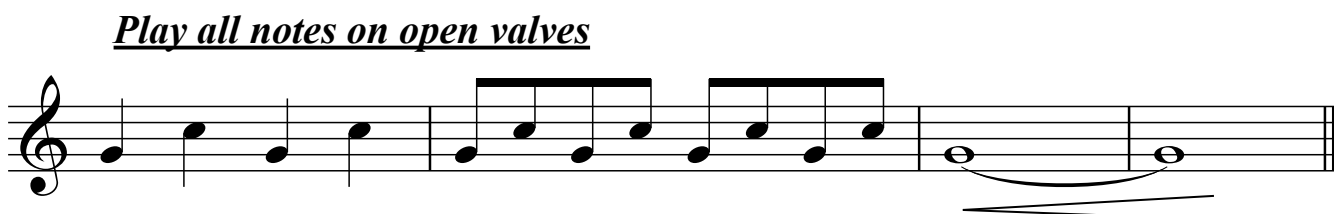
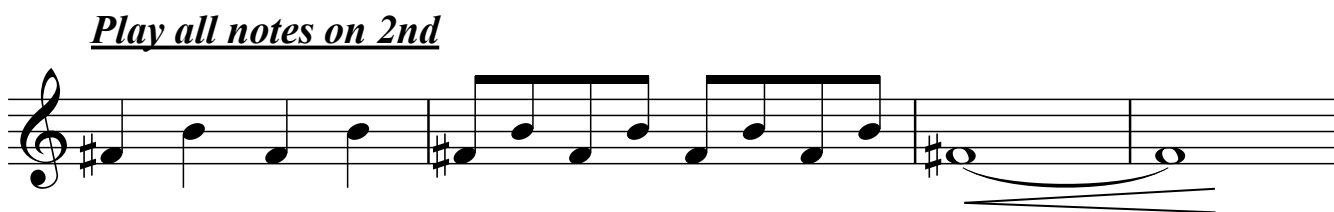
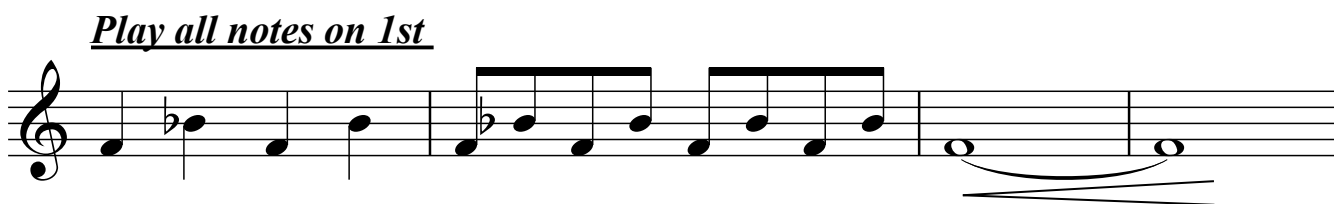
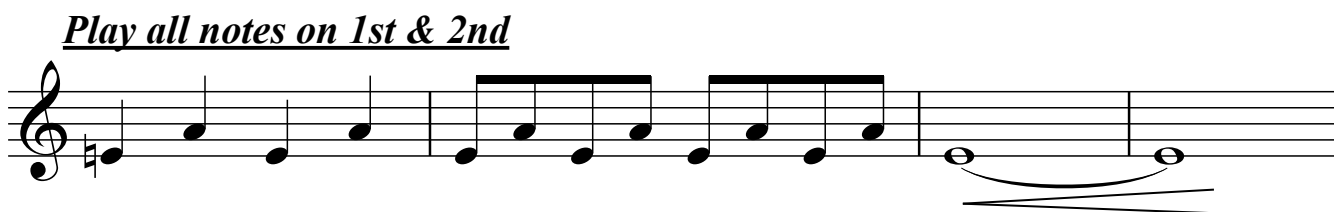
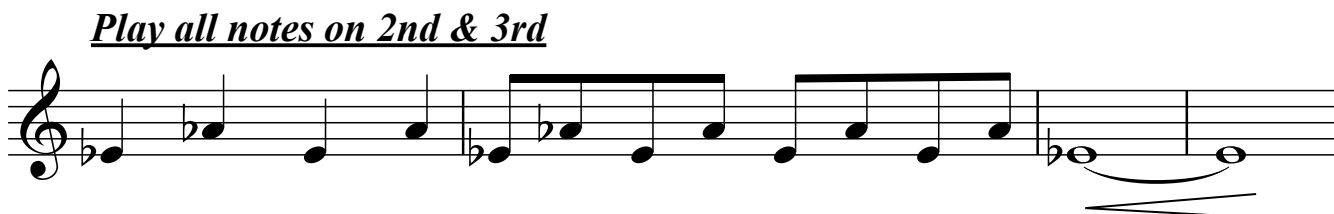
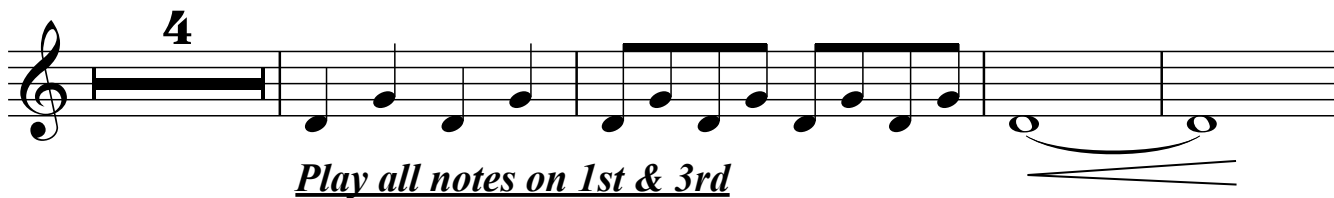
Exercise 1

