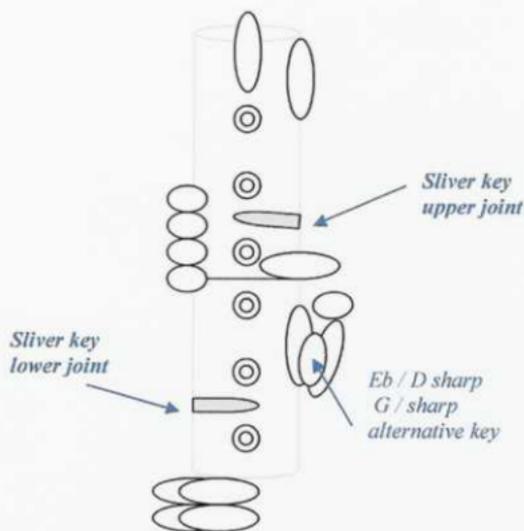


Create a daily warm-up that exercises as many techniques as possible in a short space of time.



If you have a personalised warm up that you have memorised, it will prevent you from simply blowing mindlessly and wasting effort. If you have an alternate G sharp / Eb / D sharp key - make sure you incorporate regular exercise for this key into your warm up. Concentrate on improving the warm up every time you start a practise session. If warming up prior to an orchestral rehearsal, do not waste time and effort - take only the physical warm ups and long notes plus the chromatic and staccato elements of the above. This takes only a few minutes and concentrates on disciplined techniques. Use music at site daily to improve sight reading, aural and transposition.

MEMORISE THIS WARM UP (30 minutes approx.)

To begin, do some gentle stretching and physical warm-ups as recommended in the "Athletic musician".

1. Long notes – I suggest a minimum 5-10minutes daily.
2. Slow scales played to a tuning machine, for ear training. (Try to include major, minor; whole tone scales as well as diminished sevenths and broken arpeggios - as your pupils advance introduce scales in thirds and possibly fourths and fifths and octaves.)
3. Staccato studies – the one in this book is recommended but follow the instructions very carefully. Staccato studies by Kell are also recommended.
4. Chromatic warm up. I suggest in addition to using the side keys when practising this, the "Sliver Keys" are used (these keys are rarely used by players these days). These keys were used much more by players of the Simple or Albert system clarinet on which I learned as a child. I find that they facilitate many difficult passages. Try to memorise this study and use it as a standard warm up with the staccato exercise every time you begin playing in a practise session or rehearsal. I often use these as my warm up for orchestral rehearsals; they take just a few minutes each day, start slowly and only do as much as you can play comfortably. The studies become quite difficult so play them slowly and carefully.