

# **INSIDE THE CIRCLE:**

## **A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND**

*By Matt and Ben Harloff*

**WOODWIND CHAPTER**

**ALTO SAXOPHONE PART**

*2nd Edition*

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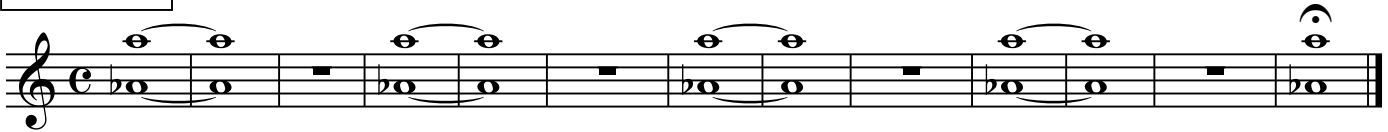
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# Mouthpiece Exercises

Please note: All notes are concert pitch

Ab = with neck ... A = without neck

## Exercise #1



## Exercise #2



## Exercise #3



# Embouchure Development

Exercise #1 - Perfect 4th Low-High

Exercise #1 - Perfect 4th Low-High

Musical notation for Exercise #1, consisting of two staves of music in treble clef with a key signature of one sharp (F#) and a common time signature (C). The first staff contains eight measures of music, and the second staff contains eight measures, ending with a double bar line. The notes are: Staff 1: G4, A4, B4, C5, B4, A4, G4, F#4; Staff 2: E4, D4, C4, B3, A3, G3, F#3, E4.

Exercise #1a - Perfect 4th Low-High

Exercise #1a - Perfect 4th Low-High

Musical notation for Exercise #1a, consisting of two staves of music in treble clef with a key signature of one sharp (F#) and a common time signature (C). The notes are: Staff 1: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3, E4; Staff 2: E4, D4, C4, B3, A3, G3, F#3, E4, D4, C4, B3, A3, G3, F#3, E4.

Exercise #2 - Perfect 5th Low-High

Exercise #2 - Perfect 5th Low-High

Musical notation for Exercise #2, consisting of two staves of music in treble clef with a key signature of one sharp (F#) and a common time signature (C). The notes are: Staff 1: G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3, E4; Staff 2: E4, D4, C4, B3, A3, G3, F#3, E4, D4, C4, B3, A3, G3, F#3, E4.

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**Embouchure Development**

**Exercise #2a - Perfect 5th Low-High**

Use bis Bb

Use bis Bb

Exercise #2a consists of two staves of music in G major. The first staff contains eight measures of eighth-note pairs with slurs, starting on G4 and moving up to G5. The second staff contains eight measures of eighth-note pairs with slurs, starting on G4 and moving down to G3. The instruction "Use bis Bb" is written below the first staff.

**Exercise #3 - Minor 6th Low-High**

Exercise #3 consists of two staves of music in G major. The first staff contains eight measures of eighth-note pairs with slurs, starting on G4 and moving up to E5. The second staff contains eight measures of eighth-note pairs with slurs, starting on G4 and moving down to E3.

**Exercise #3a - Minor 6th Low-High**

Exercise #3a consists of two staves of music in G major. The first staff contains eight measures of eighth-note pairs with slurs, starting on G4 and moving up to E5. The second staff contains eight measures of eighth-note pairs with slurs, starting on G4 and moving down to E3.

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**Exercise #4 - Perfect 4th High-Low**

Exercise #4 consists of two staves of music in treble clef with a key signature of one sharp (F#). The first staff contains eight measures of music, each starting with a quarter rest followed by a pair of eighth notes. The notes in each measure are: (F#, G), (G, A), (A, B), (B, C), (C, B), (B, A), (A, G), and (G, F#). The second staff contains eight measures, each starting with a quarter rest followed by a pair of eighth notes. The notes in each measure are: (F#, E), (E, D), (D, C), (C, B), (B, A), (A, G), (G, F#), and (F#, E). The final note of the second staff is a whole note F#.

**Exercise #4a - Perfect 4th High-Low**

Exercise #4a consists of two staves of music in treble clef with a key signature of one sharp (F#). The first staff contains eight measures, each starting with a quarter rest followed by a pair of eighth notes. The notes in each measure are: (F#, G), (G, A), (A, B), (B, C), (C, B), (B, A), (A, G), and (G, F#). The second staff contains eight measures, each starting with a quarter rest followed by a pair of eighth notes. The notes in each measure are: (F#, E), (E, D), (D, C), (C, B), (B, A), (A, G), (G, F#), and (F#, E). The final note of the second staff is a whole note F#.

