

JEFFERSON DAILY ROUTINE 2023

TIME	MATERIAL
(2 mins)	Breathing, Buzzing *Goals: Warming up body and making connection with brain and buzz (pitches)
(2 mins)	LONG TONES Remington, etc. *Goals: ZEN out.. Focus on stability of corners and centered tone
(10 mins)	Lips Slurs Earl Irons, Remington, Edwards, Marsteller, etc. *Goals: Smooth Transitions, Steady Air Flow
(12 mins)	Scales and Arpeggios Major, minor, Melodic min, Diminished, Altered Scales etc. Patterns: 3rds, Digital Patterns *Goals: Steady 8 th Notes, Keeping sound consistent throughout full range of instrument
(8 mins)	Studies or Etudes in DEFAULT OR DETACHED style Arbans, Blazhevich, etc. *Goals: Evenness of articulation and appropriate articulations, Musicality
(10 mins)	Studies or Etudes in LEGATO style Vocalises, Shedecor, Fink, Jazz Ballad etc. *Goals: Focus on QUALITY OF SOUND, Smooth Connection, Musicality
(14 mins)	Jazz Etudes/Transcriptions Curtis Fuller, JJ Johnson, Steve Davis, Clifford Brown, etc. *Goals: Practice sight reading, playing different styles and getting jazz language under slide
(1 min)	Tongue Speed Exercise Concert (F), 2 beats of 16 th notes rest two beat repeat. Play for 1-minute - Increase by 4-6 bpm each week *Goals: increase consistency and tongue speed. <i>Tongue rides the AIR</i>
(1 min)	Warm-Down

*Keep metronome markings for each section. "Anything we can put a number on we can improve."

For more information contact me at:
josephljefferson.com