[download](#)



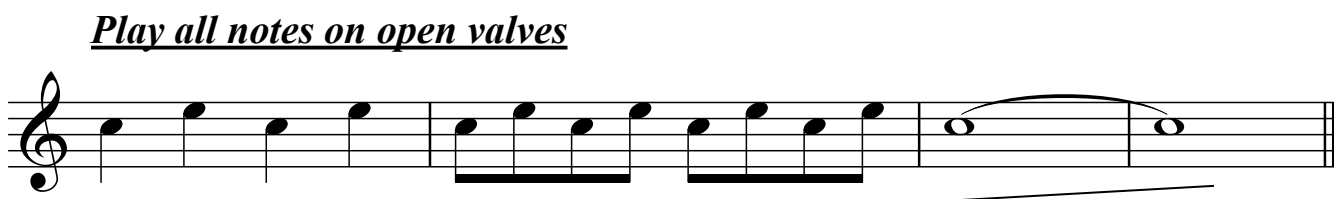
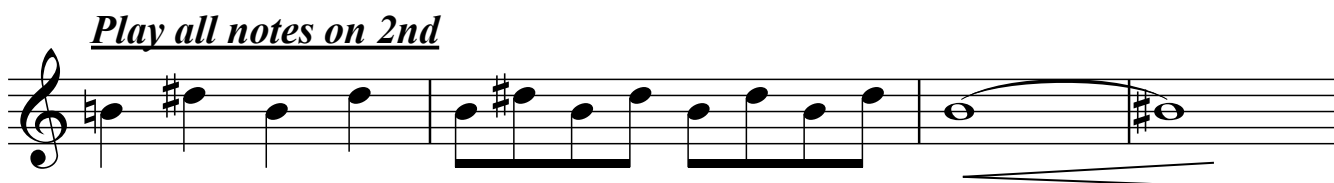
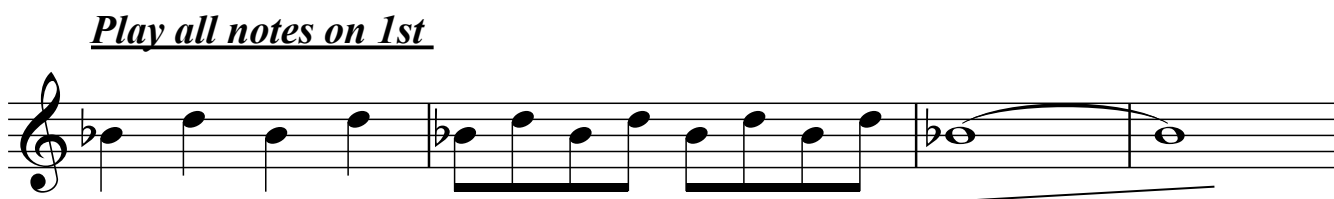
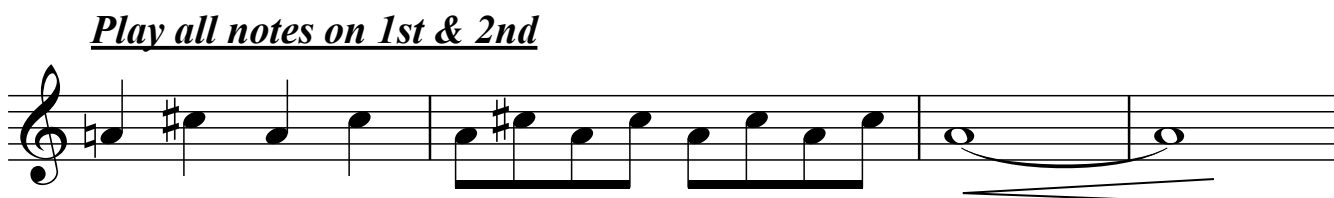
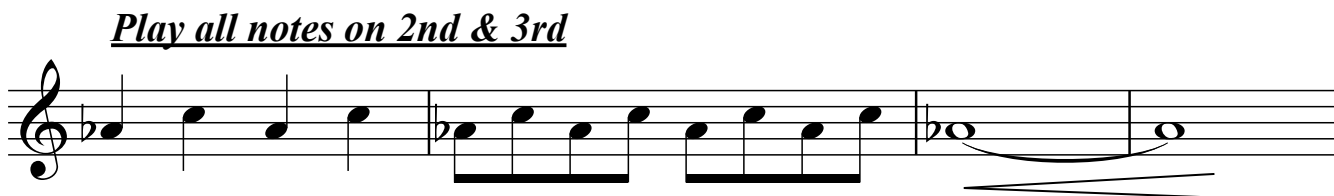
Exercise 2

