

# Foundation Warm-Ups

## Set #4

John McAllister

**Steady Air**

The score is for a piece titled "Steady Air" in 4/4 time. It features a variety of instruments. The woodwinds (Flute, Oboe, Clarinet, Alto Saxophone, Tenor Saxophone, Baritone Saxophone) and brass (Trumpet, Horn - Unison, Horn - Comfortable Range, Trombone/Baritone/Bassoon, Tuba) parts consist of long, sustained notes with slurs, indicating a steady, breathy texture. The percussion parts include a Snare/Bass drum pattern with accents and stick height practice, and two Mallets parts (High and Low) playing a steady eighth-note pattern. The score is divided into seven measures, with measure numbers 2 through 7 indicated above the woodwind staves.

Flute

Oboe

Clarinet

Alto Saxophone

Tenor Saxophone

Baritone Saxophone

Trumpet

Horn - Unison

Horn - Comfortable Range

Trombone/Baritone/  
Bassoon

Tuba

Snare/Bass

Mallets High

Mallets Low

(accent / stick height practice)

8 9 10 11 12 13 14 15

Fl.

Ob.

Cl.

Alto Sax.

Ten. Sax.

Bari. Sax.

Tpt.

Hn. 1

Hn. 2

Tbn.

Tba.

Perc.

M (high)

M (low)

This musical score page contains measures 8 through 15. The instruments are arranged in a standard orchestral layout. Measures 8 and 12 are primarily rests for all instruments. In measures 10, 11, 13, and 14, the woodwinds (Flute, Oboe, Clarinet, Alto Saxophone, Tenor Saxophone, and Bari. Saxophone) and brass (Trumpet, Horn 1, Horn 2, Trombone, and Tuba) play sustained notes, often with slurs. The percussion part features a rhythmic pattern of eighth notes with accents. The mellophone parts (M high and M low) play a steady eighth-note accompaniment.

Intro to Flexibility

16 17 18 19 20 21

Fl.

Ob.

Cl.

Alto Sax.

Ten. Sax.

Bari. Sax.

Tpt.

Hn. 1

Hn. 2

Tbn.

Tba.

Perc.

M (high)

M (low)

R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L R

Detailed description: This is a page of a musical score for a concert band or orchestra. The title is "Intro to Flexibility". The page is numbered 3 in the top right corner. The score is divided into six systems. The first system contains six staves for woodwinds: Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Alto Saxophone (Alto Sax.), Tenor Saxophone (Ten. Sax.), and Baritone Saxophone (Bari. Sax.). The second system contains four staves for brass: Trumpet (Tpt.), Horn 1 (Hn. 1), Horn 2 (Hn. 2), and Trombone (Tbn.). The third system contains two staves for mallet instruments: Mallet Percussion (M (high)) and Mallet Drum (M (low)). The percussion part includes a rhythmic pattern with accents and dynamics markings: "R R R R R R R R L L L L L L L L R R R R R R R R L L L L L L L L R". The woodwinds and brass parts feature melodic lines with slurs and ties. The mallet parts feature rhythmic patterns with accents. The score is for measures 16 through 21.

Musical score for measures 22-27. The score is divided into two systems. The first system includes Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Alto Saxophone (Alto Sax.), Tenor Saxophone (Ten. Sax.), and Baritone Saxophone (Bari. Sax.). The second system includes Trumpet (Tpt.), Horn 1 (Hn. 1), Horn 2 (Hn. 2), Trombone (Tbn.), and Tuba (Tba.). The Percussion (Perc.) part is shown with a drum set notation, and the Mallet (M) parts are shown in two staves, labeled M (high) and M (low). The key signature is one flat (B-flat), and the time signature is 4/4. Measures 22 and 23 show the woodwinds and brass playing sustained notes with slurs. Measures 24 and 25 show the woodwinds and brass playing sustained notes with slurs. Measures 26 and 27 show the woodwinds and brass playing sustained notes with slurs. The Percussion part features a rhythmic pattern of eighth notes and quarter notes, with accents marked 'R' and 'L'. The Mallet parts feature a rhythmic pattern of eighth notes and quarter notes, with accents marked 'R' and 'L'.

22 23 24 25 26 27

Fl.

Ob.

Cl.

Alto Sax.

Ten. Sax.

Bari. Sax.

Tpt.

Hn. 1

Hn. 2

Tbn.

Tba.

Perc.

