

INSIDE THE CIRCLE:

A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

TROMBONE/BARITONE PART

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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 contains the first eight measures, and the second staff contains the final measure. The music is in bass clef with a key signature of one flat (Bb) and a common time signature (C). It features a sequence of half notes: F2, Bb2, D3, F3, Ab3, Bb3, D4, F4, and Ab4. Each note is held for a full measure, with a fermata over the final note.

9 Count Tones on Bb Concert

Two staves of musical notation for 9 count tones on Bb concert. The first staff contains the first eight measures, and the second staff contains the final measure. The music is in bass clef with a key signature of two flats (Bb, Eb) and a common time signature (C). It features a sequence of half notes: Bb2, Eb3, F3, Bb3, Eb4, F4, Bb4, Eb5, and F5. Each note is held for a full measure, with a fermata over the final note.

8 Count Tones on F Concert

Two staves of musical notation for 8 count tones on F concert. The first staff contains the first seven measures, and the second staff contains the final measure. The music is in bass clef with a key signature of one flat (Bb) and a common time signature (C). It features a sequence of half notes: F2, Bb2, D3, F3, Ab3, Bb3, D4, and F4. Each note is held for a full measure, with a fermata over the final note.

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Long Tones

8 Count Tones on Bb Concert

Two staves of musical notation for an 8-count exercise on Bb Concert. The first staff contains four measures of music, and the second staff contains four measures. Each measure features a half note with a fermata, followed by a quarter rest. The notes are: Bb2, Bb3, Bb4, Bb5, Bb6, Bb7, Bb8, and Bb9. The key signature has two flats (Bb and Eb), and the time signature is 4/4.

Release Exercise on F Concert

A single staff of musical notation for a release exercise on F Concert. It consists of eight measures. The first four measures each contain a half note with a fermata, followed by a quarter rest. The notes are: F2, F3, F4, and F5. The fifth measure contains a quarter rest. The sixth measure contains a half note with a fermata, followed by a quarter rest. The seventh and eighth measures each contain a half note with a fermata. The notes are: F6 and F7. The key signature has one flat (F), and the time signature is 4/4.

Stagger Breathing Exercises

Exercise 1A TEMPO: FAST

Musical notation for Exercise 1A in 4/4 time. It features a single note on a staff with a dynamic marking of *mp*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Exercise 1B

Musical notation for Exercise 1B. It features a single note on a staff with a dynamic marking of *f*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Exercise 1C

Musical notation for Exercise 1C. It features a single note on a staff with a dynamic marking of *f*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Exercise 1D

Musical notation for Exercise 1D. It features a single note on a staff with a dynamic marking of *mp*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Exercise 2A TEMPO: MODERATE-SLOW

Musical notation for Exercise 2A. It features a single note on a staff with a dynamic marking of *f*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Exercise 2B

Musical notation for Exercise 2B. It features a single note on a staff with a dynamic marking of *f*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Exercise 2C

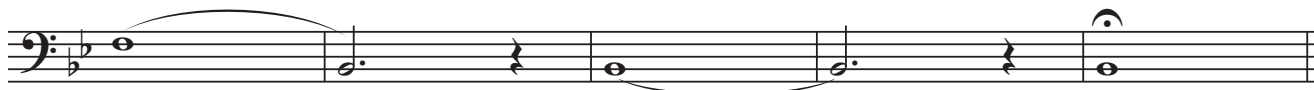
Musical notation for Exercise 2C. It features a single note on a staff with a dynamic marking of *f*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Exercise 2D

Musical notation for Exercise 2D. It features a single note on a staff with a dynamic marking of *mp*. A slur above the note is labeled "4-8 times". The note is followed by a breath mark labeled "Breathe". The exercise concludes with a repeat sign and a final note.

