

INSIDE THE CIRCLE:

A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

TENOR SAXOPHONE PART

2nd Edition

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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

9 Count Tones on F Concert

Two staves of musical notation for 9 count tones on F concert. The first staff shows a sequence of notes: F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter). The second staff shows the same sequence with a fermata over the final F4 note.

9 Count Tones on Bb Concert

Two staves of musical notation for 9 count tones on Bb concert. The first staff shows a sequence of notes: Bb3 (quarter), C4 (quarter), D4 (quarter), Eb4 (quarter), F4 (quarter), Eb4 (quarter), D4 (quarter), C4 (quarter), Bb3 (quarter). The second staff shows the same sequence with a fermata over the final Bb3 note.

8 Count Tones on F Concert

Two staves of musical notation for 8 count tones on F concert. The first staff shows a sequence of notes: F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter). The second staff shows the same sequence with a fermata over the final F4 note.

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Long Tones

8 Count Tones on Bb Concert

Two staves of musical notation for a tenor saxophone part. The first staff contains the first four measures of an 8-count exercise, and the second staff contains the remaining four measures. The key signature is one flat (Bb). The notes are: G2 (quarter), G2 (quarter), F2 (quarter), F2 (quarter), E2 (quarter), E2 (quarter), D2 (quarter), D2 (quarter). The notes are grouped into pairs with slurs and breath marks.

Release Exercise on F Concert

A single staff of musical notation for a tenor saxophone part. The key signature is one flat (F). The notes are: G2 (quarter), G2 (quarter), F2 (quarter), F2 (quarter), E2 (quarter), E2 (quarter), D2 (quarter), D2 (quarter). The notes are grouped into pairs with slurs and breath marks. The exercise ends with a double bar line.

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Stagger Breathing Exercises

Exercise 1A TEMPO: FAST

Exercise 1A is a 4/4 time signature exercise. It begins with a double bar line and a 4/4 time signature. The first measure contains a half note with a dynamic marking of *mp*. A slur above the staff indicates a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *f*. This is followed by a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise concludes with a repeat sign and a final half note with a fermata.

Exercise 1B is a 4/4 time signature exercise. It begins with a double bar line. The first measure contains a half note with a dynamic marking of *f*. A slur above the staff indicates a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *mp*. This is followed by a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise concludes with a repeat sign and a final half note with a fermata.

Exercise 1C is a 4/4 time signature exercise. It begins with a double bar line. The first measure contains a half note with a dynamic marking of *f*. A slur above the staff indicates a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *mp*. This is followed by a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise concludes with a repeat sign and a final half note with a fermata.

Exercise 1D is a 4/4 time signature exercise. It begins with a double bar line. The first measure contains a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise then continues with a slur above the staff indicating a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *f*. This is followed by a quarter rest with a dynamic marking of *mp*. The exercise concludes with a repeat sign and a final half note with a fermata.

Exercise 2A TEMPO: MODERATE-SLOW

Exercise 2A is a 4/4 time signature exercise. It begins with a double bar line. The first measure contains a half note with a dynamic marking of *f*. A slur above the staff indicates a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *mp*. This is followed by a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise then continues with a slur above the staff indicating a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *f*. This is followed by a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise concludes with a repeat sign and a final half note with a fermata.

Exercise 2B is a 4/4 time signature exercise. It begins with a double bar line. The first measure contains a half note with a dynamic marking of *f*. A slur above the staff indicates a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *mp*. This is followed by a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise then continues with a slur above the staff indicating a phrase of 4-8 notes, starting with a half note and ending with a half note, with a dynamic marking of *f*. This is followed by a quarter rest with a dynamic marking of *mp*. The word "Breathe" is written above a quarter rest. The exercise concludes with a repeat sign and a final half note with a fermata.