M (high)

M (low)

Articulation

28

29

30

31

32

This musical score is for a jazz ensemble, covering measures 28 through 32. The score is titled "Articulation". The instruments included are Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Alto Saxophone (Alto Sax.), Tenor Saxophone (Ten. Sax.), Baritone Saxophone (Bari. Sax.), Trumpet (Tpt.), Horn 1 (Hn. 1), Horn 2 (Hn. 2), Trombone (Tbn.), Tuba (Tba.), Percussion (Perc.), Mellophone (high) (M (high)), and Mellophone (low) (M (low)). The music is written in a key with one flat (B-flat major or D minor) and a 4/4 time signature. The score shows a variety of rhythmic patterns and articulation marks across all instruments, with some instruments having rests in certain measures.

This musical score page contains measures 33 through 37 for a jazz ensemble. The instruments are arranged in the following order from top to bottom: Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Alto Saxophone (Alto Sax.), Tenor Saxophone (Ten. Sax.), Baritone Saxophone (Bari. Sax.), Trumpet (Tpt.), Horn 1 (Hn. 1), Horn 2 (Hn. 2), Trombone (Tbn.), Tuba (Tba.), Percussion (Perc.), Male Voice (high) (M (high)), and Male Voice (low) (M (low)).

Measures 33 and 35 feature a key signature change from one flat to two flats. The percussion part consists of a steady eighth-note pattern. The vocal parts have lyrics: "I'm a little bit blue, I'm a little bit blue."

Airflow Study

This musical score, titled "Airflow Study", is arranged for a large ensemble. The score is divided into two systems. The first system includes the Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Alto Saxophone (Alto Sax.), Tenor Saxophone (Ten. Sax.), and Baritone Saxophone (Bari. Sax.). The second system includes the Trumpet (Tpt.), Horn 1 (Hn. 1), Horn 2 (Hn. 2), Trombone (Tbn.), and Tuba (Tba.). The percussion part (Perc.) is shown on a separate staff with a drum set icon. The string section consists of a High Music (M (high)) and a Low Music (M (low)) part. The score is marked with measure numbers 38, 39, 40, 41, 42, 43, and 44. The music features a variety of rhythmic patterns, including eighth and sixteenth notes, and rests. The woodwinds and strings play melodic lines, while the brass and percussion provide harmonic support. The overall texture is rich and dynamic.

Technique

45 46 47 48 49 50

Fl.

Ob.

Cl.

Alto Sax.

Ten. Sax.

Bari. Sax.

Tpt.

Hn. 1

Hn. 2

Tbn.

Tba.

Perc.

M (high)

M (low)

Detailed description: This page of a musical score, labeled 'Technique', covers measures 45 through 50. The score is arranged for a large jazz ensemble. The woodwind section includes Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Alto Saxophone (Alto Sax.), Tenor Saxophone (Ten. Sax.), and Baritone Saxophone (Bari. Sax.). The brass section consists of Trumpet (Tpt.), Horn 1 (Hn. 1), Horn 2 (Hn. 2), Trombone (Tbn.), and Tuba (Tba.). The percussion (Perc.) and mellophone (M) parts are also present, with M (high) and M (low) indicating different registers of the instrument. The music is written in a key with one flat (B-flat) and a 4/4 time signature. Measures 45-49 feature complex rhythmic patterns, often with eighth and sixteenth notes, while measure 50 concludes with a half note. The score is presented in a standard orchestral layout with multiple staves per instrument.

Director Note: This is a great time to teach carrying the phrase over the bar line. I like to tell students to breathe in "weird" spots, like after random quarter notes. Students may not yet be ready for advanced stagger breathing techniques, but they can easily sneak breaths in "weird" spots.

**Chorale**

The musical score is titled "Chorale" and spans measures 51 to 54. It is written for a large ensemble of instruments. The instruments and their parts are as follows:

