

Warm Up and Practice Routine

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Warm-Up for Tone/Sound/Air

- Long tones: slowly, 8 or more counts on each note; crescendo and decrescendo over the space of one note (pp-f-pp), use a metronome
- Slow Chromatic Exercise (Robert DiLutis) - an alternative to long tones
 - Start first with a steady dynamic (mf or f) and work on steady tone and airflow. Then add in dynamics to make a smooth continuous change without any sudden changes in your tone.
 - Pick a slow tempo (low 50's) and hold last fermata for 8 counts, use a metronome
 - Smooth finger technique

Slowly between ♩ = 50 - 76

mf - f or pp *ff* *pp sim*

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Warm Up the Fingers

- Scales and scale patterns (major, minor, chromatic, whole tone, etc.)
- Arpeggios
- Diminished 7th chords
- Use a scale book like Baermann (III), Klosé (page 123 in most Klosé books)
 - Play slowly with a metronome
 - Increase the tempo of the metronome to what is comfortable to begin working the fingers. Keep fingers relaxed and accurate.

Warm Up the Tongue

- Tonguing exercises - tongue scales in various patterns
 - Slur 2, tongue 2
 - Tongue 2, slur 2
 - Slur 3, tongue 1
- Langenus book three - page 22
- Gradually increase speed but remain accurate and precise with your tongue

Music

- Etudes/Studies
- Ensemble Excerpts (Band, Orchestra)
- Solos
- Sight/Reading

Productive Practice Time

1. Rhythm and Tempo - practice slowly and accurately
2. Notes and Fingerings
3. Articulation (tonguing and slurring)
4. Dynamics
5. Tone Quality - Embouchure
6. Phrasing and Character

Practice Suggestions

1. Set daily goals - challenge yourself and track your progress with metronome markings in the margins
 2. Don't practice mistakes - slow down and play accurately.
 3. Use a metronome, especially when first learning a new piece.
 4. **5-n-1 Method** (for intermediate to advanced students)
 - Use the 5-n-1 Method for difficult passages which are eight measures or shorter. Limit this exercise to 20 minutes per hour; it is possible to cause injury (RSI, etc.). Accuracy is paramount to this exercise. If the repetitions are not accurate, start slower.
 - *First, isolate the difficult passage and find the fastest tempo where you can play the passage with zero mistakes. This is your starting tempo.
 - 1. Play the passage five times at the starting tempo, for example, quarter = 80.
 - 2. Play it one time at 12 faster (or 3 clicks on an older metronome) than you just played it, quarter = 92.
 - 3. Play it five times at 8 slower (two clicks) than you just played it, 84.
 - 4. Play it one time at 12 faster, 96.
 - 5. Play it five times at 8 slower, 88.
 - 6. Repeat this pattern until you are 8 faster than our goal tempo and play once.
 - Then, try playing your goal tempo. It should feel easy and be accurate.
- One can tailor the increase/decrease number for each passage. For example, increase by six and decrease by four (instead of "up twelve and down eight.")
(from www.clarinetstudio.org)