

# Warm-Up Exercise #1

5 to 1 descending scalar pattern always with a metronome at marked tempo. Hold fermata out for the number of beats indicated above.

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$\bullet = 60$

The exercise consists of four measures of music in 4/4 time, each containing a 5-to-1 descending scalar pattern. The notes are as follows:

- Measure 1: C4 (quarter), B3 (quarter), A3 (quarter), G3 (quarter), F3 (half with fermata, 8 beats).
- Measure 2: E3 (quarter), D3 (quarter), C3 (quarter), B2 (quarter), A2 (half with fermata, 8 beats).
- Measure 3: G2 (quarter), F2 (quarter), E2 (quarter), D2 (quarter), C2 (half with fermata, 8 beats).
- Measure 4: B1 (quarter), A1 (quarter), G1 (quarter), F1 (quarter), E1 (half with fermata, 8 beats).

## Method of Practice

- 1) This exercise should alternate articulation daily:
  - a) slur
  - b) legato tongue
  - c) staccato
  - d) tongue combinations:

The notation shows the exercise with articulation marks: slurs over measures 1 and 3, and breath marks (vertical lines) at the end of measures 2 and 4.

- 2) Always play with diaphragmatic support and good focus to your tone.
- 3) Since low notes are our hardest hurdle, memorize the jaw, and throat positions for optimum resonance.
- 4) Always use vibrato throughout exercise. Alternate different speeds and widths of vibrato.
- 5) Take a few beats to breath between each measure; ex. hold 8 beats, rest 2, start.
- 6) Increase the fermata length in single increments; 8 to 9. Must be able to do entire exercise at the same fermata length.