- Fl. (Flute):** Treble clef, playing a melodic line with quarter and half notes.
- Ob. (Oboe):** Treble clef, playing a melodic line with quarter and half notes.
- Cl. (Clarinet):** Treble clef, playing a melodic line with quarter and half notes.
- Alto Sax. (Alto Saxophone):** Treble clef, playing a melodic line with quarter and half notes.
- Ten. Sax. (Tenor Saxophone):** Treble clef, playing a melodic line with quarter and half notes.
- Bari. Sax. (Baritone Saxophone):** Treble clef, playing a melodic line with quarter and half notes.
- Tpt. (Trumpet):** Treble clef, playing a melodic line with quarter and half notes.
- Hn. 1 (Horn 1):** Treble clef, playing a melodic line with quarter and half notes.
- Hn. 2 (Horn 2):** Treble clef, playing a melodic line with quarter and half notes.
- Tbn. (Trombone):** Bass clef, playing a melodic line with quarter and half notes.
- Tba. (Tuba):** Bass clef, playing a melodic line with quarter and half notes.
- Perc. (Percussion):** Playing a rhythmic pattern of eighth notes, with a section marked "(snares off)" in measures 52 and 53.
- M (high) (Mellophone high):** Treble clef, playing a melodic line with quarter and half notes.
- M (low) (Mellophone low):** Treble clef, playing a melodic line with quarter and half notes.

Measure numbers 51, 52, 53, and 54 are indicated at the top of the score. The percussion part includes a section marked "(snares off)" in measures 52 and 53.

55 56 57 58

Fl.

Ob.

Cl.

Alto Sax.

Ten. Sax.

Bari. Sax.

Tpt.

Hn. 1

Hn. 2

Tbn.

Tba.

Perc.

M (high)

M (low)

Detailed description: This page of a musical score covers measures 55 through 58. The woodwind section includes Flute (Fl.), Oboe (Ob.), Clarinet (Cl.), Alto Saxophone (Alto Sax.), Tenor Saxophone (Ten. Sax.), and Baritone Saxophone (Bari. Sax.). The brass section includes Trumpet (Tpt.), Horn 1 (Hn. 1), Horn 2 (Hn. 2), Trombone (Tbn.), and Tuba (Tba.). The percussion (Perc.) part features a rhythmic pattern of eighth and sixteenth notes. The mellophone section consists of Mellophone (high) and Mellophone (low). The score is written in a key signature of one flat (B-flat) and a common time signature (C). Measure numbers 55, 56, 57, and 58 are indicated at the top of the page.

# Foundation Warm-Ups Set #4

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## Steady Air

Musical notation for the 'Steady Air' exercise, measures 1 through 15. The exercise is in 4/4 time and consists of a series of half notes with slurs. The notes are: 1 (C4), 2 (D4), 3 (E4), 4 (F4), 5 (G4), 6 (A4), 7 (B4), 8 (C5), 9 (B4), 10 (A4), 11 (G4), 12 (F4), 13 (E4), 14 (D4), 15 (C4).

## Intro to Flexibility

Musical notation for the 'Intro to Flexibility' exercise, measures 16 through 27. The exercise is in 4/4 time and consists of a series of half notes with slurs. The notes are: 16 (B3), 17 (A3), 18 (G3), 19 (F3), 20 (E3), 21 (D3), 22 (C3), 23 (B2), 24 (A2), 25 (G2), 26 (F2), 27 (E2).

## Articulation

Musical notation for the 'Articulation' exercise, measures 28 through 37. The exercise is in 4/4 time and consists of eighth notes with slurs. The notes are: 28 (B3), 29 (A3), 30 (G3), 31 (F3), 32 (E3), 33 (D3), 34 (C3), 35 (B2), 36 (A2), 37 (G2).

## Airflow Study

Musical notation for the 'Airflow Study' exercise, measures 38 through 44. The exercise is in 4/4 time and consists of a series of half notes with slurs. The notes are: 38 (B3), 39 (A3), 40 (G3), 41 (F3), 42 (E3), 43 (D3), 44 (C3).

## Technique

Musical notation for the 'Technique' exercise, measures 45 through 50. The exercise is in 4/4 time and consists of eighth notes with slurs. The notes are: 45 (B3), 46 (A3), 47 (G3), 48 (F3), 49 (E3), 50 (D3).

## Chorale

Musical notation for the 'Chorale' exercise, measures 51 through 58. The exercise is in 4/4 time and consists of a series of half notes with slurs. The notes are: 51 (B3), 52 (A3), 53 (G3), 54 (F3), 55 (E3), 56 (D3), 57 (C3), 58 (B2).

Oboe

# Foundation Warm-Ups Set #4

John McAllister

## Steady Air

Musical notation for 'Steady Air' in 4/4 time. The piece consists of two lines of music. The first line contains measures 1 through 7, and the second line contains measures 8 through 15. The notes are: 1 (C4), 2 (D4), 3 (E4), 4 (F4), 5 (G4), 6 (A4), 7 (B4), 8 (A4), 9 (G4), 10 (F4), 11 (E4), 12 (D4), 13 (C4), 14 (B3), 15 (A3). Each note is a half note with a slur above it.