**Exercise #5 - Perfect 5th High-Low**

Exercise #5 consists of two staves of music in treble clef with a key signature of one sharp (F#). The first staff contains eight measures, each starting with a quarter rest followed by a pair of eighth notes. The notes in each measure are: (F#, G), (G, A), (A, B), (B, C), (C, D), (D, C), (C, B), and (B, A). The second staff contains eight measures, each starting with a quarter rest followed by a pair of eighth notes. The notes in each measure are: (F#, G), (G, A), (A, B), (B, C), (C, D), (D, C), (C, B), and (B, A). The final note of the second staff is a whole note F#.

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**Exercise #5a - Perfect 5th High-Low**

Use bis Bb

Use bis Bb

This exercise consists of two staves of music in G major. The first staff contains two measures of eighth-note pairs: G4-A4, B4-C5, D5-E5, and F5-G5. The second staff contains two measures of eighth-note pairs: G4-F4, E4-D4, C4-B3, and B3-A3. The instruction "Use bis Bb" is written below the first staff.

**Exercise #6 - Minor 6th High-Low**

This exercise consists of two staves of music in G major. The first staff contains two measures of eighth-note pairs: G4-F#4, E4-D#4, C4-B#3, and B3-A3. The second staff contains two measures of eighth-note pairs: G4-F#4, E4-D#4, C4-B#3, and B3-A3. The instruction "Use bis Bb" is written below the first staff.

**Exercise #6a - Minor 6th High-Low**

This exercise consists of two staves of music in G major. The first staff contains two measures of eighth-note pairs: G4-F#4, E4-D#4, C4-B#3, and B3-A3. The second staff contains two measures of eighth-note pairs: G4-F#4, E4-D#4, C4-B#3, and B3-A3. The instruction "Use bis Bb" is written below the first staff.

# Fingering Exercises: 4 Note Cells

**Pattern A**

A2

A3

A4



*Use side Bb ... also with Octave Key*

**Pattern B**

B2

B3

B4



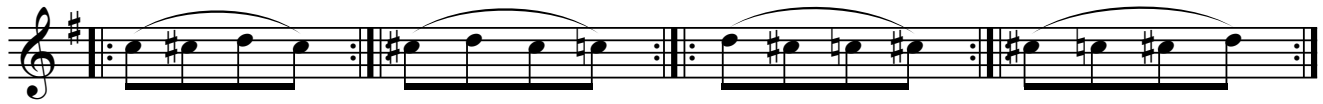
*Use alternate F# ... also with Octave Key*

**Pattern C**

C2

C3

C4



*Keep thumb on thumb rest and lightly touch Octave Key*

**Pattern D**

D2

D3

D4



*Also with Octave Key*

**Pattern E**

E2

E3

E4



*Keep fingers close to keys, and thumb on thumb rest*

**Pattern F**

F2

F3

F4



*Also with Octave Key*



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Fingering Exercises: 4 Note Cells

**Pattern G**

G2

G3

G4



*Also with Octave Key*

**Pattern H**

H2

H3

H4



*Also with Octave Key*

**Pattern I**

I2

I3

I4



*Also with Octave Key*

**Pattern J**

J2

J3

J4



*Also with Octave Key*

**Pattern K**

K2

K3

K4



*Also with Octave Key*

**Pattern L**

L2

L3

L4



*Also with Octave Key*

# Fingering Exercises: 6 Note Cells

## Pattern A

A2

A3



Use ONLY side Bb...also with Octave Key

A4

A5

A6



## Pattern B

B2

B3



Use alternate F#...also with Octave Key

B4

B5

B6



## Pattern C

C2

C3



C4

C5

C6



## Pattern D

D2

D3



Also with Octave Key

D4

D5

D6



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Fingering Exercises: 6 Note Cells

Pattern E

E2

E3



E4

E5

E6



Pattern F

F2

F3

F4



Also with Octave Key

F5

F6

F7

F8



F9

F10

F11

F12



Pattern G

G2

G3

G4



Also with Octave Key

G5

G6

G7

G8



G9

G10

G11

G12



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Fingering Exercises: 6 Note Cells