Flexibility/Scales

Flexibility Exercise #1



Flexibility Exercise #2



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Flexibility/Scales

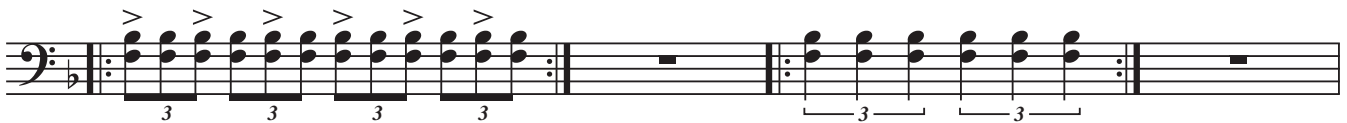
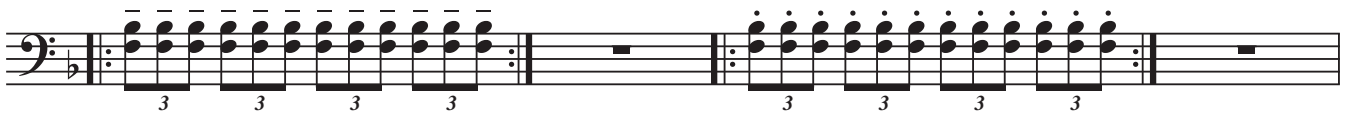
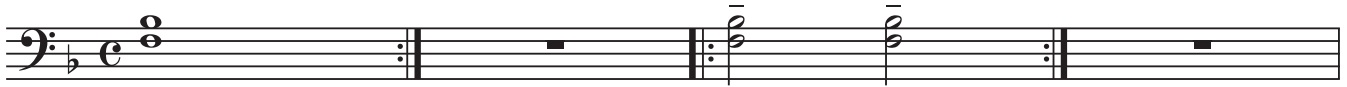
Flexibility Exercise #3

Flexibility Exercise #3 consists of three staves of music in bass clef with a key signature of one flat (Bb). The first staff contains 12 measures of music, with notes grouped by slurs. The second staff contains 12 measures of music, also with slurs. The third staff contains 12 measures, including a whole note chord at the end. The notes in the first staff are: G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, D4. The notes in the second staff are: G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, D4. The notes in the third staff are: G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, D4.

Flexibility Exercise #4

Flexibility Exercise #4 consists of three staves of music in bass clef with a key signature of one flat (Bb). The first staff contains 12 measures of music, with notes grouped by slurs. The second staff contains 12 measures of music, also with slurs. The third staff contains 12 measures, including a whole note chord at the end. The notes in the first staff are: G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, D4. The notes in the second staff are: G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, D4. The notes in the third staff are: G2, A2, Bb2, C3, D3, E3, F3, G3, A3, Bb3, C4, D4.

Note Length/Shape Exercise



Show Articulation Examples

Basic 8 Staccato Eighth Notes

Four staves of music in bass clef, 2/4 time, key of B-flat major. Each staff contains a sequence of eight staccato eighth notes, followed by a whole rest. The notes are: G2, Bb2, D3 (Staff 1); F2, Ab2, C3 (Staff 2); Eb2, G2, Bb2 (Staff 3); and a final staff with a whole rest followed by a double bar line.

Show Articulation Example 1

Four staves of music in bass clef, 2/4 time, key of B-flat major. Each staff contains a sequence of eight staccato eighth notes with accents (>), followed by a whole rest. The notes are: G2, Bb2, D3 (Staff 1); F2, Ab2, C3 (Staff 2); Eb2, G2, Bb2 (Staff 3); and a final staff with a whole rest followed by a double bar line.

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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 bass clef with a key signature of one flat. The music features various articulation marks such as accents (>) and slurs over chords and single notes.

Show Articulation Example 3

Musical notation for Show Articulation Example 3, consisting of three staves of music in bass clef with a key signature of one flat. The music features articulation marks such as accents (>) and slurs, with some triplets indicated by a '3' under a bracket.

