

SLOW AND LOW
NO HEIGHT AND FAST

Alessi Seminar Warm Up

Fossano 2006

No alle forme ovale delle bocca (Sorridi)

Breathing Exercises

Take a big breath as if you were about to speak.

Exhale. Think about sighing as you are inhaling. There should not be any friction in the throat.

With metronome, practice this exercise breathing 4 beats in and 4 out. Make sure your breathing is even and constant.

al basso sempre glissando

Buzzing Exercise On The Mouthpiece

Buzz softly and relaxed without forcing the sound. Do this for a maximum of two minutes a little at a time.

Maintain the glissando at all times while keeping the lips together and, in pedals, pull the mouthpiece away.

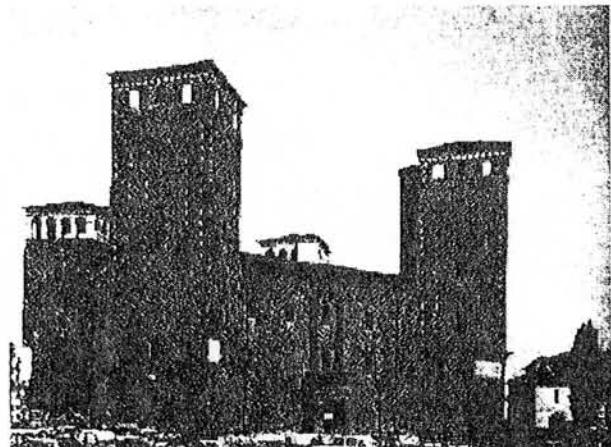
Continue

60 P.

Relaxation Exercise

First buzz softly and then play moving the slide precise but relaxed

Continue



Sound Exercises

Play soft and molto legato. The last note should be as long as possible. Relax.
Choose one exercise from no.8 to no.15 from Schlossberg and then play number 31.

Slow

8

9

10

Slow

11

Slow

12

p 1 — 2 — 3 — 4 — 5 — 6 — 7 — 1

mf 1 — 2 — 3 — 4 — 5 — 6 — 7 — 6

1 — 2 — 3 — 4 — 5 — 6 — 7 — 1

Slow

13

p 1 — 2 — 3 — 4 — 5 — 6 — 7 — 1

1 — 2 — 3 — 4 — 5 — 6 — 7 — 1

1 — 2 — 3 — 4 — 5 — 6 — 7 — 1

14

mf 1 — 2 — 3 — 4 — 5 — 6 — 7 —

f 1 — 2 — 3 — 4 — 5 — 6 — 7 —

p 1 — 2 — 3 — 4 — 5 — 6 — 7 —

pp 1 — 2 — 3 — 4 — 5 — 6 — 7 —

LOW AND SLOW

15

Andante

13

31

Do not force the sound or move the slide to adjust the intonation. Practice with no stress. Take it easy.

30 f 100 /

7 Pos.

Continue

Slow Susto
3 2 3 2 3 2
Slow Intervals

SLOW AND LONG

very slowly-when breathing, please repeat note after breath



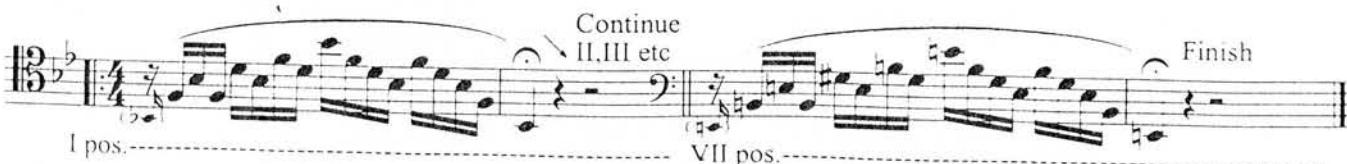
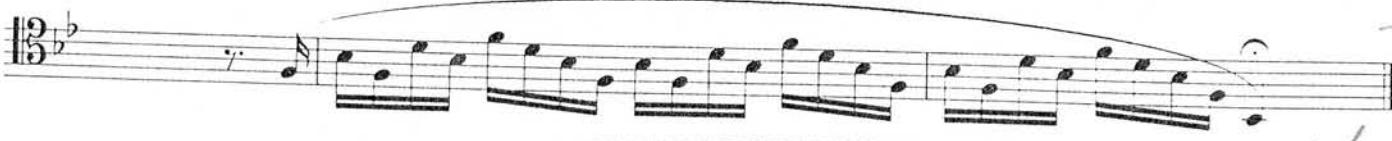
PUNTO ANCORA

SORRIDI

SORRIDI

Flexibility Exercises

135 =



AGGIUNGA

110 = P

70/80 = P

Scale Exercises for Relaxation and Descending
Play these legato

Legato

70/60 = P

Slurs Descending

NO bolle NO FRU NO GLISS only legato

NON STRICCIARE TASSO APPS e violare le note e le simboli no

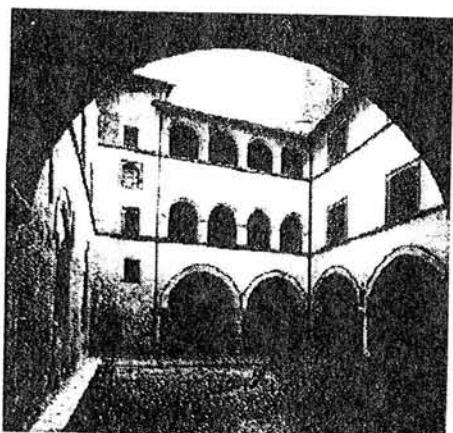
Estensione

Arpeggio

i più grandi benefici vengono quando
ai momenti di un tempo scivolano

Play these legato

Continue To B₂



NON Beccore

75 = p

Chromatic Scales

RAPID ATTACK?



LOW AND SLOW

Exercise the jaw. In a detached style slowly without hammering the lower note.

60 ~~80~~ = p

Anchor Point

NON FOURCHE MAI non spre zitto

L'ARIA SLOW AND LOW

Ped crescendo mai open

Pedal down on Bells CNEE!!