Pattern H

H2 H3 H4

Also with Octave Key

H5 H6 H7 H8

H9 H10 H11 H12

Pattern I

I2 I3 I4

I5 I6 I7 I8

I9 I10 I11 I12

Pattern J

J2 J3 J4

Also with Octave Key

J5 J6 J7 J8

J9 J10 J11 J12



# Trill Exercises

## Key of Eb Trills

### Eb #1



Upper Octave: use C Fingering and Trill Left Side Key #2



Upper Octave: use C Fingering and Trill Left Side Key #2



### Eb #2



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Trill Exercises

E♭ #3

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Trill Exercises

E♭ #5

The first staff of music for Exercise Eb #5 consists of two measures. The first measure contains four groups of eighth-note triplets, each marked with a '3' below it. The second measure contains four groups of eighth-note triplets, each marked with a '3' below it. A slur is placed over the entire staff. The second staff continues with four groups of eighth-note triplets, each marked with a '3' below it. The third staff continues with four groups of eighth-note triplets, each marked with a '3' below it, and ends with a whole note on the final line of the staff.

E♭ #6

The first staff of music for Exercise Eb #6 consists of two measures. The first measure contains four groups of eighth-note triplets, each marked with a '3' below it. The second measure contains four groups of eighth-note triplets, each marked with a '3' below it. A slur is placed over the entire staff. The second staff continues with four groups of eighth-note triplets, each marked with a '3' below it. The third staff continues with four groups of eighth-note triplets, each marked with a '3' below it, and ends with a whole note on the final line of the staff.



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Trill Exercises

**E<sub>b</sub> #7**

Musical notation for the first exercise in E-flat major, 7/8 time. It consists of two measures of music. The first measure contains a trill starting on G4, with a '3' below it. The second measure contains a trill starting on B4, with a '3' below it. The notes are beamed together and have stems pointing up.

*Finger B and trill Right Side Key #2*

Musical notation for the second exercise in E-flat major, 7/8 time. It consists of two measures of music. The first measure contains a trill starting on G4, with a '3' below it. The second measure contains a trill starting on B4, with a '3' below it. The notes are beamed together and have stems pointing up.

*Finger B and trill Right Side Key #2*

Musical notation for the third exercise in E-flat major, 7/8 time. It consists of two measures of music. The first measure contains a trill starting on G4, with a '3' below it. The second measure contains a trill starting on B4, with a '3' below it. The notes are beamed together and have stems pointing up.

**Key of F Trills**

**F #1**

Musical notation for the first exercise in F major, 7/8 time. It consists of two measures of music. The first measure contains a trill starting on G4, with a '3' above it. The second measure contains a trill starting on B4, with a '3' above it. The notes are beamed together and have stems pointing up.

Musical notation for the second exercise in F major, 7/8 time. It consists of two measures of music. The first measure contains a trill starting on G4, with a '3' above it. The second measure contains a trill starting on B4, with a '3' above it. The notes are beamed together and have stems pointing up.

Musical notation for the third exercise in F major, 7/8 time. It consists of two measures of music. The first measure contains a trill starting on G4, with a '3' above it. The second measure contains a trill starting on B4, with a '3' above it. The notes are beamed together and have stems pointing up.

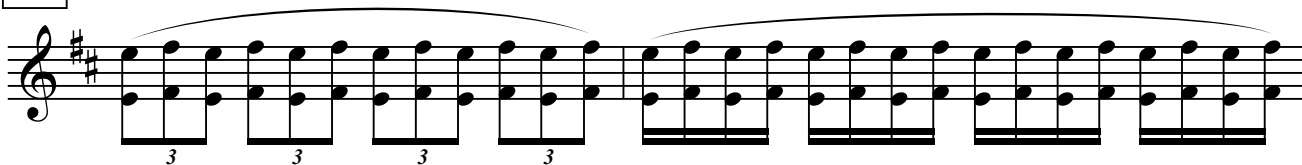
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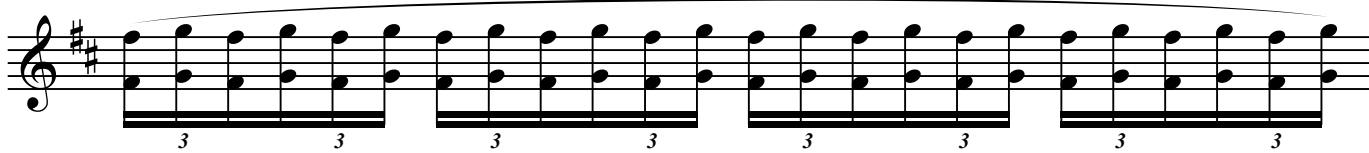
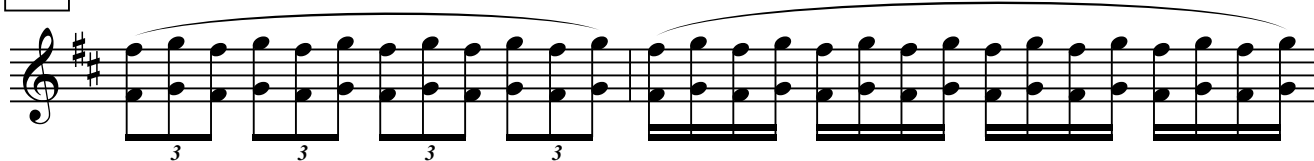
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Trill Exercises

