

INSIDE THE CIRCLE:

A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

ALTO SAXOPHONE PART

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Breathing Exercises

Breathing Exercise #1: Smooth and Slow

Inhale 8-Exhale 8 (repeats), Inhale 6-Exhale 6 (repeats), Inhale 4-Exhale 4 (repeats)

Breathing Exercise #2: Slow to Fast

Inhale 8-Exhale 8 (repeats), Inhale 7-Exhale 7 (repeats), Inhale 6-Exhale 6 (repeats), 5, 4, 3, 2, 1

Breathing Exercise #3: Fast to Slow

Inhale 1-Exhale 1 (repeats), Inhale 2-Exhale 2 (repeats), Inhale 3-Exhale 3 (repeats), 4, 5, 6, 7, 8

Breathing Exercise #4: Expand In/Contract Out

Inhale 8 Counts, Hold 10 seconds and sip small breaths, Exhale 1 count,
Hiss 10 seconds, Inhale 1 Count, Exhale 1 Count, Relax

Breathing Exercise #5: Dynamic Breathing

Sustain a piano Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Mezzo Forte Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Fortissimo Dynamic level for 4-8 counts, Rest for 4 counts (repeats)

Breathing Exercise #6: Long Tone Exercise

Perform any of the Long Tone Exercises as a breathing exercise.

Breathing Exercise #7: Note Length/Shape Exercise

Perform any of the Note Length/Shape Exercises as a breathing exercise.

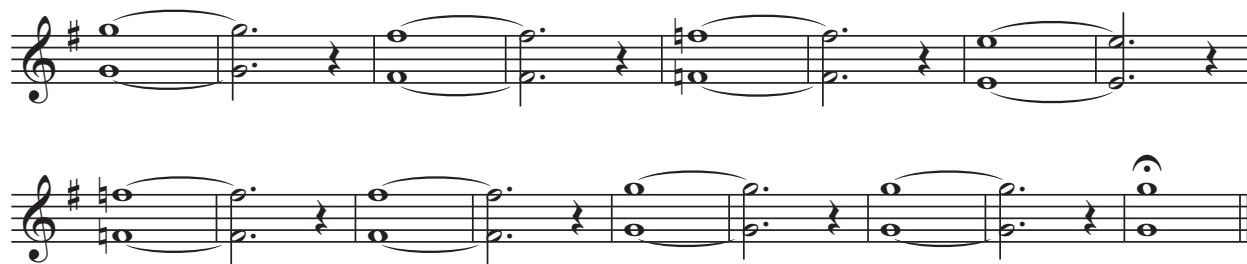
Breathing Exercise #8: Show Excerpts

Choose an excerpt from your show and perform it as a breathing exercise.

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Long Tones

8 Count Tones on Bb Concert



Release Exercise on F Concert



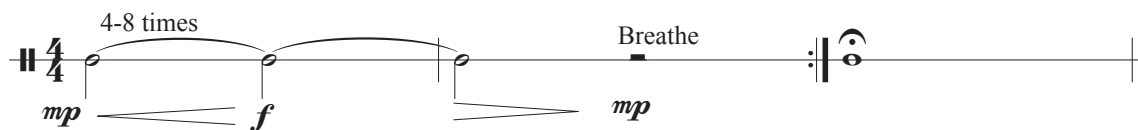
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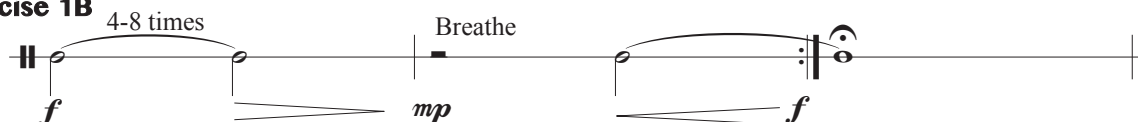
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Stagger Breathing Exercises

