

## **Albany Marine Band Warm-up Routine**

- ❖ Our routine increases breathing, playing, marching and physical abilities in one series of activities.
- ❖ A daily re-enforcement routine for any instrumental ensemble, or ability level.
- ❖ Similar to Japanese businesses using calisthenics or group activities to motivate workers prior to workday.
- ❖ Enhances abilities.
- ❖ Builds group cohesion.
- ❖ Re-enforces basic skills to carry over into subsequent rehearsals.
- ❖ Builds physical strength needed to complete any musical task.
- ❖ Can be used as a complete set, or in part.

### **Breathing**

- ❖ Re-enforcement of good breathing habits.
- ❖ Strengthens abdominal muscles used by musicians.
- ❖ Helps meet musical phrasing needs.

1. Open Air (Open mouth and throat making no sound while inhaling)
  - Inhale as much air as possible in ten short, staccato-like breaths.
  - Exhale using steady air stream, accenting on beats for ten counts.
  - Do ten times.
2. Resisted Air (Push air out using abdominal muscles)
  - Same as Open Air, except exhale with a hissing sound creating more resistance.
3. Expanded Lungs
  - Conductor gives preparatory beat as if playing.
  - Inhale as much as possible.
  - Take in more air in “sips” until you can’t hold any more.
  - Stretch arms up and move upper body side to side expanding the ribcage.
  - Sip more air and hold it.
  - Conductor cues exhale; push all air out as quickly as possible.
  - Do exercise twice.

### **Playing**

- ❖ Apply the breathing techniques discussed above.
- ❖ Breath deep pushing air out, even after losing the tone of the note.
- ❖ Balance the sound, listen and tune as dynamics change.
- ❖ All references are concert pitch.

1. Remington's (Each two chord set done in one breath)
  - B flat major chord, pianissimo.
  - On conductor's guidance, crescendo evenly to fortissimo.
  - Decrescendo evenly to pianissimo on A major chord (If pitch is lost, continue exhaling until completely out of air).
  - Then B flat major to an A flat major chord.

- B flat major to a G major chord.
  - Continue down chromatically at the conductor's discretion.
2. “What Not” Chords (Use staggered breathing)
- First chair players hold B flat the entire exercise.
  - Remaining instruments play balanced E flat major chord.
  - Conductor moves chord down chromatically to B flat major chord.
  - Conductor also randomly uses crescendo and decrescendo.
  - Can be played using minor chords as well.
3. Suspension Chords
- Instrumentalists play F, B flat, and C.
  - Conductor resolves the chord by moving the B flat down a half step.
  - Conductor then moves the F and C down a half step.
  - Conductor continues to alternate between groups until C chord is reached.
4. Maggio's (Use travel tap for tempo)
- Concert Band (Indoor)
    - Start on B flat scale.
    - Pulse downbeats to steady tempo.
    - Continue scales up chromatically through one octave.
    - Major or Minor scales with the “DI”, “DA”, or “DU” syllables.
    - Balance and intonation with Bach Chorales.
  - Marching (Outdoor)
    - Start on B flat scale.
    - Pulse downbeats to steady tempo.
    - Continue scales up chromatically through one octave.
    - Major or Minor scales with the “TI”, “TA”, or “TU” syllables.
    - Marking time while playing.
5. Circle of Fifths (Weak side)
- Start on B flat major scale (minor scales may be substituted if majors are accomplished).
  - Move through the Circle of Fifths scales.
  - Hold the final note at the conductor's discretion.

### Marching (Outdoor Only)

- ❖ Re-enforcement of areas needing constant attention.
- ❖ Improves foot placement on beat.
- ❖ Helps to decrease fazing.
- ❖ Enhances peripheral vision.
- ❖ Directly transferable to field drill.

1. Mark Time (Use travel tap for tempo)

- Drum Major gives mark time.
- Pay strict attention to:
  - a. Foot placement on the beat.
  - b. Upper body stability.
  - c. “Creeping” in any direction.

2. Mark Time Plus

- Same as exercise one, except play the circle of fifths in major.
- Use the same pattern as described in playing exercise four.