download



Exercise 3

[download](#)



Exercise 4

download



Play all notes on 1st & 3rd

Play all notes on 2nd & 3rd



Play all notes on 1st & 2nd



Play all notes on 1st



Play all notes on 2nd



Play all notes on open valves



Jazz Rhythms 1

downloads

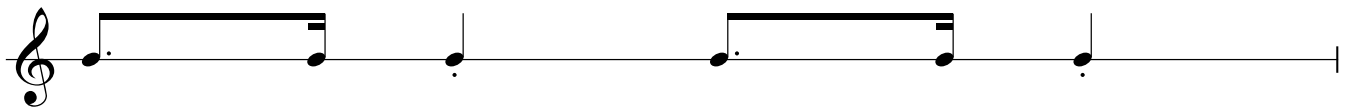
with 12 Bar Blues



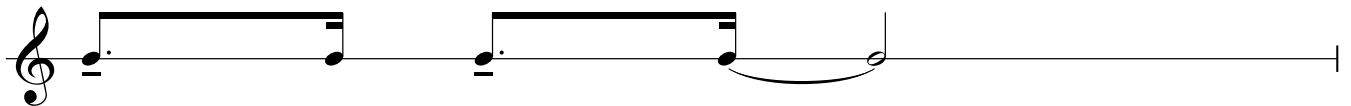
*Play any of the rhythms below on the above pattern of notes
It will help to learn the pattern first.*

All the rhythms are to be played with a swing feel ("lah de dah" !!)

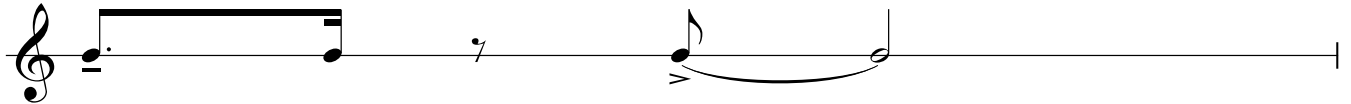
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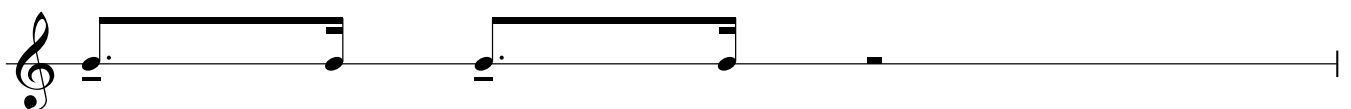
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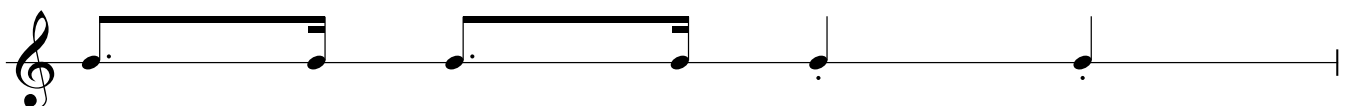
③



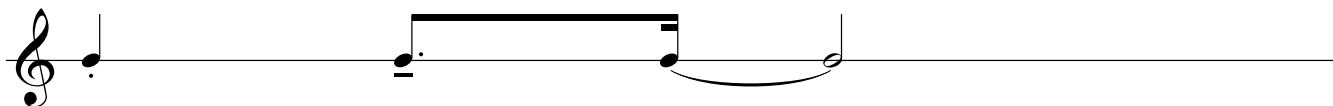
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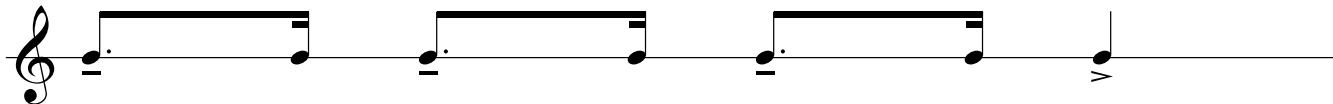
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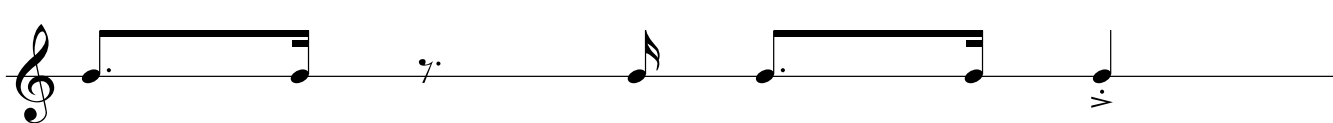
⑥