## Intro to Flexibility

Musical notation for 'Intro to Flexibility' in 4/4 time. The piece consists of two lines of music. The first line contains measures 16 through 21, and the second line contains measures 22 through 27. The notes are: 16 (B3), 17 (A3), 18 (G3), 19 (F3), 20 (E3), 21 (D3), 22 (C3), 23 (B2), 24 (A2), 25 (G2), 26 (F2), 27 (E2). Each note is a half note with a slur above it.

## Articulation

Musical notation for 'Articulation' in 4/4 time. The piece consists of two lines of music. The first line contains measures 28 through 32, and the second line contains measures 33 through 37. The notes are: 28 (B3), 29 (A3), 30 (G3), 31 (F3), 32 (E3), 33 (D3), 34 (C3), 35 (B2), 36 (A2), 37 (G2). Each note is a quarter note with a slur above it.

## Airflow Study

Musical notation for 'Airflow Study' in 4/4 time. The piece consists of one line of music containing measures 38 through 44. The notes are: 38 (B3), 39 (A3), 40 (G3), 41 (F3), 42 (E3), 43 (D3), 44 (C3). Each note is a half note with a slur above it.

## Technique

Musical notation for 'Technique' in 4/4 time. The piece consists of one line of music containing measures 45 through 50. The notes are: 45 (B3), 46 (A3), 47 (G3), 48 (F3), 49 (E3), 50 (D3). Each note is a quarter note with a slur above it.

## Chorale

Musical notation for 'Chorale' in 4/4 time. The piece consists of one line of music containing measures 51 through 58. The notes are: 51 (B3), 52 (A3), 53 (G3), 54 (F3), 55 (E3), 56 (D3), 57 (C3), 58 (B2). Each note is a half note with a slur above it.

# Foundation Warm-Ups Set #4

## Steady Air

Musical notation for 'Steady Air' in 4/4 time. The piece consists of two lines of music. The first line contains measures 2 through 7, and the second line contains measures 8 through 15. The melody is simple, using half notes and whole notes with slurs, and includes rests in several measures.

## Intro to Flexibility

Musical notation for 'Intro to Flexibility' in 4/4 time. The piece consists of two lines of music. The first line contains measures 16 through 21, and the second line contains measures 22 through 27. The melody features eighth notes and quarter notes with slurs, and includes rests.

## Articulation

Musical notation for 'Articulation' in 4/4 time. The piece consists of two lines of music. The first line contains measures 28 through 32, and the second line contains measures 33 through 37. The melody is a rhythmic exercise consisting of eighth notes and quarter notes with slurs and accents.

## Airflow Study

Musical notation for 'Airflow Study' in 4/4 time. The piece consists of one line of music containing measures 38 through 44. The melody is a continuous line of eighth notes with slurs, designed to improve breath control.

## Technique

Musical notation for 'Technique' in 4/4 time. The piece consists of one line of music containing measures 45 through 50. The melody is a rhythmic exercise consisting of eighth notes and quarter notes with slurs.

## Chorale

Musical notation for 'Chorale' in 4/4 time. The piece consists of one line of music containing measures 51 through 58. The melody is a simple, flowing line of quarter and eighth notes.

# Foundation Warm-Ups Set #4

## Steady Air

Musical notation for exercises 2 through 15. Exercises 2-7 and 8-15 are written on a single treble clef staff in 4/4 time. Exercises 2-7 consist of a single half note with a slur above it. Exercises 8-15 consist of a single half note with a slur below it. Exercise 13 includes a sharp sign (#) above the note.

## Intro to Flexibility

Musical notation for exercises 16 through 27. Exercises 16-27 are written on a single treble clef staff in 4/4 time. Exercises 16-27 consist of a single half note with a slur above it.

## Articulation

Musical notation for exercises 28 through 37. Exercises 28-37 are written on a single treble clef staff in 4/4 time. Exercises 28-37 consist of eighth notes with stems, some with slurs and accents.

## Airflow Study

Musical notation for exercises 38 through 44. Exercises 38-44 are written on a single treble clef staff in 4/4 time. Exercises 38-44 consist of a single half note with a slur above it.

## Technique

Musical notation for exercises 45 through 50. Exercises 45-50 are written on a single treble clef staff in 4/4 time. Exercises 45-50 consist of eighth notes with stems, some with slurs and accents.

