

DR. SCHAFER'S DAILY WARM-UP/MAINTENANCE ROUTINE

I. Long tones

Play two lines each day-either a or b, and then one of the remaining four. Stand if you can or sit with your back straight. Make sure your body is relaxed. Remain relaxed while you breathe naturally and play each pitch at a mezzo forte dynamic. Play each note until you are comfortably out of air. After each note, rest for as long as it took you to play that note. Focus on the quality of your sound and allowing your air to flow freely through the instrument.

The image displays six musical staves, each containing a sequence of long tones. Each staff begins with a treble clef and a common time signature. The notes are marked with a fermata and a double bar line, indicating they should be held for an extended duration. The notes are as follows:

- Staff a:** G4, A4, B4, C5, B4, A4, G4.
- Staff b:** G4, A4, B4, C5, B4, A4, G4.
- Staff c:** G4, A4, B4, C5, B4, A4, G4.
- Staff d:** G4, A4, B4, C5, B4, A4, G4.
- Staff e:** G4, A4, B4, C5, B4, A4, G4.
- Staff f:** G4, A4, B4, C5, B4, A4, G4.

Rest 3 minutes.

Schafer Page 2

II. Slow lip slurs

Schlossberg's *Daily Drills and Technical Studies*, #14

$\text{♩} = 60$ Hold for 3 counts
Rest for 4

mf

5 13 123 Rest 30 seconds

9

13 23 13 123 Rest 30 seconds

17 12

21 23 13 123

Rest 3 minutes.

III. Articulation/scales

Clarke's *Technical Studies*, Second Study.

See next page.

Clarke Technical Study #2

Alternate between page 3 and 4 daily. Vary articulation by line: legato, accented, marcato, staccato, starting with a different articulation each day. Rest for 10 seconds at the end of each line.

♩ = 72

The image displays ten staves of musical notation for a technical study. Each staff begins with a treble clef and a 4/4 time signature. The key signatures vary across the staves: Staff 1 (C major), Staff 2 (B-flat major), Staff 3 (B-flat major with a key signature change to C major in the final measure), Staff 4 (F# major), Staff 5 (F# major), Staff 6 (D major), Staff 7 (C major), Staff 8 (B-flat major), Staff 9 (B-flat major), and Staff 10 (B-flat major with a key signature change to C major in the final measure). Each staff contains a sequence of eighth and sixteenth notes, often beamed together, followed by a whole note rest and a fermata. The rhythmic patterns include ascending and descending runs, as well as more complex rhythmic figures.

Clarke Technical Study #2

The image displays ten staves of musical notation, each representing a different key signature for the technical study. The staves are arranged vertically and contain a sequence of eighth-note patterns. The key signatures, from top to bottom, are: 1. Three sharps (F#, C#, G#), 2. Two sharps (F#, C#), 3. One sharp (F#), 4. No sharps or flats (C major), 5. One flat (F major), 6. Two flats (Bb major), 7. Three flats (Eb major), 8. Three sharps (F#, C#, G#), 9. Two sharps (F#, C#), and 10. One sharp (F#). Each staff begins with a treble clef and a common time signature. The patterns consist of eighth notes, some beamed together, and some with accents. The final note of each staff is a whole note with a fermata. The notation is clean and professional, typical of a technical study score.

Rest 30 minutes.