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Flexibility / Scales

Flexibility Exercise #1

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

Flexibility Exercise #2

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

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Flexibility / Scales

Flexibility Exercise #3

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

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Flexibility / Scales

Flexibility Exercise #4

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

T Sx A
T Sx B
T Sx C

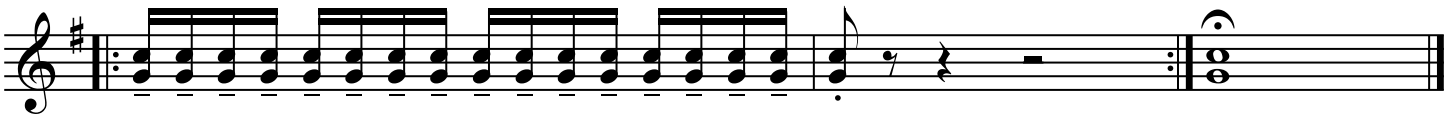
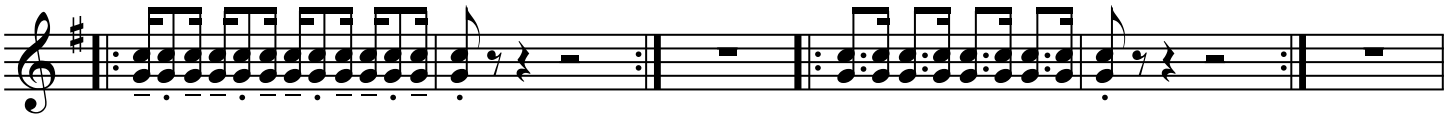
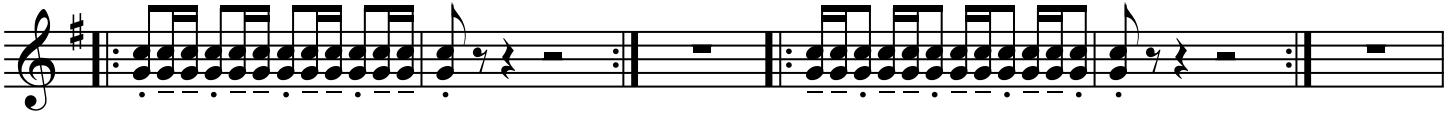
T Sx A
T Sx B
T Sx C

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Note Length / Shape Exercise



Show Articulation Examples

Basic 8 Staccato Eighth Notes

Show Articulation Example 1

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Show Articulation Examples

Show Articulation Example 2

Musical notation for Show Articulation Example 2, consisting of four staves of music in treble clef with a key signature of one sharp (F#). The music features eighth and sixteenth notes with accents and slurs, demonstrating articulation techniques.

Show Articulation Example 3

Musical notation for Show Articulation Example 3, consisting of three staves of music in treble clef with a key signature of one sharp (F#). The music features eighth notes with accents and slurs, and includes triplet markings over groups of three notes.

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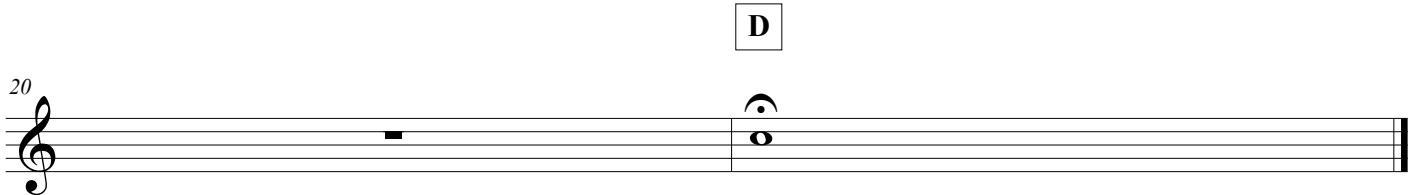
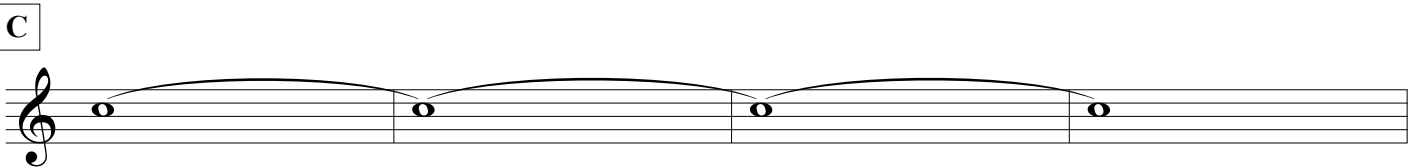
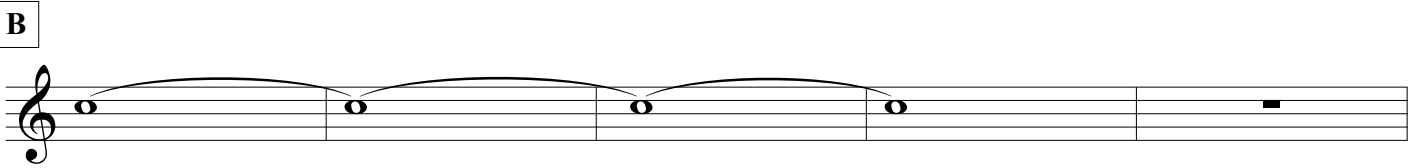
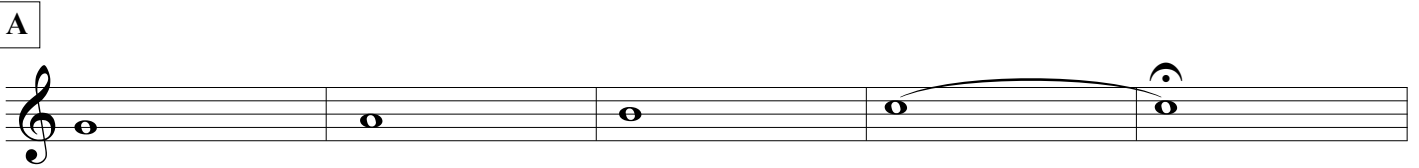
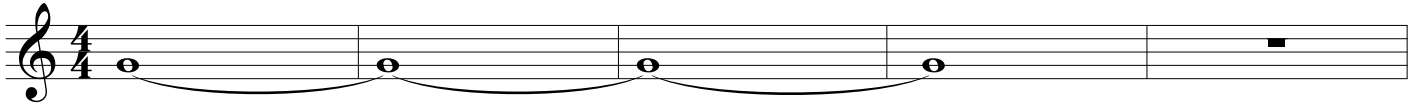
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Show Articulation Examples