## Chorale

Musical notation for exercises 51 through 58. Exercises 51-58 are written on a single treble clef staff in 4/4 time. Exercises 51-58 consist of a single half note with a slur above it.

Tenor Saxophone

# Foundation Warm-Ups Set #4

John McAllister

**Steady Air**

8

**Intro to Flexibility**

22

**Articulation**

33

**Airflow Study**

45

**Technique**

51

**Chorale**

# Foundation Warm-Ups Set #4

John McAllister

## Steady Air

Musical notation for exercises 2 through 15. Exercises 2-7 are on a single staff, and exercises 8-15 are on a second staff. Exercises 2-7 consist of long, sustained notes with slurs. Exercises 8-15 continue with similar sustained notes, including some with accidentals (sharps and naturals).

## Intro to Flexibility

Musical notation for exercises 16 through 27. Exercises 16-27 consist of long, sustained notes with slurs, designed to improve flexibility.

## Articulation

Musical notation for exercises 28 through 37. Exercises 28-37 consist of rhythmic patterns of eighth and sixteenth notes, focusing on articulation.

## Airflow Study

Musical notation for exercises 38 through 44. Exercises 38-44 consist of long, sustained notes with slurs, focusing on airflow control.

## Technique

Musical notation for exercises 45 through 50. Exercises 45-50 consist of rhythmic patterns of eighth and sixteenth notes, focusing on technique.

## Chorale

Musical notation for exercises 51 through 58. Exercises 51-58 consist of rhythmic patterns of eighth and sixteenth notes, focusing on chorale playing.

Trumpet

# Foundation Warm-Ups Set #4

John McAllister

## Steady Air

Musical notation for 'Steady Air' in 4/4 time. It consists of two staves of music. The first staff contains measures 1 through 7, and the second staff contains measures 8 through 15. The melody is simple, using half notes and whole notes with slurs, and includes rests in several measures.

## Intro to Flexibility

Musical notation for 'Intro to Flexibility' in 4/4 time. It consists of two staves of music. The first staff contains measures 16 through 21, and the second staff contains measures 22 through 27. The melody features eighth notes and quarter notes with slurs, and includes rests.

## Articulation

Musical notation for 'Articulation' in 4/4 time. It consists of two staves of music. The first staff contains measures 28 through 32, and the second staff contains measures 33 through 37. The melody is a rhythmic exercise consisting of eighth notes and quarter notes with slurs and accents.

## Airflow Study

Musical notation for 'Airflow Study' in 4/4 time. It consists of one staff of music containing measures 38 through 44. The melody is a continuous line of eighth notes with slurs, designed for breath control.

## Technique

Musical notation for 'Technique' in 4/4 time. It consists of one staff of music containing measures 45 through 50. The melody is a rhythmic exercise consisting of eighth notes and quarter notes with slurs.

## Chorale

Musical notation for 'Chorale' in 4/4 time. It consists of one staff of music containing measures 51 through 58. The melody is a simple, melodic line using quarter notes and half notes.

# Foundation Warm-Ups Set #4

John McAllister

## Steady Air

Musical notation for 'Steady Air' in 4/4 time. The piece consists of two staves of music. The first staff contains measures 1 through 7, and the second staff contains measures 8 through 15. The melody is simple, featuring half notes and whole notes with slurs, and rests.

## Intro to Flexibility

Musical notation for 'Intro to Flexibility' in 4/4 time. The piece consists of two staves of music. The first staff contains measures 16 through 21, and the second staff contains measures 22 through 27. The melody features quarter notes, half notes, and slurs, with some notes marked with flats.

## Articulation

Musical notation for 'Articulation' in 4/4 time. The piece consists of two staves of music. The first staff contains measures 28 through 32, and the second staff contains measures 33 through 37. The melody is characterized by eighth-note patterns and rests, with some notes marked with flats.

## Airflow Study

Musical notation for 'Airflow Study' in 4/4 time. The piece consists of one staff of music containing measures 38 through 44. The melody features half notes, quarter notes, and slurs, with some notes marked with flats.

## Technique

Musical notation for 'Technique' in 4/4 time. The piece consists of one staff of music containing measures 45 through 50. The melody features eighth-note patterns, quarter notes, and slurs, with some notes marked with flats.

## Chorale

Musical notation for 'Chorale' in 4/4 time. The piece consists of one staff of music containing measures 51 through 58. The melody features quarter notes, half notes, and whole notes.