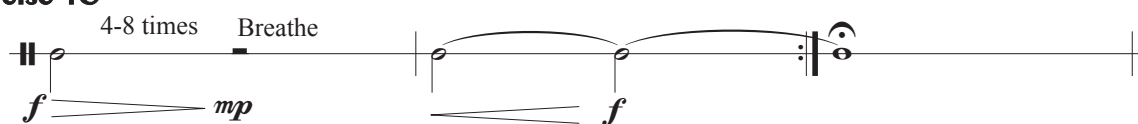
Exercise 1A TEMPO: FAST



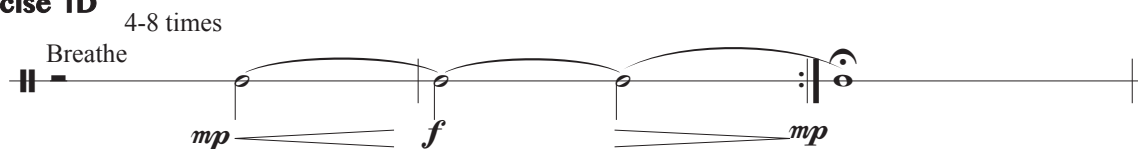
Exercise 1B



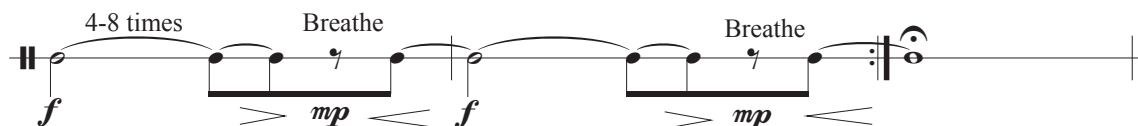
Exercise 1C



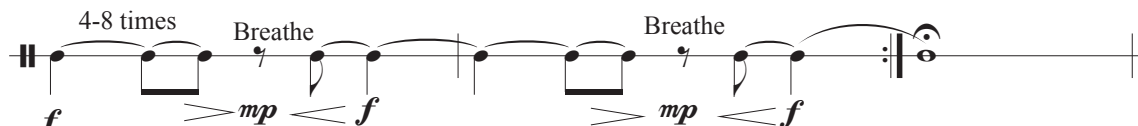
Exercise 1D



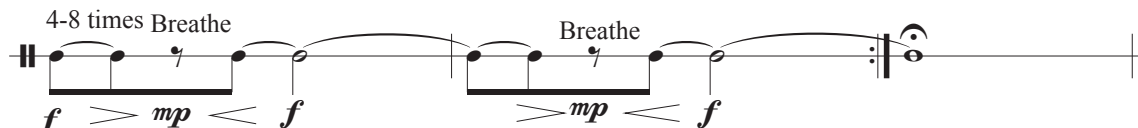
Exercise 2A TEMPO: MODERATE-SLOW



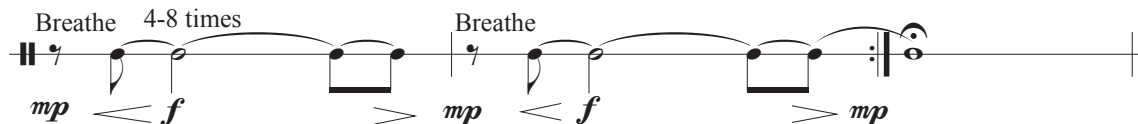
Exercise 2B



Exercise 2C



Exercise 2D



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Flexibility/Scales

Flexibility Exercise #1

Flexibility Exercise #1

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

Flexibility Exercise #2

Flexibility Exercise #2

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

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Flexibility/Scales

Flexibility Exercise #3

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

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Flexibility/Scales

Flexibility Exercise #4

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

A Sx A

A Sx B

A Sx C

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Note Length/Shape Exercise

The exercise consists of seven staves of music in G major (one sharp) and 4/4 time. Each staff is divided into four measures by repeat signs. The patterns are as follows:

- Staff 1: Measure 1 has a whole note G4. Measure 2 has a whole rest. Measure 3 has two half notes, G4 and A4, each with a fermata. Measure 4 has a whole rest.
- Staff 2: Measure 1 has four quarter notes: G4, A4, B4, and G4, each with a fermata. Measure 2 has a whole rest. Measure 3 has four quarter notes: G4, A4, B4, and G4, each with an accent (>). Measure 4 has a whole rest.
- Staff 3: Measure 1 has eight eighth notes: G4, A4, B4, G4, A4, B4, G4, and A4, each with a fermata. Measure 2 has a whole rest. Measure 3 has eight eighth notes: G4, A4, B4, G4, A4, B4, G4, and A4, each with a fermata. Measure 4 has a whole rest.
- Staff 4: Measure 1 has four eighth notes: G4, A4, B4, and G4, each with a fermata and a quarter rest. Measure 2 has a whole rest. Measure 3 has four eighth notes: G4, A4, B4, and G4, each with a fermata and a quarter rest. Measure 4 has a whole rest.
- Staff 5: Measure 1 has sixteen sixteenth notes: G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, and G4, each with a fermata. Measure 2 has a whole rest. Measure 3 has sixteen sixteenth notes: G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, and G4, each with a fermata. Measure 4 has a whole rest.
- Staff 6: Measure 1 has sixteen sixteenth notes: G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, and G4, each with a fermata. Measure 2 has a whole rest. Measure 3 has sixteen sixteenth notes: G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, and G4, each with a fermata. Measure 4 has a whole rest.
- Staff 7: Measure 1 has sixteen sixteenth notes: G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, G4, A4, B4, and G4, each with a fermata. Measure 2 has a whole rest. Measure 3 has four quarter notes: G4, A4, B4, and G4, each with a fermata. Measure 4 has a whole rest.