⑦



⑧



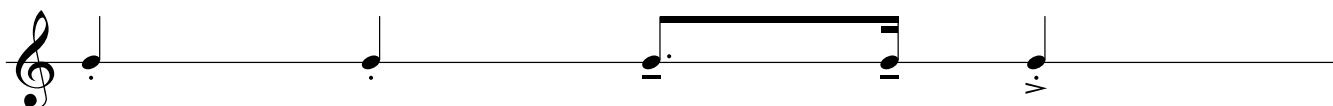
⑨



⑩



⑪



and

⑫



Jazz Rhythms 2

download

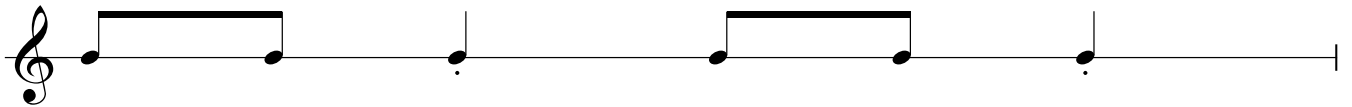
with 12 Bar Blues



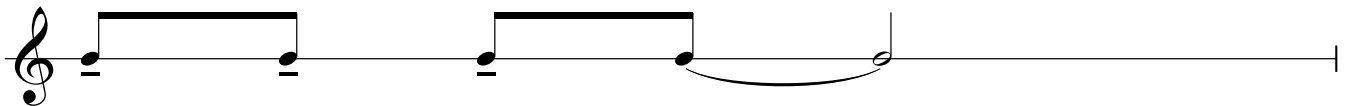
*Play any of the rhythms below on the above pattern of notes
It will help to learn the pattern first.*

*These rhythms are the same as the previous page but are
written with "straight" or even quavers they still have
the swing feel ("lah de dah" !!)*

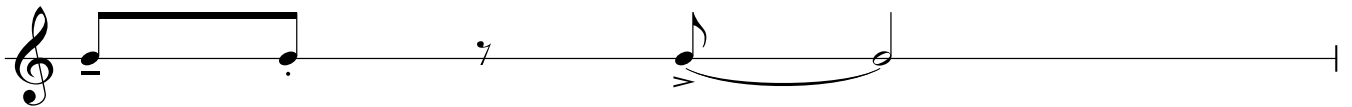
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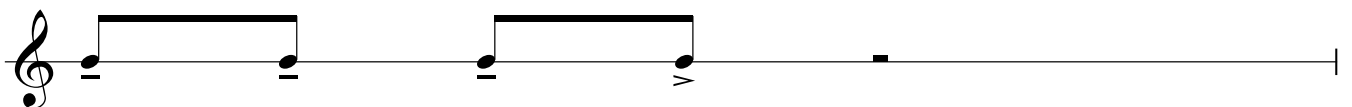
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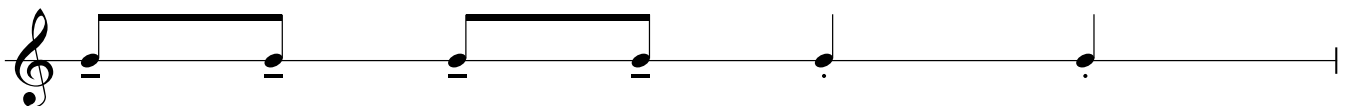
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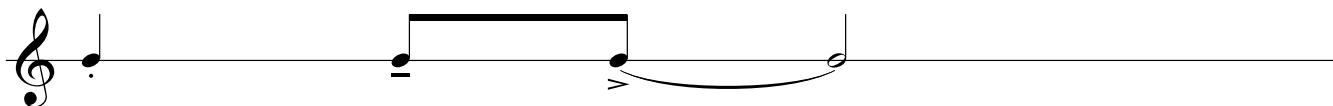
④