Ensemble Fundamental Tuning Exercise

♩ = 92



Just Intonation Tuning Exercises

Bb Major Scale

T Sx A

T Sx B

Bb Major Chord

T Sx A

T Sx B

F Major Chord

T Sx A

T Sx B

C Major Chord

T Sx A

T Sx B

Eb Major Chord

T Sx A

T Sx B

Ab Major Chord

T Sx A

T Sx B

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Just Intonation Tuning Exercises

G Minor Scale

T Sx A

T Sx B

Detailed description: This block shows the G Minor Scale for Tenor Saxophone A and B. The Tenor Saxophone A part is written in treble clef with a key signature of one flat (Bb). The scale is presented in two directions: ascending and descending. Fingerings are indicated by numbers 1-4. Intonation adjustments are shown as cents: +4, +15, -2, +2, +14, -4, 0, -4, +14, +2, -2, +15, +4, 0. The Tenor Saxophone B part is written in bass clef and plays the same scale an octave lower, with a '0' indicating the starting position.

G Minor Chord

T Sx A

T Sx B

Detailed description: This block shows the G Minor Chord for Tenor Saxophone A and B. The Tenor Saxophone A part is in treble clef with a key signature of one flat. The chord is shown in four positions: 0, +15, +2, and 0. The Tenor Saxophone B part is in bass clef and plays the chord an octave lower, with a '0' indicating the starting position.

D Minor Chord

T Sx A

T Sx B

Detailed description: This block shows the D Minor Chord for Tenor Saxophone A and B. The Tenor Saxophone A part is in treble clef with a key signature of two sharps (D major). The chord is shown in four positions: 0, +15, +2, and 0. The Tenor Saxophone B part is in bass clef and plays the chord an octave lower, with a '0' indicating the starting position.

A Minor Chord

T Sx A

T Sx B

Detailed description: This block shows the A Minor Chord for Tenor Saxophone A and B. The Tenor Saxophone A part is in treble clef with a key signature of three sharps (A major). The chord is shown in four positions: 0, +15, +2, and 0. The Tenor Saxophone B part is in bass clef and plays the chord an octave lower, with a '0' indicating the starting position.

C Minor Chord

T Sx A

T Sx B

Detailed description: This block shows the C Minor Chord for Tenor Saxophone A and B. The Tenor Saxophone A part is in treble clef with a key signature of one flat (C minor). The chord is shown in four positions: 0, +15, +2, and 0. The Tenor Saxophone B part is in bass clef and plays the chord an octave lower, with a '0' indicating the starting position.