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Note Length/Shape Exercise

The exercise consists of three staves of music in G major (one sharp). Each staff begins with a treble clef and a key signature of one sharp (F#). The first two staves are identical and contain two measures of music. The first measure of each staff is a half note followed by a quarter rest, with a repeat sign. The second measure is a half note followed by a quarter rest, with a repeat sign. The third staff is identical to the first two but ends with a double bar line. The music is written in a simple, clear style with a focus on note length and shape.

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Show Articulation Examples

Basic 8 Staccato Eighth Notes

Show Articulation Example 1

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Show Articulation Examples

Show Articulation Example 2

Example 2 shows four staves of music in treble clef with a key signature of one sharp (F#). The music consists of eighth and sixteenth notes, many of which are beamed together. Accents (>) are placed above many of the notes. Slurs are used to group some of the beamed notes. The first staff ends with a quarter rest, the second and third with quarter notes, and the fourth with a half note followed by a double bar line.

Show Articulation Example 3

Example 3 shows three staves of music in treble clef with a key signature of one sharp (F#). The music consists of eighth and sixteenth notes, many of which are beamed together. Accents (>) are placed above many of the notes. Slurs are used to group some of the beamed notes. Triplet markings (a bracket with a '3' underneath) are present under some of the beamed notes. The first staff ends with a quarter rest, the second with a quarter note, and the third with a quarter note followed by a double bar line.

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Show Articulation Examples

The image displays four staves of musical notation for an Alto Saxophone part. Each staff begins with a treble clef and a key signature of two sharps (F# and C#). The notation consists of eighth and sixteenth notes, often beamed together in groups. The first three staves each feature two triplets of eighth notes, indicated by a bracket with the number '3' underneath. The fourth staff also features two triplets of eighth notes. The notation is designed to illustrate various articulation techniques for the Alto Saxophone in a marching band context.

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Ensemble Fundamental Tuning Exercise

$\text{♩} = 92$

A

B

C

D

20

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Just Intonation Tuning Exercises

Bb Major Scale

A Sx A

A Sx B

Bb Major Chord

A Sx A

A Sx B

F Major Chord

A Sx A

A Sx B

C Major Chord

A Sx A

A Sx B

Eb Major Chord

A Sx A

A Sx B

Ab Major Chord

A Sx A

A Sx B

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Just Intonation Tuning Exercises

G Minor Scale

A Sx A

A Sx B

G Minor Chord

A Sx A

A Sx B

D Minor Chord

A Sx A

A Sx B

A Minor Chord

A Sx A

A Sx B

C Minor Chord

A Sx A

A Sx B

F Minor Chord

A Sx A

A Sx B

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Tuning Chart

Materials: Instrument, tuner and patience.

Tuning Steps:

Step 1: Tune your fundamental pitch to get the instrument in tune. For Alto Sax: F# top of the staff, D on the staff and B on the staff. For Tenor Sax: B on the staff, C on the staff and G on the staff.

Step 2: Tune the note at a piano dynamic. Write down how many cents out of tune.

Step 3: Tune the note at a mezzo forte. Write down how many cents out of tune.

Step 4: Tune the note at a fortissimo. Write down how many cents out of tune.

Step 5: Experiment how to fix the intonation. Write down ways to place the note in tune.

Repeat Steps 2 through 4 all the way to the highest pitch.

***Ways to adjust tuning: Firm-up Embouchure. Loosen Embouchure. Alternate Fingering.

Tips:

*Start the chart with the lowest note.

*When tuning each note, do not adjust the pitch to play in tune. Play the note as natural as possible.

This way you will be receiving your most accurate tendency on each pitch.

*Each dynamic may have a different pitch tendency. Be patient with each dynamic to get the most accurate tendency.

*Write +13 if you are sharp 13 cents. Write -10 if you are flat 10 cents. Write 0 if you are in tune.