⑤



⑥



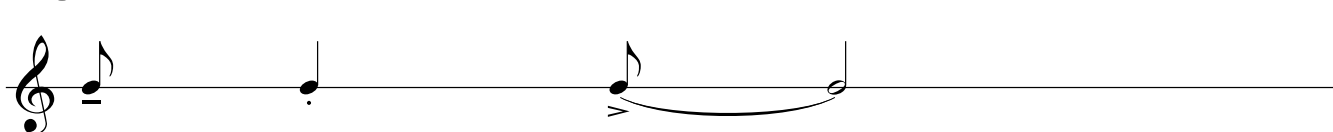
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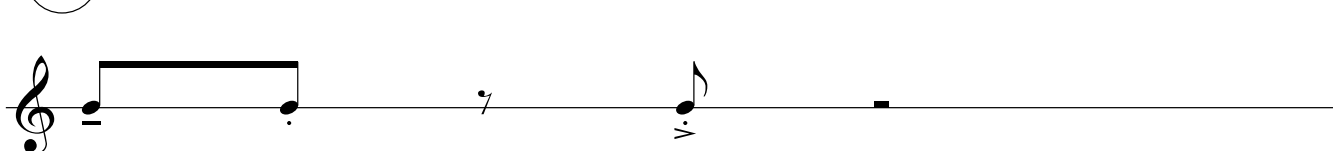
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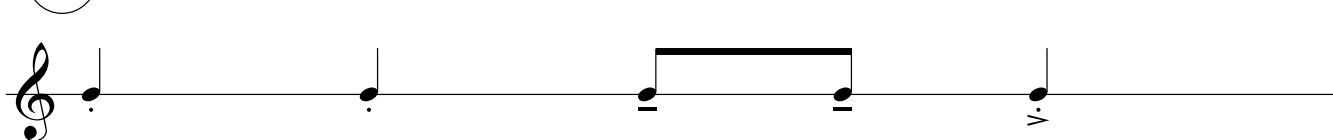
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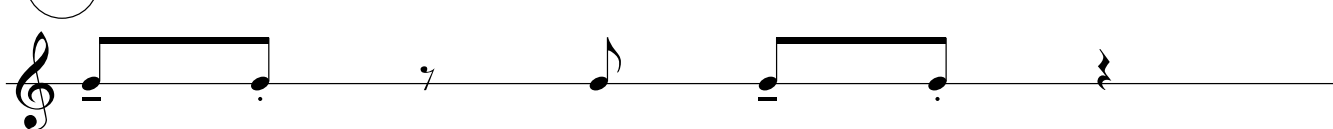
⑩



⑪



⑫



Jazz Rhythms 3

download

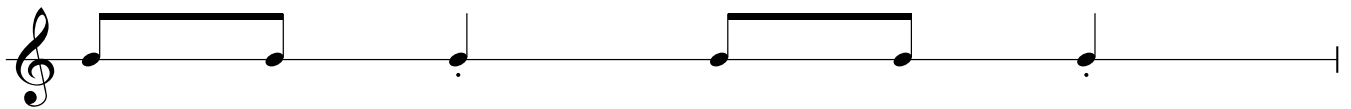
with 12 Bar Blues Rock Tempo



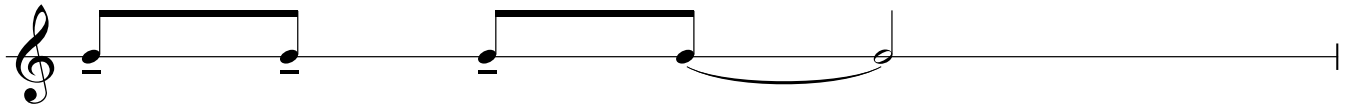
*Play any of the rhythms below on the above pattern of notes
It will help to learn the pattern first.*

*These rhythms are written the same as the previous page,
but should be played "straight" with even quavers.*

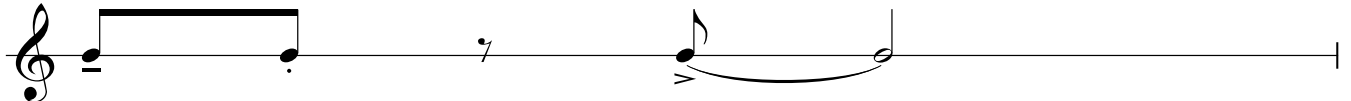
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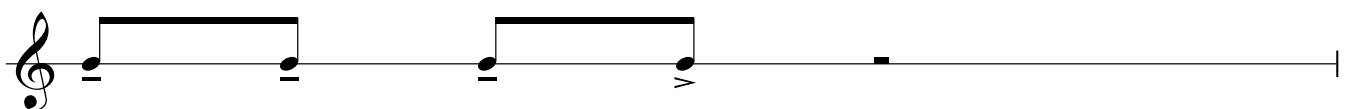
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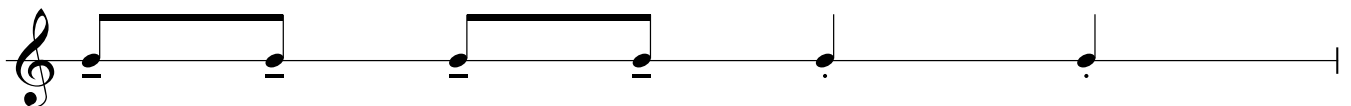
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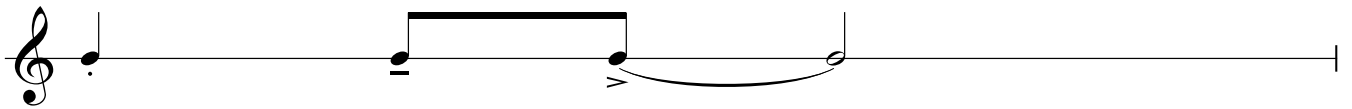
④