F Minor Chord

T Sx A

T Sx B

Detailed description: This block shows the F Minor Chord for Tenor Saxophone A and B. The Tenor Saxophone A part is in treble clef with a key signature of two flats (F minor). The chord is shown in four positions: 0, +15, +2, and 0. The Tenor Saxophone B part is in bass clef and plays the chord an octave lower, with a '0' indicating the starting position.

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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.

\circ \flat \circ \circ \circ

p ___ mf ___ ff ___ p ___ mf ___ ff ___ p ___ mf ___ ff ___

Fix? _____ Fix? _____ Fix? _____

\circ \flat \circ \sharp \circ \flat \circ

p ___ mf ___ ff ___ p ___ mf ___ ff ___ p ___ mf ___ ff ___

Fix? _____ Fix? _____ Fix? _____

\circ \circ \sharp \circ \flat \circ

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__

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__

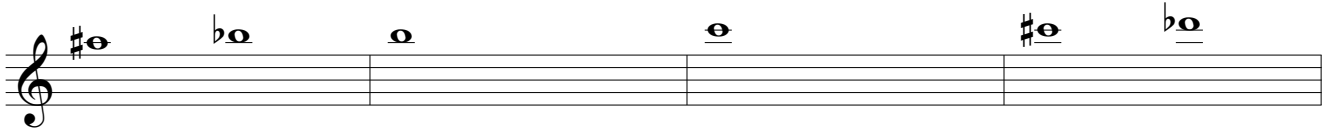
p__ mf__ ff__

Fix? _____

Fix? _____

Fix? _____

Fix? _____



p__ mf__ ff__

p__ mf__ ff__

p__ mf__ ff__

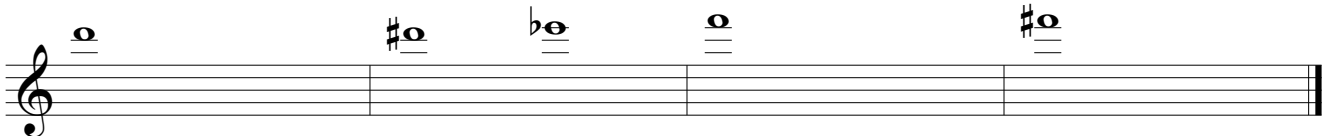
p__ mf__ ff__

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

Two staves of musical notation for the chorale 'O Sacred Head Now Wounded' by JS Bach. The first staff begins with a treble clef, a key signature of one flat (B-flat), and a common time signature (C). The melody is written in a single line with various note values and rests. The second staff continues the melody, featuring a final measure with a fermata over a whole note.

Be Thou My Vision

Two staves of musical notation for the chorale 'Be Thou My Vision'. The first staff begins with a treble clef, a key signature of one sharp (F#), and a 3/4 time signature. The melody is written in a single line with various note values and rests. The second staff continues the melody, featuring a final measure with a fermata over a whole note.

Faith of Our Fathers by H Hemy

Two staves of musical notation for the chorale 'Faith of Our Fathers' by H Hemy. The first staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature (C). The melody is written in a single line with various note values and rests. The second staff continues the melody, featuring a final measure with a fermata over a whole note.

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Full Volume

Excerpt #1 ♩=86-92

Musical notation for Excerpt #1, measures 86-92. The excerpt is in common time (C) and features a melody of eighth notes with accents and slurs. The dynamic markings are *fff* and *ffff*.

Excerpt #2 ♩=86-92

First staff of musical notation for Excerpt #2, measures 86-92. The excerpt is in common time (C) and features a melody of eighth notes with accents and slurs. The dynamic marking is *fff*.

Second staff of musical notation for Excerpt #2, measures 86-92. The excerpt is in common time (C) and features a melody of eighth notes with accents and slurs. The dynamic marking is *ffff*.

Excerpt #3 ♩=92-100

First staff of musical notation for Excerpt #3, measures 92-100. The excerpt is in common time (C) and features a melody of eighth notes with accents and slurs. The dynamic marking is *fff*.

Second staff of musical notation for Excerpt #3, measures 92-100. The excerpt is in common time (C) and features a melody of eighth notes with accents and slurs. The dynamic marking is *ffff*.