Another ABC Presentation

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A More Effective Middle School Band Warm Up

Practical Application #3
Warm Ups designed for the Big Rapids Middle School Band Program

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July 2011
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* Rudimentary exercises follow the mallet parts in each key.
Big Rapids Middle School Bands

Circle of Fourths - Mallets

Flats

C - F - Bb - Eb - Ab

or

or

or

Sharps

Db - Gb - Cb

E - A - D - G - C

C# - F# - B

Concept based on Ed Lisk's "Creative Director Series" pub. by Meredith Music.

SOPRANO
Piccolo - 0
1st Flute - 0
1st Oboe - 0
1st Clarinet - 2
1st Trumpet - 2
Bells - 0

ALTO
2nd Flute - 0
2nd Oboe - 0
2nd/3rd Clarinet - 2
Alto Sax - 3
2nd/3rd Trumpet - 2
1st/2nd Horn - 1
Vibes/Xylophone - 0

TENOR
Tenor Sax - 2
3rd/4th Horn - 1
Trombone - 0
1st Euphonium - 0
Low Xylophone - 0

BASS
Bassoon - 0
Bass Clarinet - 2
Bari Sax - 3
2nd Euphonium - 0
Tuba - 0
Marimba - 0
C Parts - Low

Chromatic Exercises

1 Chromatic Low

2 Remington Low

3 Remington High

4 Remington Low 2

5 Chromatic Scale Up

Chromatic Scale Down

6 Bb Chromatic Scale

7 Ab Chromatic Scale
C Parts - Low

B-flat Concert

A Major Scale

B Relative Minor Scale

C Flow Style

D Finger Flips, Lip Tricks

Finger Flips, Lip Tricks - LV 2

Finger Flips, Lip Tricks - LV 3

Finger Flips, Lip Tricks - LV 4
Finger Flips, Lip Tricks - LV 5

Twister! E

Twister! - LV 2

Thirds F

Triplets G

I IV I V I vi ii V V7 I

Chords (pick one) Chords - LV 2 H

I ii7 V7 III7 vi I IVmaj7 iiø7 V7 I9(add6)
**Rudiment**

**B-flat Concert**

- **Major Scale - Flam**
  (Small note is UPSTROKE, big note is DOWNSTROKE)

- **Relative Minor Scale - Paradiddle**

- **Flow Style - Drag (Ruff)**

- **Finger Flips, Lip Tricks**
  (Use NATURAL and TAP strokes for this exercise)

- **Finger Flips, Lip Tricks - LV 2 - Flam Paradiddle**

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Rudiment

**F** Thirds - Flam Tap

**G** Triplets - Flam Accent

**H** Chords (pick one)  
**I** Special VII - Soprano

(Play on a mallet instrument for Chords and Specials)
A-flat Concert

A Major Scale

B Relative Minor Scale

C Flow Style

D Finger Flips, Lip Tricks

Finger Flips, Lip Tricks - LV 2

Finger Flips, Lip Tricks - LV 3

Finger Flips, Lip Tricks - LV 4
Rudiment

A-flat Concert

**A** Major Scale - Flam
(Small note is UPSTROKE, big note is DOWNSTROKE)

**B** Relative Minor Scale - Paradiddle

**C** Flow Style - Drag (Ruff)

**D** Finger Flips, Lip Tricks (Use NATURAL and TAP strokes for this exercise)

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Rudiment

F  Thirds - Flam Tap

G  Triplets - Flam Accent

H  Chords (pick one)

I  Special XXXVII - Soprano

J  Special LXXXII - Soprano

(Play on a mallet instrument for Chords and Specials)
C Parts - Low

Special XII - Soprano

Alto

Tenor

Bass
C Concert

**Major Scale - Flam**
(Small note is UPSTROKE, big note is DOWNSTROKE)

**Relative Minor Scale - Paradiddle**

**Flow Style - Drag (Ruff)**

**Springboard and Bungee - Drag (Ruff)**

**Springboard and Bungee - LV 2 - Flam Tap**

(play like this whenever you see a roll)
C Concentration - UP (LV 2 - Combine with DOWN)

C Concentration - DOWN

Twister! - Triple Paradiddle

Twister! - LV 2 - Triple Paradiddle

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G Thirds - Flam Tap

Triplets - Flam Accent

Chords (pick one) Special XII - Soprano

(Play on a mallet instrument for Chords and Specials)
Rudiment

**E-flat Concert**

**A** Major Scale - Flam

(Small note is UPSTROKE, big note is DOWNSTROKE)

```
\[ \text{ Roll} \]

```

**B** Relative Minor Scale - Paradiddle

```
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**C** Flow Style - Drag (Ruff)

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**D** Springboard and Bungee - Drag (Ruff)

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**Springboard and Bungee - LV 2 - Flam Tap**

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Eb Concentration - UP (LV 2 - Combine with DOWN)

Eb Concentration - DOWN

Twister! - Triple Paradiddle

Twister! - LV 2 - Triple Paradiddle

Rudiment
F Concert

A Major Scale

B Relative Minor Scale

C Flow Style

D Springboard and Bungee

Springboard and Bungee - LV 2
C Parts - Low

F Concentration - UP (LV 2 - Combine with DOWN)

F Concentration - DOWN

Twister! - LV 2

Twister! - LV 3

Chords (pick one) Chords - LV 2

Chords - LV 3

Chords - LV 4

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Rudiment

**F Concentration - UP (LV 2 - Combine with DOWN)**

**F Concentration - DOWN**

**Twister! - Triple Paradiddle**

**Twister! - LV 2 - Triple Paradiddle**

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Rudiment

**G** Thirds - Flam Tap

**Triplets - Flam Accent**

**Chords (pick one)**

**Special LXXXVII - Soprano**

*(Play on a mallet instrument for Chords and Specials)*

***Alto***

***Tenor***

***Bass***

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Rudiment

**D-flat Concert**

**A. Major Scale - Flam**

(Small note is UPSTROKE, big note is DOWNSTROKE)

**B. Relative Minor Scale - Paradiddle**

(Play like this whenever you see a roll)

**C. Flow Style - Drag (Ruff)**

**D. Springboard and Bungee - Drag (Ruff)**

**Springboard and Bungee - LV 2 - Flam Tap**
**E** Db Concentration - UP *(LV 2 - Combine with DOWN)*

Db Concentration - DOWN

**F** Twister! - Triple Paradiddle

Twister! - LV 2 - Triple Paradiddle

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