⑤



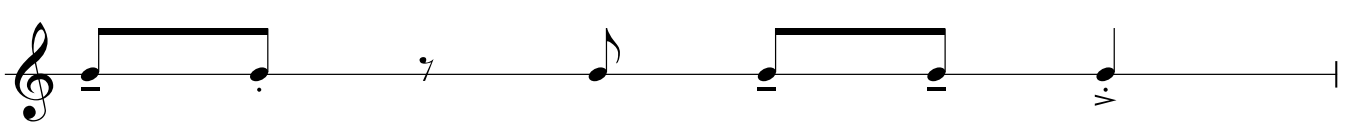
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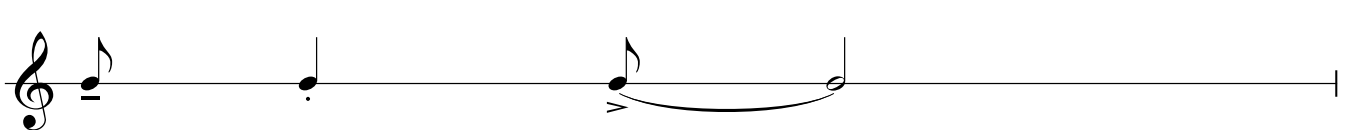
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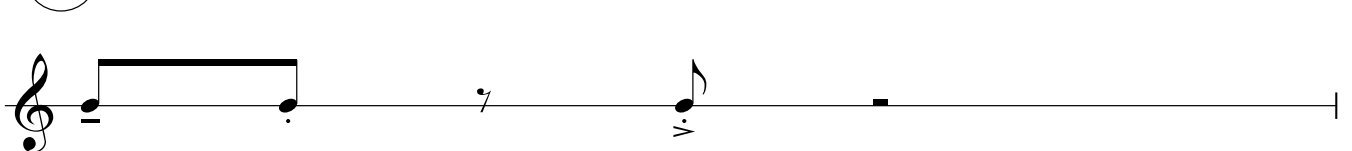
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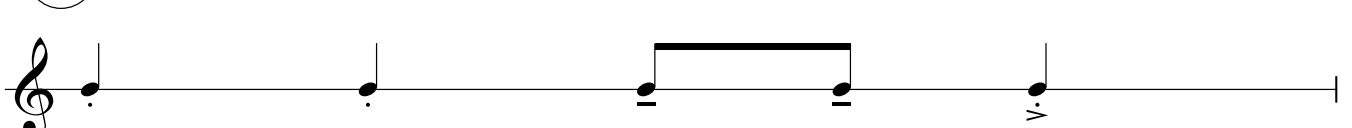
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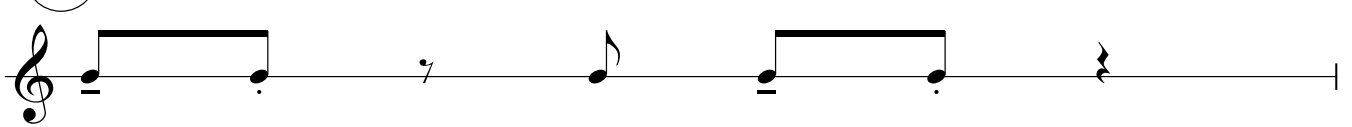
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⑪



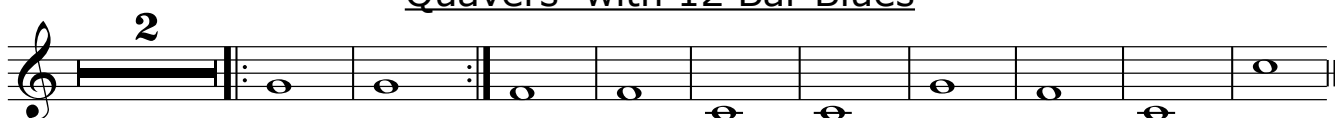
⑫



On and Off

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Quavers with 12 Bar Blues



Play any of the rhythms below on the above pattern of notes

It will help to learn the pattern first.