# Foundation Warm-Ups

## Set #4

John McAllister

### Steady Air

2 3 4 5 6 7

8 9 10 11 12 13 14 15

Detailed description: This section consists of two staves of music in 4/4 time. The first staff contains measures 2 through 7, and the second staff contains measures 8 through 15. The music features a steady, rhythmic pattern of quarter notes and half notes, often beamed together, with slurs indicating phrasing. The notes are primarily in the middle range of the horn.

### Intro to Flexibility

16 17 18 19 20 21

22 23 24 25 26 27

Detailed description: This section consists of two staves of music in 4/4 time. The first staff contains measures 16 through 21, and the second staff contains measures 22 through 27. The music features a steady, rhythmic pattern of quarter notes and half notes, often beamed together, with slurs indicating phrasing. The notes are primarily in the middle range of the horn.

### Articulation

28 29 30 31 32

33 34 35 36 37

Detailed description: This section consists of two staves of music in 4/4 time. The first staff contains measures 28 through 32, and the second staff contains measures 33 through 37. The music features a steady, rhythmic pattern of quarter notes and eighth notes, often beamed together, with slurs indicating phrasing. The notes are primarily in the middle range of the horn.

### Airflow Study

38 39 40 41 42 43 44

Detailed description: This section consists of one staff of music in 4/4 time, containing measures 38 through 44. The music features a steady, rhythmic pattern of quarter notes and eighth notes, often beamed together, with slurs indicating phrasing. The notes are primarily in the middle range of the horn.

### Technique

45 46 47 48 49 50

Detailed description: This section consists of one staff of music in 4/4 time, containing measures 45 through 50. The music features a steady, rhythmic pattern of quarter notes and eighth notes, often beamed together, with slurs indicating phrasing. The notes are primarily in the middle range of the horn.

### Chorale

51 52 53 54 55 56 57 58

Detailed description: This section consists of one staff of music in 4/4 time, containing measures 51 through 58. The music features a steady, rhythmic pattern of quarter notes and eighth notes, often beamed together, with slurs indicating phrasing. The notes are primarily in the middle range of the horn.

# Foundation Warm-Ups

## Set #4

John McAllister

### Steady Air

Musical notation for exercises 2 through 15. Exercises 2-7 are on a single staff, and exercises 8-15 are on a second staff. The exercises consist of long, sustained notes with slurs, designed to develop steady air control.

### Intro to Flexibility

Musical notation for exercises 16 through 27. Exercises 16-21 are on a single staff, and exercises 22-27 are on a second staff. These exercises involve moving between notes with slurs to improve flexibility.

### Articulation

Musical notation for exercises 28 through 37. Exercises 28-32 are on a single staff, and exercises 33-37 are on a second staff. These exercises focus on rhythmic patterns and articulation techniques.

### Airflow Study

Musical notation for exercises 38 through 44. Exercises 38-44 are on a single staff. These exercises use slurs and rests to study airflow control.

### Technique

Musical notation for exercises 45 through 50. Exercises 45-50 are on a single staff. These exercises focus on specific technical aspects of playing.

### Chorale

Musical notation for exercises 51 through 58. Exercises 51-58 are on a single staff. These exercises are chorale-style passages for ensemble playing.

Tuba

# Foundation Warm-Ups

## Set #4

John McAllister

### Steady Air

2 3 4 5 6 7

8 9 10 11 12 13 14 15

Detailed description: This section consists of two staves of music in bass clef with a 4/4 time signature. The first staff contains measures 2 through 7. Measure 2 starts with a whole note G2, followed by a half note G2 with a flat, and a whole note G2. Measures 3 and 4 are whole rests. Measure 5 starts with a whole note G2 with a flat, followed by a half note G2, and a whole note G2. Measures 6 and 7 are whole rests. The second staff contains measures 8 through 15. Measure 8 is a whole rest. Measure 9 is a whole note G2. Measure 10 is a whole note G2 with a flat. Measure 11 is a whole note G2. Measure 12 is a whole rest. Measure 13 is a whole note G2 with a flat. Measure 14 is a whole note G2. Measure 15 is a whole rest.