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Show Articulation Examples



Ensemble Fundamental Tuning Exercise

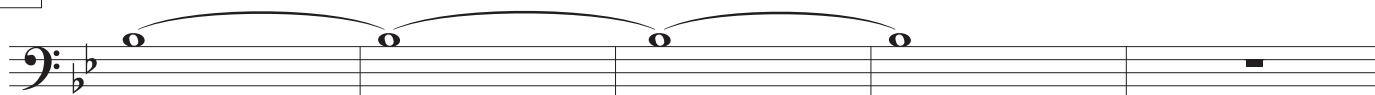
♩ = 92



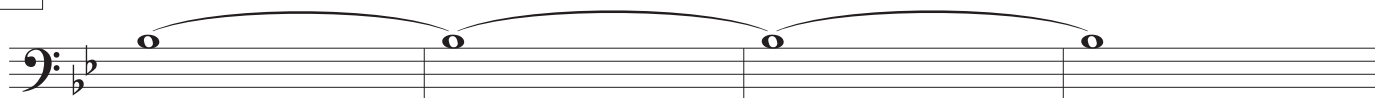
A



B

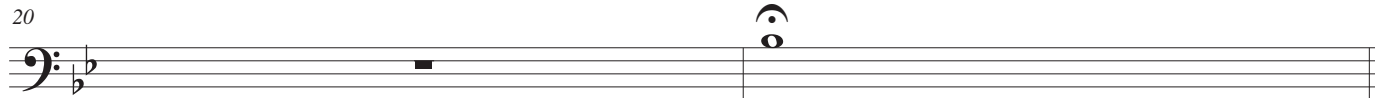


C



D

20



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Just Intonation Tuning Exercises

Bb Major Scale

Tbn/Bar A

Tbn/Bar B

Bb Major Chord

Tbn/Bar A

Tbn/Bar B

F Major Chord

Tbn/Bar A

Tbn/Bar B

C Major Chord

Tbn/Bar A

Tbn/Bar B

Eb Major Chord

Tbn/Bar A

Tbn/Bar B

Ab Major Chord

Tbn/Bar A

Tbn/Bar B

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Just Intonation Tuning Exercises

G Minor Scale

Tbn/Bar A

Tbn/Bar B

G Minor Chord

Tbn/Bar A

Tbn/Bar B

D Minor Chord

Tbn/Bar A

Tbn/Bar B

A Minor Chord

Tbn/Bar A

Tbn/Bar B

C Minor Chord

Tbn/Bar A

Tbn/Bar B

F Minor Chord

Tbn/Bar A

Tbn/Bar B

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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 Trombone and Baritone: Bb on top of 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: Trombone: Pull out slide. Pull in slide. Lip up. Lip Down.

Baritone: Lip up. Lip down. Alternate Fingering. Adjust valve slides if possible.

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.

p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__
Fix? _____ Fix? _____ Fix? _____

p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__
Fix? _____ Fix? _____ Fix? _____

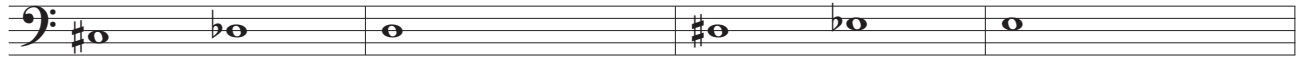
p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__
Fix? _____ Fix? _____ Fix? _____

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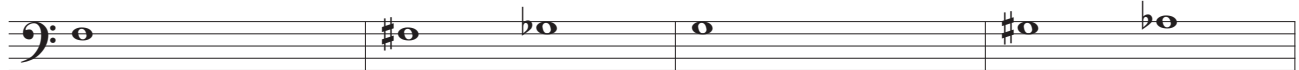
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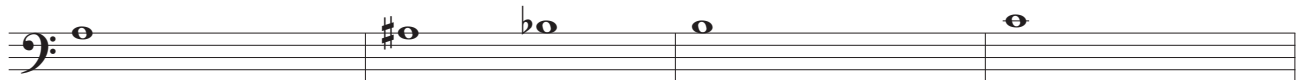
Tuning Chart



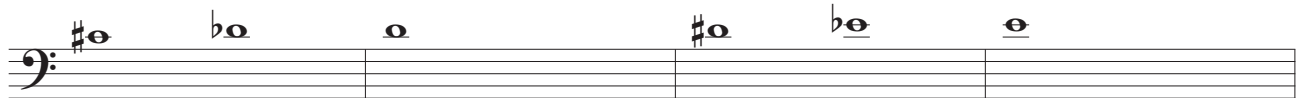
p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__
Fix? _____ Fix? _____ Fix? _____ Fix? _____



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? _____



p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__
Fix? _____ Fix? _____ Fix? _____ Fix? _____

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Chorales

Trombone/Baritone 1

O Sacred Head Now Wounded by JS Bach

Two staves of musical notation for the Trombone/Baritone 1 part of 'O Sacred Head Now Wounded' by JS Bach. The music is in a 2/4 time signature with a key signature of one flat (B-flat). The first staff begins with a whole rest followed by a series of eighth notes. The second staff continues with eighth notes and includes some notes with accents.

