

# Welcome to the Butler University Marching Band.

This is our “Preseason Technique Training Program” for 2012. Your success, and consequently the band’s success, will depend on your commitment to the program.

If you have any questions please call or write the band office at 317-940-9876 or [dmccullo@Butler.edu](mailto:dmccullo@Butler.edu)

## **Please read the following helpful hints and reminders:**

- Make sure that all exercises are played with a full and rich tone quality, at the correct tempo, with correct dynamics and articulation.
- Use a timer to maximize your workout. Do these exercises daily, or at a minimum, 5 times in seven days.
- Use a metronome so that the exercises are performed at the appropriate tempo. If you don’t have one, free metronomes can be found at - <http://www.metronomeonline.com/>
- All of the exercises should be performed while standing up with appropriate posture.
- If you become dizzy or lightheaded during the breathing exercises, either bend over at the waist or breath through your nose.
- Choose the part that is most comfortable to you.

## **Follow this schedule and GO DAWGS!**

Segment 1 (now through July 8) - Do the 15 minute daily workout  
Segment 2 (July 9 - July 29) - Do the 30 minute daily workout  
Segment 3 (July 30 - August 15) - Do the 45 minute daily workout

**On August 16<sup>th</sup>, come to campus ready to go!**



## The 15 Minute Daily Workout

<p style="text-align: center;"><b>Breathing</b></p> <p>Objective: Powerful &amp; Consistent Air Stream</p>	<p style="text-align: center;"><b>3 minutes</b> (Power Breathing) <b>Quarter Note = 92</b></p> <p style="text-align: center;">8's (In for 8, Out of 8), 4's (In for 4, Out for 4), 2's (In for 2, Out for 2), 1's (In for 1, Out for 1) ; 2 repetitions of each</p>
<p style="text-align: center;"><b>Playing Technique</b></p> <p>Objective: Good Tone Quality with Correct Articulation, Dynamics, &amp; Phrasing</p>	<p style="text-align: center;"><b>7 minutes</b></p> <p style="text-align: center;">Long Tones, Vol. 1, Exercises 1, 2, OR 3 AND Lip Slurs, Vol. 1, Exercise 6 OR Vol. 2, Exercise 5 AND Articulation, Vol. 1, Exercise 10</p>
<p style="text-align: center;"><b>Music</b></p> <p>Objective: Learn the "Butler War Song."</p>	<p style="text-align: center;"><b>5 minutes</b></p> <p style="text-align: center;">Look over the part you wish to play to the "War Song." Listen to recordings at the slowest tempo. (These can be found in the "Winds" folder of this site.) Concentrate on, and break down to clean, any portion of the song giving you problems.</p>

## The 30 Minute Daily Workout

<p style="text-align: center;"><b>Breathing</b></p> <p>Objective: Powerful &amp; Consistent Air Stream</p>	<p style="text-align: center;"><b>6 minutes</b> (Power Breathing) <b>Quarter Note = 92</b></p> <p style="text-align: center;">8's (In for 8, Out of 8), 4's (In for 4, Out for 4), 2's (In for 2, Out for 2), 1's (In for 1, Out for 1) ; 2 repetitions of each. AND In for 3 counts, Out for 1 ; 6 repetitions of each AND Out for 3 counts, In for 1 ; 6 repetitions of each</p>
<p style="text-align: center;"><b>Playing Technique</b></p> <p>Objective: Good Tone Quality with Correct Articulation, Dynamics, &amp; Phrasing</p>	<p style="text-align: center;"><b>14 minutes</b></p> <p style="text-align: center;">Long Tones, Vol. 1, Exercises 1, 2, AND 3 AND Lip Slurs, Vol. 1, Exercise 6 AND Vol. 2, Exercise 5 AND Articulation, Vol. 1, Exercise 10 AND Dynamic, Vol. 2, Exercise 9 AND Check Patterns, Choose Original Pattern and 2 Variations</p>
<p style="text-align: center;"><b>Music</b></p> <p>Objective: Play the "Butler War Song" and begin to learn "Butler Varsity."</p>	<p style="text-align: center;"><b>10 minutes</b></p> <p style="text-align: center;">Listen to recordings of "War Song" at the medium tempo. Concentrate on, and clean any portion of the song still giving you problems. Work so that you can play half of this song, or more, from memory at the medium tempo. Look over the part you wish to play to "Butler Varsity." Listen to recordings at the slowest tempo. Concentrate on, and clean, any portion of the song giving you problems.</p>

## The 45 Minute Daily Workout

<p style="text-align: center;"><b>Breathing</b></p> <p>Objective: Powerful &amp; Consistent Air Stream</p>	<p style="text-align: center;"><b>6 minutes</b> (Power Breathing) <b>Quarter Note = 92</b>              8's (In for 8, Out of 8), 4's (In for 4, Out for 4),              2's (In for 2, Out for 2), 1's (In for 1, Out for 1) ; 2 repetitions of each.              AND              In for 3 counts, Out for 1 ; 6 repetitions of each              AND              Out for 3 counts, In for 1 ; 6 repetitions of each</p>
<p style="text-align: center;"><b>Playing Technique</b></p> <p>Objective: Good Tone Quality with Correct Articulation, Dynamics, &amp; Phrasing</p>	<p style="text-align: center;"><b>19 minutes</b></p> <p style="text-align: center;">Long Tones, Vol. 1, Exercises 1, 2, AND 3              AND              Lip Slurs, Vol. 1, Exercise 6 AND Vol. 2, Exercises 5 &amp; 6              AND              Articulation, Vol. 1, Exercises 8, 9 &amp; 10              AND              Dynamic, Vol. 2, Exercise 9              AND              Check Patterns, Choose Original Pattern and 5 Variations</p>
<p style="text-align: center;"><b>Music</b></p> <p>Objective: Play the "Butler War Song" and "Butler Varsity."</p>	<p style="text-align: center;"><b>20 minutes</b></p> <p>Listen to recordings of "War Song" at the performance tempo. Work so that you can play half of this song, or more, from memory at the performance tempo, and all of it at the medium tempo.              Listen to recordings of "Butler Varsity" at the medium tempo. Work so that you can play half of this song, or more, from memory at the medium tempo.</p>