Use the backing tracks to play the rhythms progressively faster

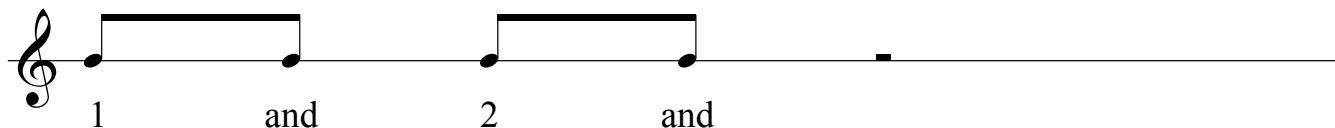
It may help to think of the beat numbers and divide the quavers with "and"

Can you work out which notes are on the beat and those which are off

①



②



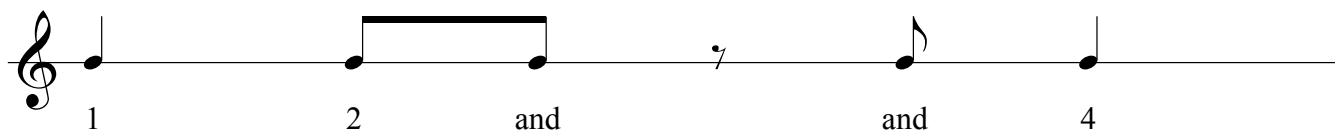
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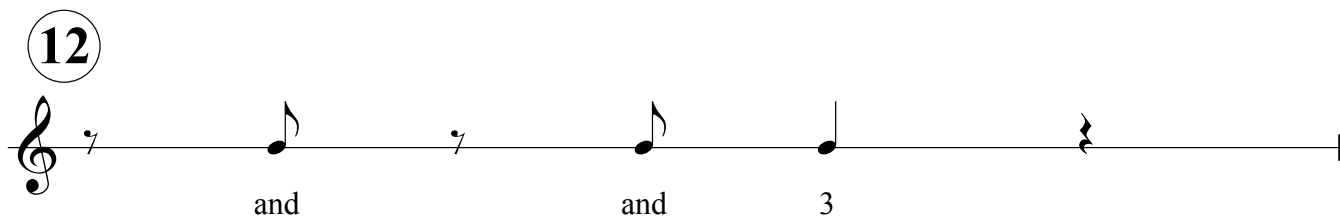
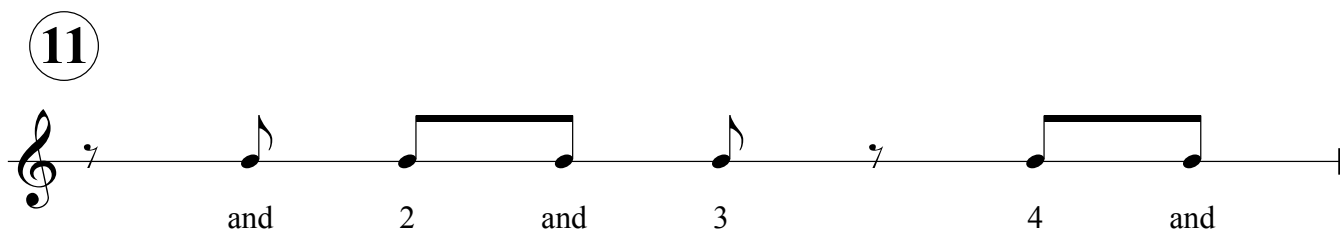
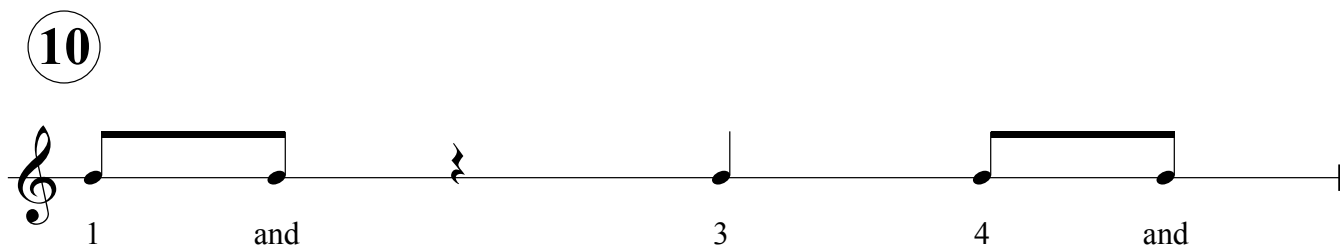
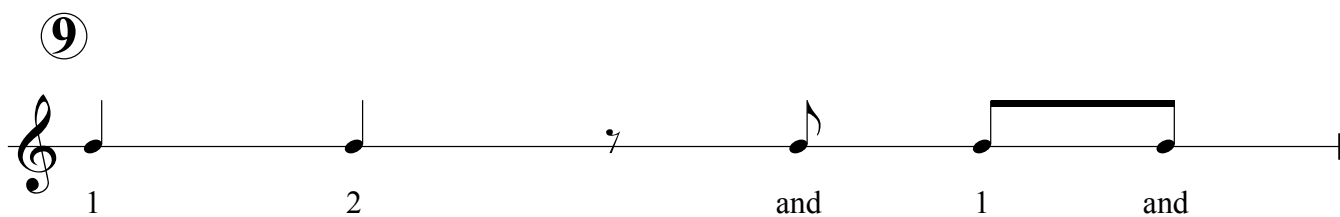
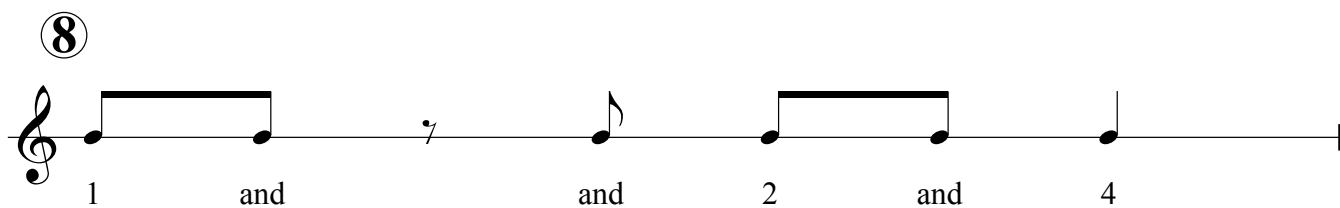
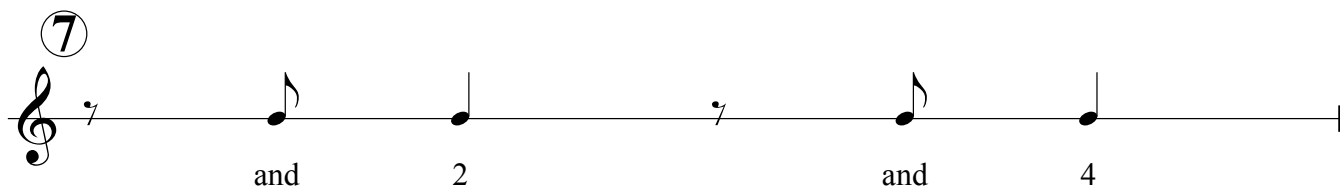
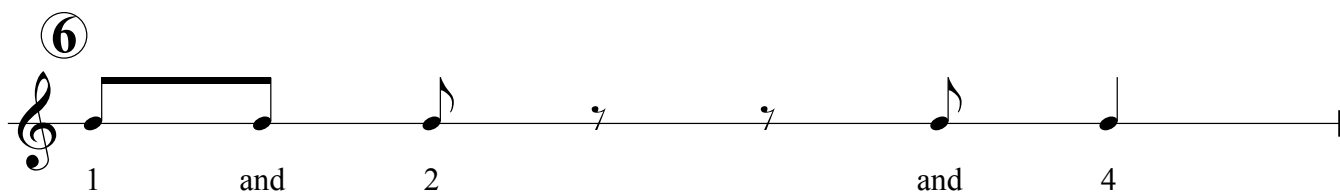


④



⑤





AEROBICS for BRASS 5

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(extending range to Top E)



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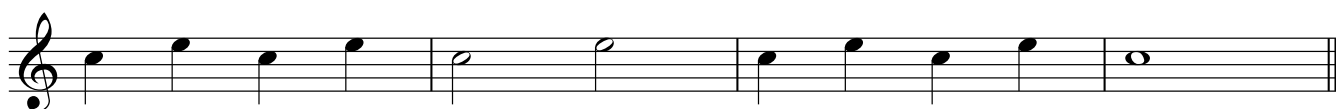
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Brass Basics 5:- Amajor and minor (up to top "E")

[download](#)

48

Five Note Amj Scale



49

Five Note A Scale:-quicker



50

Three Note A Arpeggio

51

Three Note A Arpeggio (quicker+inversion)



52

Five Notes in 3rds {A major} SLURRED*



53

Five Note "interval"extensions {A major} :-quicker



54

Five Note Aminor Scale



55

Five Note A min Scale:-quicker



56

Three Note A min Arpeggio

57

Three Note A min Arpeggio (quicker+inversion)



58

Five Notes in 3rds {A minor} SLURRED*



59

Five Note "interval"extensions {A minor} :-quicker