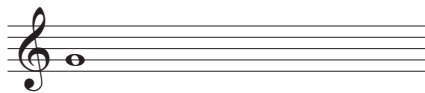
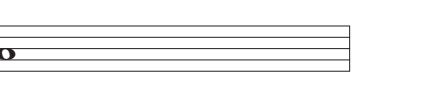
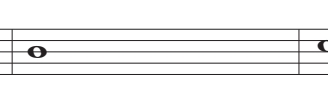
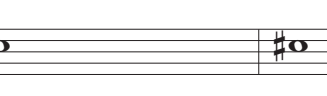
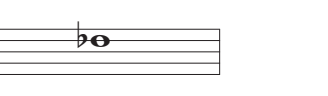
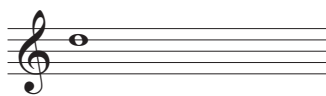
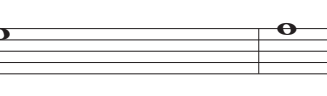
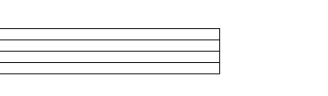
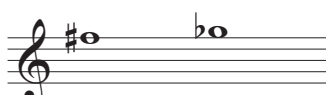
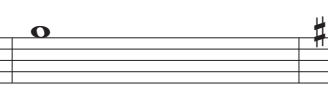
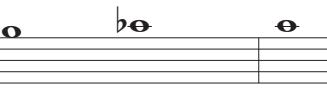
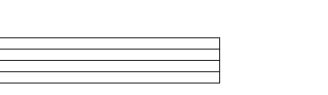
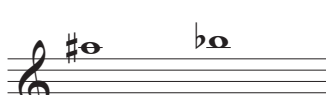
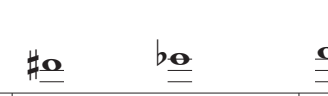
*Fix?: On the "Fix?" line write down what you need to do to adjust the pitch and play it in tune. You may want to fill out the entire chart come back later to fill in the "Fix?" line.

*This sheet may take some time. You may have to complete the full chart in a couple of practice sessions.

p___ mf___ ff___	p___ mf___ ff___	p___ mf___ ff___
Fix? _____	Fix? _____	Fix? _____
p___ mf___ ff___	p___ mf___ ff___	p___ mf___ ff___
Fix? _____	Fix? _____	Fix? _____
p___ mf___ ff___	p___ mf___ ff___	p___ mf___ ff___
Fix? _____	Fix? _____	Fix? _____

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Tuning Chart

			
p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix? _____	Fix? _____	Fix? _____	Fix? _____
			
p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix? _____	Fix? _____	Fix? _____	Fix? _____
			
p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix? _____	Fix? _____	Fix? _____	Fix? _____
			
p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix? _____	Fix? _____	Fix? _____	Fix? _____
			
p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix? _____	Fix? _____	Fix? _____	Fix? _____
			
p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__	p__ mf__ ff__
Fix? _____	Fix? _____	Fix? _____	Fix? _____

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Chorales

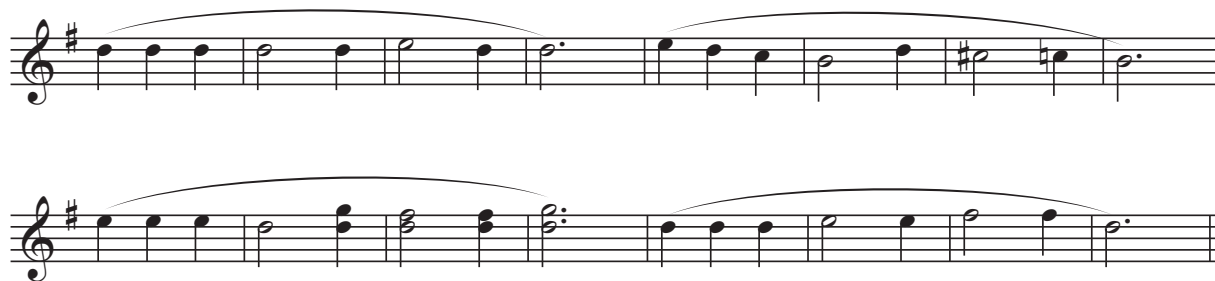
O Sacred Head Now Wounded by JS Bach



Be Thou My Vision



Faith of Our Fathers by H Hemy



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Full Volume

Excerpt #1

♩=86-92

fff *ffff*

Excerpt #2

♩=86-92

fff *fff*

Excerpt #3

♩=92-100

fff *fff*