### Intro to Flexibility

16 17 18 19 20 21

22 23 24 25 26 27

Detailed description: This section consists of two staves of music in bass clef. The first staff contains measures 16 through 21. Measure 16 is a whole note G2 with a flat. Measure 17 is a whole note G2 with a flat. Measure 18 is a whole rest. Measure 19 is a whole note G2 with a flat. Measure 20 is a whole note G2 with a flat. Measure 21 is a whole rest. The second staff contains measures 22 through 27. Measure 22 is a whole note G2 with a flat. Measure 23 is a whole note G2 with a flat. Measure 24 is a whole rest. Measure 25 is a whole note G2 with a flat. Measure 26 is a whole note G2 with a flat. Measure 27 is a whole rest.

### Articulation

28 29 30 31 32

33 34 35 36 37

Detailed description: This section consists of two staves of music in bass clef. The first staff contains measures 28 through 32. Measures 28-29 are eighth notes: G2 with a flat, A2 with a flat, B2 with a flat, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Measure 30 is a whole rest. Measures 31-32 are eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. Measure 33 is a whole rest. The second staff contains measures 33 through 37. Measures 33-34 are eighth notes: G2 with a flat, A2 with a flat, B2 with a flat, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Measure 35 is a whole rest. Measures 36-37 are eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7.

### Airflow Study

38 39 40 41 42 43 44

Detailed description: This section consists of one staff of music in bass clef. Measures 38-39 are eighth notes: G2 with a flat, A2 with a flat, B2 with a flat, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Measure 40 is a whole rest. Measures 41-42 are eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. Measure 43 is a whole rest. Measure 44 is a whole note G2 with a flat.

### Technique

45 46 47 48 49 50

Detailed description: This section consists of one staff of music in bass clef. Measures 45-46 are eighth notes: G2 with a flat, A2 with a flat, B2 with a flat, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Measure 47 is a whole rest. Measures 48-49 are eighth notes: G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. Measure 50 is a whole rest.

### Chorale

51 52 53 54 55 56 57 58

Detailed description: This section consists of one staff of music in bass clef. Measures 51-52 are eighth notes: G2 with a flat, A2 with a flat, B2 with a flat, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. Measure 53 is a whole rest. Measure 54 is a whole note G2 with a flat. Measure 55 is a whole note G2 with a flat. Measure 56 is a whole note G2 with a flat. Measure 57 is a whole note G2 with a flat. Measure 58 is a whole rest.

# Foundation Warm-Ups

## Set #4

John McAllister

### Steady Air

(accent / stick height practice)

Musical notation for 'Steady Air' (measures 1-15). The piece is in 4/4 time. It consists of two staves. The first staff contains measures 1 through 7, and the second staff contains measures 8 through 15. Each measure is marked with a number and an accent (>) above the first note. The notes are quarter notes, and the bass line consists of a steady eighth-note pattern.

### Intro to Flexibility

Musical notation for 'Intro to Flexibility' (measures 16-27). The piece is in 4/4 time. It consists of two staves. The first staff contains measures 16 through 21, and the second staff contains measures 22 through 27. Above the notes are rhythmic patterns: 'R R R R R R R R' for measures 16-17, 'L L L L L L L L' for measures 17-18, 'R R R R R R R R' for measures 19-20, and 'L L L L L L L L' for measures 20-21. Measures 22-27 continue with alternating 'R R R R L L L L' and 'L L L L R R R R' patterns.

### Articulation

Musical notation for 'Articulation' (measures 28-37). The piece is in 4/4 time. It consists of two staves. The first staff contains measures 28 through 32, and the second staff contains measures 33 through 37. The notation features eighth-note patterns with various articulation marks, including accents and slurs, to practice precise note placement.

### Airflow Study

Musical notation for 'Airflow Study' (measures 38-44). The piece is in 4/4 time. It consists of two staves. The first staff contains measures 38 through 44. The notation features eighth-note patterns with slurs and accents, designed to practice sustained airflow and control.

### Technique

Musical notation for 'Technique' (measures 45-50). The piece is in 4/4 time. It consists of two staves. The first staff contains measures 45 through 50. The notation features eighth-note patterns with slurs and accents, designed to practice technical precision and control.

### Chorale

(snare off)

Musical notation for 'Chorale' (measures 51-58). The piece is in 4/4 time. It consists of two staves. The first staff contains measures 51 through 54, and the second staff contains measures 55 through 58. The notation features eighth-note patterns with slurs and accents, designed to practice technical precision and control.

# Foundation Warm-Ups Set #4

John McAllister

## Steady Air

Musical notation for measures 1-7. Measure 1: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 2: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 3: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 4: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 5: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 6: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 7: C5 quarter, B4 quarter, A4 quarter, G4 quarter.