Be Thou My Vision

Two staves of musical notation for the Trombone/Baritone 1 part of 'Be Thou My Vision'. The music is in a 3/4 time signature with a key signature of one flat (B-flat). The first staff features a series of quarter notes. The second staff includes some notes with accents and a final note with a fermata.

Faith of Our Fathers by H Hemy

Two staves of musical notation for the Trombone/Baritone 1 part of 'Faith of Our Fathers' by H Hemy. The music is in a 2/4 time signature with a key signature of one flat (B-flat). The first staff features a series of quarter notes with some notes beamed together. The second staff continues with quarter notes and includes some notes with accents.

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Chorales

Trombone/Baritone 2

O Sacred Head Now Wounded by JS Bach

Two staves of musical notation for the Trombone/Baritone 2 part of 'O Sacred Head Now Wounded' by JS Bach. The music is in 3/4 time and features a melodic line with various note values and rests, including a prominent dotted half note.

Be Thou My Vision

Two staves of musical notation for the Trombone/Baritone 2 part of 'Be Thou My Vision'. The music is in 3/4 time and features a melodic line with various note values and rests, including a prominent dotted half note.

Faith of Our Fathers by H Hemy

Two staves of musical notation for the Trombone/Baritone 2 part of 'Faith of Our Fathers' by H Hemy. The music is in 3/4 time and features a melodic line with various note values and rests, including a prominent dotted half note.

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Full Volume

Trombone/Baritone 1

Excerpt #1

♩=86-92

fff *ffff*

Musical notation for Excerpt #1: A single staff in bass clef with a common time signature. It begins with a quarter rest, followed by a quarter note with an accent (>) and a slur. The next two measures contain eighth notes with accents and slurs. The final measure contains a quarter note with an accent and a slur, followed by a quarter rest. Dynamics are marked as *fff* and *ffff* with a hairpin.

Excerpt #2

♩=86-92

fff *ffff*

Musical notation for Excerpt #2: Two staves in bass clef with a common time signature. The first staff contains two measures of half notes with accents and slurs, marked *fff*. The second staff contains two measures of half notes with accents and slurs, marked *ffff*. A time signature change to 2/4 is indicated at the end of the second staff.

Excerpt #3

♩=92-100

fff *ffff*

Musical notation for Excerpt #3: Two staves in bass clef. The first staff has a common time signature, followed by a 2/4 time signature, and then a common time signature. It contains half notes with accents and slurs, marked *fff*. The second staff contains half notes with accents and slurs, marked *ffff*.

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Full Volume

Trombone/Baritone 2

Excerpt #1

Musical notation for Excerpt #1, Trombone/Baritone 2. The excerpt is in 4/4 time, starting with a tempo marking of ♩=86-92. The key signature has two flats (B-flat and E-flat). The notation consists of a single staff with a bass clef. It begins with a quarter rest, followed by a series of eighth notes with accents and slurs. The dynamic markings are *fff* and *ffff*, with a hairpin indicating a crescendo.

Excerpt #2

Musical notation for Excerpt #2, Trombone/Baritone 2. The excerpt is in 4/4 time, starting with a tempo marking of ♩=86-92. The key signature has two flats (B-flat and E-flat). The notation consists of two staves with a bass clef. The first staff contains two measures of music with slurs and accents, followed by a 2/4 time signature change and a whole rest. The second staff continues with two measures of music with slurs and accents, ending with a quarter rest. The dynamic markings are *fff* and *ffff*.

Excerpt #3

Musical notation for Excerpt #3, Trombone/Baritone 2. The excerpt is in 4/4 time, starting with a tempo marking of ♩=92-100. The key signature has two flats (B-flat and E-flat). The notation consists of two staves with a bass clef. The first staff contains two measures of music with slurs and accents, followed by a 2/4 time signature change and a whole rest. The second staff continues with two measures of music with slurs and accents, ending with a quarter rest. The dynamic markings are *fff* and *ffff*.