

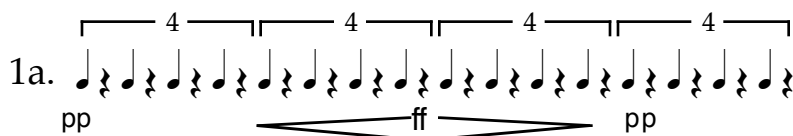
# Long Tones

## (Note Formation Exercise)

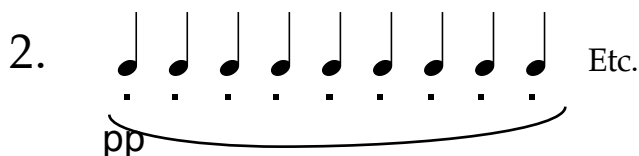
Always practice your long tones with a metronome at quarter note = 60 and with a tuner. In this exercise PP means as softly as possible and FF means as loudly. The goal is to expand your tonal and dynamic range every time you practice. There are only two rules: You must be with the metronome and you must be in tune. The dynamics are variables to be expanded from day to day depending on you and your reed.

1.  Etc.  
pp

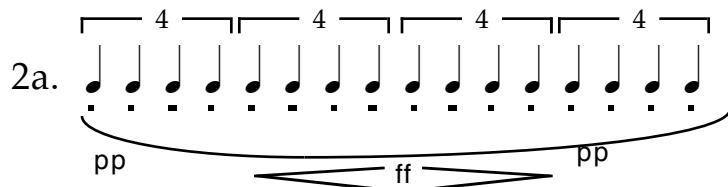
1. Play alternating quarter note, quarter rest with as soft an attack, release and duration as possible. Make sure you are right with the metronome and in tune.

1a.   
pp ff pp

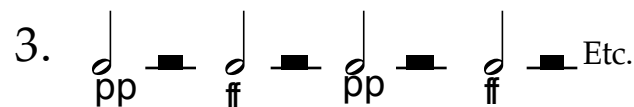
1a. Play four notes of PP, four notes of crescendo to FF, four notes of diminuendo to PP, and four notes of PP.

2.  Etc.  
pp

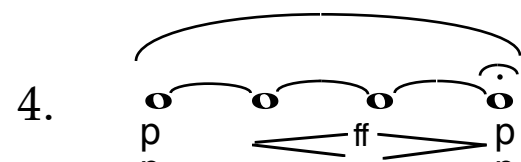
2. Play a series of quarter notes as softly as possible with as light and long an articulation as possible.

2a.   
pp ff pp

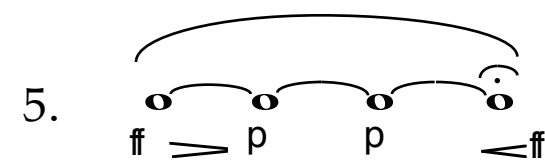
2a. Play four notes of PP, four notes of crescendo to FF, four notes of diminuendo to PP, and four notes of PP.

3.  Etc.  
pp ff pp ff

3. Alternate half-notes/half-rests at the extremes of your dynamic range to set your dynamic levels. Be very careful of the pitch.

4.   
p ff p

4. The whole notes in steps 4 and 5 are to be interpreted as segments of equal length. Play the first segment as softly as possible, the second with a perfectly measured crescendo to as loudly as you can play, the third with a perfectly measured decrescendo to as softly as you can play, and the fourth another segment of PP. A fermata is added in case you have air left over. If you do have air remaining in steps 4 and 5, add one beat to each segment. Always try to expand the duration of steps 4 and 5.

5.   
ff p ff

5. Start the first segment as loudly as possible and immediately start a perfectly measure diminuendo. The second and third segments are both PP and the fourth a perfectly measured crescendo to FF. A fermata is added in case you have air left over. If you do have air remaining, add one beat to each segment.