

A warm-up exercise for every day

Play the following exercise every day. Make the notes as long as possible and take an equally long time over the rests. Take as long as you can and relax properly between notes.

Once you have memorised this exercise, play it with your eyes closed, so all you are aware of is the sound you are making.

Open your throat as you breathe in. Breathe out with warm air ...

Relax ... wait ... wait some more, then slowly breathe in ...

Remember to 'steam up' the inside of your saxophone ...

Relax again. Never be impatient. How about closing your eyes?



Getting lower. Open your throat a bit more if you can ...

Wait ... wait ... wait ...

Try to make the C come out first time.

Relax ...



Have another go. Big throat. Relaxed bottom lip ...

Relax ... last go ...

Keep relaxed. Push the air through ... longer ... longer ...

... and rest. Take a two-minute break, then do the rest of your practice.

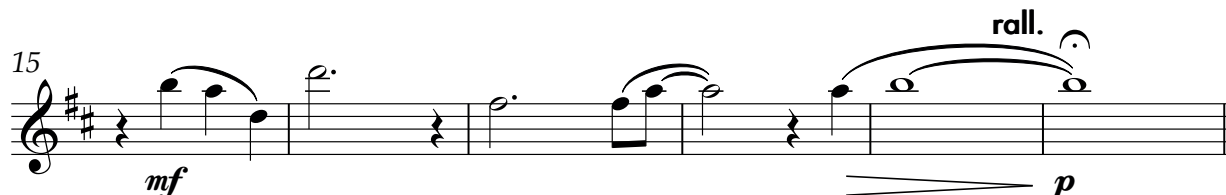


Working on your low notes really improves your tone throughout the whole range of the saxophone. Do this exercise every day, and very soon you will notice your tone is louder, steadier and richer in character.

23 Slo-mo


Here is a slow tune to play over backing track 23. The notes and rhythms are not hard, so you can concentrate on your tone. You must relax your mouth during all the rests – no breathing in through your nose!


Slow bossa nova (straight 8s) ♩ = 90



62 63 Fog On Frith Street 


Slow bossa ♩ = 100

Intro 4  **Head**




mp

9





mf

13



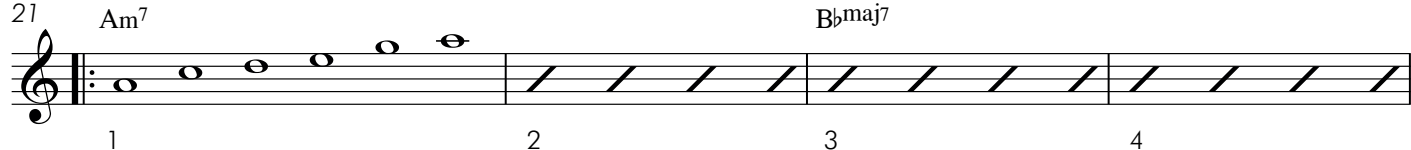
17



To Coda 


Solo section

21 *Am*⁷ *B^bmaj*⁷



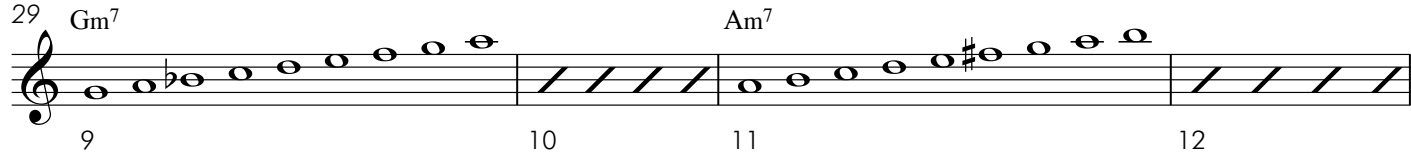
1 2 3 4

25 *Am*⁷ *B^bmaj*⁷



5 6 7 8


29 *Gm*⁷ *Am*⁷



9 10 11 12

After solo, D.S. (no repeat) al Coda

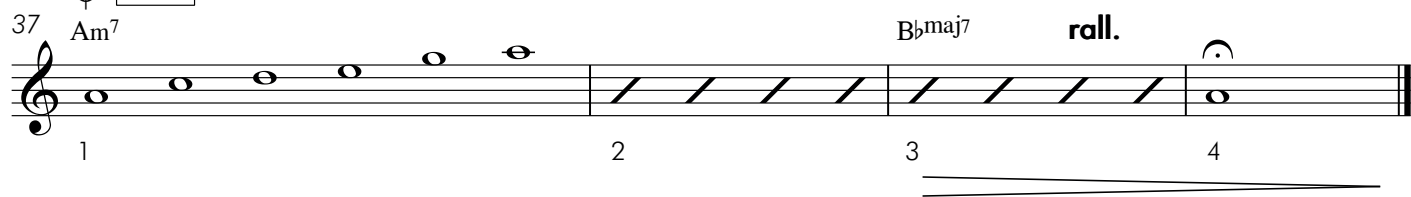
33 *Gm*⁷ *E⁷(^b9/^b13)*



13 14 15 16

Coda

37 *Am*⁷ *B^bmaj*⁷ **rall.**



1 2 3 4