Musical notation for measures 8-15. Measure 8: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 9: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 10: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 11: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 12: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 13: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 14: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 15: C4 quarter, D4 quarter, E4 quarter, F4 quarter.

## Intro to Flexibility

Musical notation for measures 16-21. Measure 16: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 17: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 18: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 19: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 20: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 21: G4 quarter, A4 quarter, B4 quarter, C5 quarter.

Musical notation for measures 22-27. Measure 22: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 23: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 24: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 25: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 26: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 27: G4 quarter, A4 quarter, B4 quarter, C5 quarter.

## Articulation

Musical notation for measures 28-32. Measure 28: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 29: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 30: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 31: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 32: C4 quarter, D4 quarter, E4 quarter, F4 quarter.

Musical notation for measures 33-37. Measure 33: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 34: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 35: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 36: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 37: G4 quarter, A4 quarter, B4 quarter, C5 quarter.

## Airflow Study

Musical notation for measures 38-44. Measure 38: C4 half. Measure 39: D4 quarter, E4 quarter, F4 quarter, G4 quarter. Measure 40: A4 quarter, B4 quarter, C5 quarter, B4 quarter. Measure 41: A4 quarter, G4 quarter, F4 quarter, E4 quarter. Measure 42: D4 quarter, C4 quarter, B3 quarter, A3 quarter. Measure 43: G3 quarter, F3 quarter, E3 quarter, D3 quarter. Measure 44: C3 half.

## Technique

Musical notation for measures 45-50. Measure 45: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 46: G4 quarter, A4 quarter, B4 quarter, C5 quarter. Measure 47: C5 quarter, B4 quarter, A4 quarter, G4 quarter. Measure 48: F4 quarter, E4 quarter, D4 quarter, C4 quarter. Measure 49: C4 quarter, D4 quarter, E4 quarter, F4 quarter. Measure 50: G4 quarter, A4 quarter, B4 quarter, C5 quarter.

## Chorale

Musical notation for measures 51-58. Measure 51: C4 half. Measure 52: D4 quarter, E4 quarter, F4 quarter, G4 quarter. Measure 53: A4 quarter, B4 quarter, C5 quarter, B4 quarter. Measure 54: A4 quarter, G4 quarter, F4 quarter, E4 quarter. Measure 55: D4 quarter, C4 quarter, B3 quarter, A3 quarter. Measure 56: G3 quarter, F3 quarter, E3 quarter, D3 quarter. Measure 57: C3 half. Measure 58: C3 half.

# Foundation Warm-Ups

## Set #4

John McAllister

### Steady Air

Musical notation for 'Steady Air' in 4/4 time. The piece consists of two staves of music. The first staff contains measures 2 through 7, and the second staff contains measures 8 through 15. The melody is a simple, steady eighth-note pattern in a major key, with a key signature of one flat (B-flat).

2 3 4 5 6 7

8 9 10 11 12 13 14 15

### Intro to Flexibility

Musical notation for 'Intro to Flexibility' in 4/4 time. The piece consists of two staves of music. The first staff contains measures 16 through 21, and the second staff contains measures 22 through 27. The melody features a mix of eighth and sixteenth notes, with some rests, in a major key with a key signature of one flat (B-flat).

16 17 18 19 20 21

22 23 24 25 26 27

### Articulation

Musical notation for 'Articulation' in 4/4 time. The piece consists of two staves of music. The first staff contains measures 28 through 32, and the second staff contains measures 33 through 37. The melody is characterized by sharp, accented eighth notes and rests, in a major key with a key signature of one flat (B-flat).

28 29 30 31 32

33 34 35 36 37

### Airflow Study

Musical notation for 'Airflow Study' in 4/4 time. The piece consists of one staff of music containing measures 38 through 44. The melody is a simple, steady eighth-note pattern in a major key with a key signature of one flat (B-flat).

38 39 40 41 42 43 44

### Technique

Musical notation for 'Technique' in 4/4 time. The piece consists of one staff of music containing measures 45 through 50. The melody is a simple, steady eighth-note pattern in a major key with a key signature of one flat (B-flat).

45 46 47 48 49 50

### Chorale

Musical notation for 'Chorale' in 4/4 time. The piece consists of one staff of music containing measures 51 through 58. The melody is a simple, steady eighth-note pattern in a major key with a key signature of one flat (B-flat).

51 52 53 54 55 56 57 58