



Band Virtual Learning

High School Band

May 4th, 2020



High School Band
Lesson: May 4th, 2020

Objective/Learning Target:

Students will learn some more breathing exercises

Let's Get Started with a Quick Review:

Let's first do the breathing exercises we have already learned.



Review : Breathing Exercises

1. Start with checking your posture while seated in a chair. If it is possible, position yourself in front of a full-length mirror.
2. Take a deep breathe and hold for 4 counts
3. Next, sizzle out the air for 4 counts.
4. Repeat the same exercise but increase the amount of counts 8,12,etc.
5. It is important to sizzle your air for the same amount of counts that you held it for, one solid continuous sizzle.

Click [HERE](#) for a video explanation!



The Breathing Gym

Sam Pilafian and Patrick Sheridan developed this versatile recipe of stretches, flow studies, breathing patterns, and strength and flexibility exercises are all presented in a fun, clear format that would work equally well in a private lesson situation or group rehearsal setting. Through careful exercises, Sam and Patrick take you through every step along the way that you'll need to producing a larger, deeper, fuller tone on your instrument!



Meet The Guys!

In the introduction of the video you will get a look at the fun way that these two gentleman are going to present these exercises. The time will be given where each exercise begins and ends. A link will be provided on each page.

[The Breathing Gym](#)



Warm up #1, #2, & #3

Warm up # 1 begins at [2:05](#)

Warm up # 2 begins at [5:38](#)

Warm up #3 begins at [9:28](#)



Tone #1, #2, & #3

Tone #1 begins at [15:07](#)

Tone #2 begins at [19:42](#)

Tone #3 begins at [23:18](#)



Extra Learning Opportunities

There are 3 other sections of the breathing gym that build upon what you did in the first video.

[Breathing Gym #2](#)

[Breathing Gym #3](#)

[Breathing Gym #4](#)



Great Players!

Check out what type of world class players Patrick and Sam are. Unfortunately Sam passed away a couple of years ago, but his body of work still lives on.

[Patrick Sheridan](#)

[Sam Pilafian](#)



Band Virtual Learning

High School Percussion

May 4th, 2020



High School Percussion Lesson: May 4th, 2020

Objective/Learning Target:

Students will learn about one of the most iconic themes in cinematic history and will be given the opportunity to play it.



Introduction:

Why is today (May 4th) special???

Click [HERE](#)

One of the Most Iconic Themes:



Break It Down:





Break It Down:

Intro

Length: 0:00 - 0:08

Mood: Excitement

Primary Instruments: Brass

Like a mainstream hit, the intro clocks in close to 10 seconds. After the 20th Century Fox Fanfare, *Star Wars* opens with orchestral fanfare of its own that -- even in 8 seconds -- previews the film's central storyline of this heroic (Luke), adventurous (Han) and regal (Leia) battle against a military foe.



Break It Down:

A Section Part I

Length: 0:08 - 0:26

Mood: Heroic, Adventurous

Primary Instruments: Brass

Following the opening fanfare of the intro, the *Star Wars* main title heads directly into the A section, its equivalent of a chorus. This is similar to how mainstream hits increasingly forgo a verse before the first chorus. The K.I.S.S. Principal (Keep It Simple and Singable) that works in pop choruses applies to the *Star Wars* main title's A section (only in this case "keep it hummable" is more appropriate).



Break It Down:

A Section Part I

In the A section, rhythmic and melodic repetition abounds, with each independent melodic segment being short enough (4 to 5 notes) to encourage immediate impact and memorability. Additionally, hit songs employ "clever WOW factors" that accentuate the melody and make the song more memorable. The *Star Wars* theme has two in the A section:

- 1) Melodic Leaps
- 2) Coming Together



Break It Down:

A Section Part I

1) Melodic Leaps

Prior to the brass instruments hitting those massive notes of victory, the melody descends down the scale for a few notes -- so when it reaches the high notes, we notice a "pronounced sense of heroism through strong melodic leaps."



Break It Down:

A Section Part I

2) Coming Together

At the end of each melodic phrase, the orchestra unites to play the final notes together, emphasizing "a grand sense of power" as each instrument joins forces. This ties into the movie's theme of suddenly coming back together (i.e., Han Solo returning to help Luke on the Death Star run) to achieve great goals.



Break It Down:

B Section

Length: 0:26 - 0:40

Mood: Compassionate

Primary Instruments: Strings

The B section, like the bridge to a mainstream pop hit, switches up the feeling and pace of the theme. The heroic brass punctuations of the A section are replaced by sentimental, compassionate strings in the B section. There's more notes here and they last longer, which provides a rhythmic variance from the quick-paced A/chorus section. Even within this section, repetition occurs to maximize hummability.



Break It Down:

C Section

Length: 0:40 - 0:48

Mood: Excitement

Primary Instruments: Brass and strings

Like the pre-chorus that ushers in the return of a chorus in a mainstream hit (78 percent of top 10 hits have a pre-chorus), the C section of the *Star Wars* main title serves to "ramp up the excitement factor via fanfare/brass instrumentation." Unlike the opening intro fanfare, this also features strings, providing consistency from the B section to the return of the A section.



Break It Down:

A Section Part II

Length: 0:48 - 1:06

Mood: Heroic, Compassionate, Victorious

Primary Instruments: Brass and strings

When the A section returns to close out the main title, it's similar to the final chorus in a pop song: The melody repeats, but with the energy level at a new peak.

Also, the background instrumentation is changed up to provide additional interest. In the case of *Star Wars*, this means not only does the brass of the A Section I return, but strings carry over from the B and C sections, melding the heroic mood with the compassionate tone of the B section.

Practice:

Mallet sight reading is still a primary focus for improvement for all ISD Percussionists in all grade levels. So, to keep with our theme for the day, here is a great melody to sight read:





May the 4th
Be With You!!!!!!