F #2



F #3



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Trill Exercises

F #4

F #5

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Trill Exercises

F #6

F #7

*Lower Octave: Trill Left Side Key #1*

*Lower Octave: Trill Left Side Key #1*

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Trill Exercises

Trill Eb Major Chord

Musical notation for the Trill Eb Major Chord exercise. It features a treble clef, a key signature of one flat (Bb), and a 2/4 time signature. The exercise begins with a quarter note Eb, followed by a half note chord of Eb major (Eb, Gb, Bb). This is followed by a trill exercise consisting of 16 measures of eighth-note chords, each containing the notes Eb, Gb, and Bb. The trill is marked with a wavy line and a trill symbol (tr). The exercise concludes with a quarter note Eb and a half note chord of Eb major.

Trill Bb Major Chord

Musical notation for the Trill Bb Major Chord exercise. It features a treble clef, a key signature of two flats (Bb, Eb), and a 2/4 time signature. The exercise begins with a quarter note Bb, followed by a half note chord of Bb major (Bb, D, F). This is followed by a trill exercise consisting of 16 measures of eighth-note chords, each containing the notes Bb, D, and F. The trill is marked with a wavy line and a trill symbol (tr). The exercise concludes with a quarter note Bb and a half note chord of Bb major.

Trill F Major Chord

Musical notation for the Trill F Major Chord exercise. It features a treble clef, a key signature of one sharp (F#), and a 2/4 time signature. The exercise begins with a quarter note F#, followed by a half note chord of F major (F, A, C). This is followed by a trill exercise consisting of 16 measures of eighth-note chords, each containing the notes F, A, and C. The trill is marked with a wavy line and a trill symbol (tr). The exercise concludes with a quarter note F and a half note chord of F major.

Trill C Major Chord

Musical notation for the Trill C Major Chord exercise. It features a treble clef, a key signature of two sharps (F#, C#), and a 2/4 time signature. The exercise begins with a quarter note C#, followed by a half note chord of C major (C, E, G). This is followed by a trill exercise consisting of 16 measures of eighth-note chords, each containing the notes C, E, and G. The trill is marked with a wavy line and a trill symbol (tr). The exercise concludes with a quarter note C and a half note chord of C major.

# Intonation Exercises

## Fundamental Tuning Notes

Musical staff showing fundamental tuning notes for the alto saxophone in G major. The notes are G4, A4, B4, and C5, each with a fermata.

## Bb Tuning (Equal Temperament)

Musical staff showing Bb tuning notes in equal temperament. The notes are G4, A4, Bb4, C5, Bb4, A4, G4, and F#4, each with a fermata.

## Bb Tuning (Just Intonation)

Musical staff showing Bb tuning notes in just intonation. The notes are G4, A4, Bb4, C5, Bb4, A4, G4, and F#4, each with a fermata. Intonation adjustments are indicated below the staff: 0, +4, -14, -2.

Musical staff showing Bb tuning notes in just intonation. The notes are G4, A4, Bb4, C5, Bb4, A4, G4, and F#4, each with a fermata. Intonation adjustments are indicated below the staff: +2, -15, -12.

Musical staff showing Bb tuning notes in just intonation. The notes are G4, A4, Bb4, C5, Bb4, A4, G4, and F#4, each with a fermata. Intonation adjustments are indicated below the staff: 0, 5: +2, 3: -14, 1: 0, 5: +2, 3: +15, 1: 0.

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Intonation Exercises

F Tuning (Equal Temperament)

A single musical staff in treble clef with a key signature of one sharp (F#). It contains seven measures, each with a whole note chord. The chords are: F#4 (F#, C#), F#3 (F#, B), F#2 (F#, A), F#1 (F#, G), F#0 (F#, F), F#-1 (F#, E), and F#-2 (F#, D).

