

Daily Routines for the Active Community Musician

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The Goals

- Improve
- Maintain
- Perform

Goals Determine Type of Routine

- IMPROVEMENT ROUTINE
- MAINTAIN ROUTINE
- PLAYING ROUTINE

The Categories

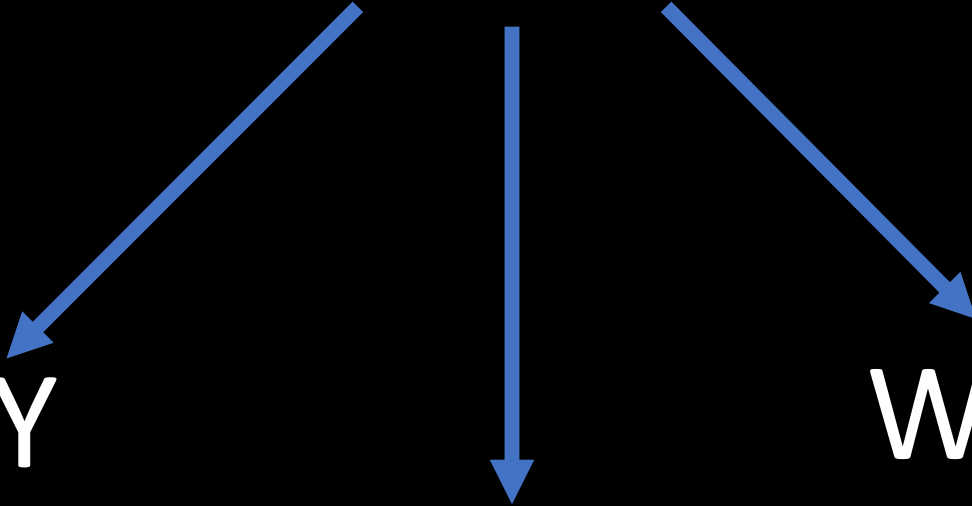
- Production
- Motion
- Valve Coordination
- Articulation

Category

WHY

WHAT

HOW



Define Your Goals

- Improve
- Maintain
- Play

Goals Must Match Playing Time

**IN ANY PRACTICE SESSION YOUR GOALS
MUST MATCH YOUR PLAYING TIME.**

Sample Week

• Monday	5 Minutes	Goal: Maintain
• Tuesday	No Time	Goal: N/A
• Wednesday	Band Rehearsal	Goal: Play/Learn Other
• Thursday	45 Minutes	Goal: Improve
• Friday	15 minutes	Goal: Maintain
• Saturday	Hour	Goal: Improve
• Sunday	Play at Church	Goal: Play

- The best strategy when creating a routine that works best for you is to think about your goals and match them with your playing time.
- If you're thinking I only have 15 minutes "I can't get to everything" – you might be right...but you can get to all the categories...if you prioritize the right way.

Sample 15 Minute Routine – (Maintain)

- Long Tones: 6 notes at 8 seconds each – 2 minutes – (Production)
- Bending: 8 notes at 8 seconds – 2 minutes – (Production)
- Flow Study – Cichowicz First Study – 2 Minutes – (Motion)
- Flexibility – Schlossberg #18 – 2 Minutes – (Motion)
- Chromatic Scales: Two Octaves G-G – 3 minutes (Valve Coordination)
- Single Tonguing: Arban # 29 – 2 minutes (Articulation)
- Double Tonguing: Arban #77 – 2 minutes (Articulation)

Sample 5 Minute Routine – (Maintain)

- Long Tones: 6 notes at 8 seconds each – 1 minute – (Production)
- Flexibility – Schlossberg #24 – 2 Minutes – (Motion)
- Chromatic Scales: Two Octaves C-C – 1 minute (Valve Coordination)
- Single Tonguing: Arban # 47 – 1 minute (Articulation)

Sample Hour Routine – (Improve)

- Mouthpiece (Stamp Mouthpiece) - 4 minutes – (production)
- Bending (Six Notes: G:C) – 2 minutes – (production)
- Long Tones (Schlossberg #1) – 4 minutes – (production)
- Flow Study (Cichowicz Expanded) – 4 minutes – (motion)
- Lip Slurs (Arban #22) – 4 minutes – (motion)
- Flexibility (Schlossberg #27) – 4 minutes – (motion)
- Harmonic Minor Scales (C, D, E) – 2 minutes – (valve coordination)
- Single Tongue (Arban #24, #1) 8 minutes – (articulation)
- Repertoire (whatever working on) – 20 mins

Any Questions?



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