



Band Virtual Learning

# High School Band

April 20th, 2020



High School Band  
Lesson: April 20th, 2020

**Objective/Learning Target:**

Students will add elements to their daily warm-up routine.

**Let's Get Started with a Quick Review:**

Let's do our breathing exercises, Remington Studies and some scale work!



# Review:

First let's do some 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!



# Review:

## Good Warm up routine should include:

Breathing exercises

Long Tone (April 6th lesson) - Remington Study

Scales - (April 13th lesson) Let's do - B flat concert, E flat concert, A flat concert, and F concert. You pick your own articulation pattern.



## New: Flow Studies

Flow studies are something else we can add to our daily practice routine. They are great for working on air support and tone throughout the full range of your instrument. They are written for all instruments and move down chromatically. As always if you are unsure on fingerings, there is a fingering chart on the last page of this lesson. Double check your enharmonics.

Click for the [Cichowicz Flow Studies](#). Use the table of contents to find the pages for your instrument!



## Practice:

1. See how you do with the Cichowicz flow studies.
2. For extra practice that is fun and different, you can also visit the [John McCallister Music](#) website with many play along exercises. Pick the key of your instrument and play along. The exercises are great for fundamental technique. Check out the articulation exercise!



If you are unclear on fingerings you can look them up in your book or go to the following link:

[Fingering Charts](#)

**Go Forth and Practice!!**



**Band Virtual Learning**

**8th Grade Percussion**

**April 20th, 2020**



## 8th Grade Percussion Lesson: April 20th, 2020

**Objective/Learning Target:**  
Students will add paradiddle-diddles to  
their daily warm-up routine.



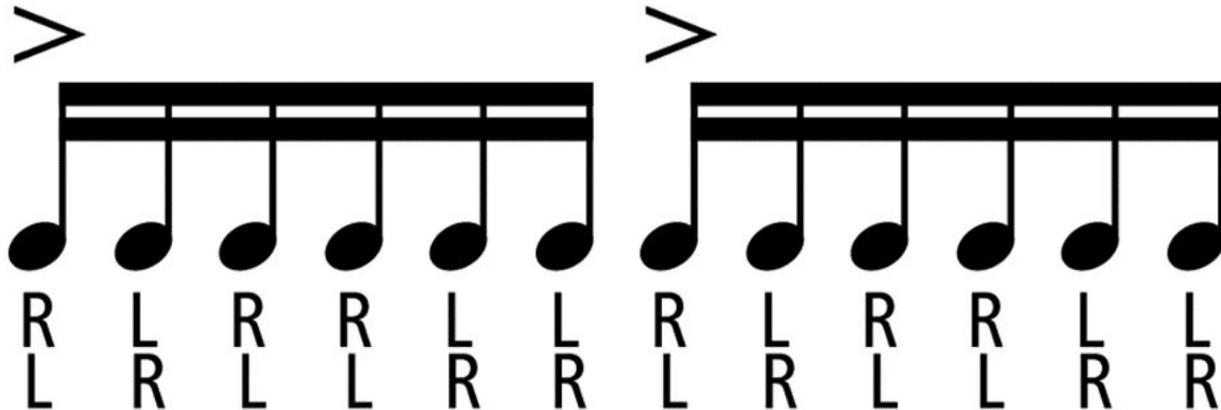
## Review:

Remember that with the diddle rudiment names:

1. “Para” refers to two alternated single-strokes, as in a “pair of” singles
2. “Diddle” refers to two notes in a row on the same hand (double stroke)
3. So a paradiddle is RLRR or LRLR
4. A double paradiddle (double para and a diddle) would be RLRLRR or LRLRLR

# Paradiddle-diddle

As the name suggests, this rudiment is a paradiddle with another diddle added to it look like:





# Practice:

Go to the paradiddle-diddle practice page of the Vic Firth website found [HERE](#).

1. Watch the videos by Dr. John Wooten, a world famous percussionist (yes, he plays with traditional grip, but don't pay attention to that!)
2. Practice paradiddle-diddles with the tracks working from bronze level up as high as you can! Make sure you practice both starting with the right hand AND starting with the left hand.
3. Scroll down farther and try the application exercise as well. It is in 6/8 time, but you will get it just fine if you listen to it for a while.



## Practice: Add Paradiddle-diddles to your routine

1. Make sure you start and end with correct playing position
2. Use a metronome starting at 80 beats per minute and move it up in increments of 10 as you are able to do so (I usually turn on the 8th note subdivision). You could also play along with songs on the radio or with your other favorite music!

Free online metronome [HERE](#)

3. Add this new rudiment to your pyramid warm-up routine (Single Strokes, Double Strokes, Paradiddles, Flams, Flam Taps, Flam Accents, and Double Paradiddles). These can also be played in the quarter-eighth-sixteenth-eighth-quarter pyramid, but you might want to just start with quarters and eighths.



## Additional Warm Up Thoughts:

Each Monday we will have more warm up exercises for you to put into your daily routine to help you stay in shape on your instruments!!

Keep working to play with the BEST technique possible!

Try your best to set aside time EVERY DAY for at least 15 minutes of practice. The skills we have learned will be lost if we don't continue working and refining them!!