F Tuning (Just Intonation)

Two lines of musical notation for F Tuning (Just Intonation). The first line shows a whole note chord (F#4) with a bracket above it and the number '0' below it. The second line shows a whole note chord (F#3) with a bracket above it and '+4' below it. The third line shows a whole note chord (F#2) with a bracket above it and '-14' below it. The fourth line shows a whole note chord (F#1) with a bracket above it and '-2' below it.

Two lines of musical notation for F Tuning (Just Intonation). The fifth line shows a whole note chord (F#0) with a bracket above it and '+2' below it. The sixth line shows a whole note chord (F#-1) with a bracket above it and '-15' below it. The seventh line shows a whole note chord (F#-2) with a bracket above it and '-12' below it.

A third line of musical notation for F Tuning (Just Intonation) showing a whole note chord (F#-2) with a bracket above it and '0' below it. To the right of this line, there are three sets of fingerings: '5: +2', '3: -14', '1: 0' and '5: +2', '3: +15', '1: 0'.

Eb Tuning (Equal Temperament)

A single musical staff in treble clef with a key signature of two flats (Bb). It contains seven measures, each with a whole note chord. The chords are: Bb4 (Bb, F), Bb3 (Bb, Eb), Bb2 (Bb, D), Bb1 (Bb, C), Bb0 (Bb, Bb), Bb-1 (Bb, Ab), and Bb-2 (Bb, G).

Eb Tuning (Just Intonation)

Two lines of musical notation for Eb Tuning (Just Intonation). The first line shows a whole note chord (Bb4) with a bracket above it and the number '0' below it. The second line shows a whole note chord (Bb3) with a bracket above it and '+4' below it. The third line shows a whole note chord (Bb2) with a bracket above it and '-14' below it. The fourth line shows a whole note chord (Bb1) with a bracket above it and '-2' below it.

Two lines of musical notation for Eb Tuning (Just Intonation). The fifth line shows a whole note chord (Bb0) with a bracket above it and '+2' below it. The sixth line shows a whole note chord (Bb-1) with a bracket above it and '-15' below it. The seventh line shows a whole note chord (Bb-2) with a bracket above it and '-12' below it.

A third line of musical notation for Eb Tuning (Just Intonation) showing a whole note chord (Bb-2) with a bracket above it and '0' below it. To the right of this line, there are three sets of fingerings: '5: +2', '3: -14', '1: 0' and '5: +2', '3: +15', '1: 0'.

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### Intonation Exercises

#### Ab Tuning (Equal Temperament)

Musical notation for Ab Tuning (Equal Temperament) on a treble clef staff. The key signature has one flat (Bb). The exercise consists of eight measures, each containing a pair of notes: a half note on the lower staff and a half note on the upper staff. The notes are: G4 (lower), Ab4 (upper); Ab4 (lower), A4 (upper); A4 (lower), Bb4 (upper); Bb4 (lower), B4 (upper); B4 (lower), C5 (upper); C5 (lower), Bb4 (upper); Bb4 (lower), Ab4 (upper); and Ab4 (lower), G4 (upper).

#### Ab Tuning (Just Intonation)

Musical notation for Ab Tuning (Just Intonation) on a treble clef staff. The key signature has one flat (Bb). The exercise consists of three systems of two staves each. The first system has four measures with notes and fingerings: 0, +4, -14, -2. The second system has four measures with notes and fingerings: +2, -15, -12. The third system has four measures with notes and fingerings: 0, 5: +2, 3: -14, 1: 0, 5: +2, 3: +15, 1: 0.

#### C Tuning (Equal Temperament)

Musical notation for C Tuning (Equal Temperament) on a treble clef staff. The key signature has two sharps (F# and C#). The exercise consists of eight measures, each containing a pair of notes: a half note on the lower staff and a half note on the upper staff. The notes are: C4 (lower), C#4 (upper); C#4 (lower), D4 (upper); D4 (lower), D#4 (upper); D#4 (lower), E4 (upper); E4 (lower), F#4 (upper); F#4 (lower), G4 (upper); G4 (lower), F#4 (upper); and C#4 (lower), C4 (upper).

#### C Tuning (Just Intonation)

Musical notation for C Tuning (Just Intonation) on a treble clef staff. The key signature has two sharps (F# and C#). The exercise consists of three systems of two staves each. The first system has four measures with notes and fingerings: 0, +4, -14, -2. The second system has four measures with notes and fingerings: +2, -15, -12. The third system has four measures with notes and fingerings: 0, 5: +2, 3: -14, 1: 0, 5: +2, 3: +15, 1: 0.