

## **Breathing Exercises**

### **Breathing Exercise #1 - Stretch**

Inhale 8-Exhale 8; Inhale 10-Exhale 10;  
 Inhale 12-Exhale 12; Inhale 10-Exhale 10;  
 Inhale 8-Exhale 8

### **Breathing Exercise #2 - Slow to Fast**

Inhale 8-Exhale 8; Inhale 7-Exhale 7; Inhale 6-Exhale 6;  
 Inhale 5-Exhale 5; . . . . . Inhale 1-Exhale 1

### **Breathing Exercise #3 - Capacity**

Inhale 8, hold 10 seconds and “sip” small breaths,  
 Exhale 1 count, “Hiss” 10 second,  
 Inhale 1 count, Exhale 1 count, Relax

### **Breathing Exercise - 9-count tones air & valves**

Inhale 4-Exhale 8 (repeat 10 more times)  
 Blow air through horn, with valves/fingerings for 9-count tone studies

### **Breathing Exercise - 8-count tones air & valves**

Inhale 1-Exhale 7 (repeat 10 more times)  
 Blow air through horn, with valves/fingerings for 8-count tone studies



Mellophone

# Air Flow

## Exercise 1

breath 1-2-3-4

breath 1-2-3-4

breath 1-2-3

breath 1-2-3

breath 1-2

breath 1-2

breath 5

The musical notation for Exercise 1 consists of three staves. The first staff starts at measure 1 and ends at measure 6, with a 4/4 time signature. It features a whole rest in measure 1, followed by a half note in measure 2, a whole note in measure 3, another half note in measure 4, a whole note in measure 5, and a final whole note in measure 6. The second staff starts at measure 7 and ends at measure 12, with a 3/4 time signature. It features a whole rest in measure 7, followed by a half note in measure 8, a whole note in measure 9, another half note in measure 10, a whole note in measure 11, and a final whole note in measure 12. The third staff starts at measure 13 and ends at measure 18, with a 2/4 time signature. It features a whole rest in measure 13, followed by a half note in measure 14, a whole note in measure 15, another half note in measure 16, a whole note in measure 17, and a final whole note in measure 18. Breath marks are indicated above the notes: 'breath 1-2-3-4' above measures 1-4 and 5-8; 'breath 1-2-3' above measures 7-9 and 10-12; 'breath 1-2' above measures 13-14 and 15-16; and 'breath 5' above measure 17.

Mellophone

# Air Flow

## Exercise 2

breath 2 full beats

breath 2 full beats

The musical notation for Exercise 2 consists of two staves. The first staff starts at measure 1 and ends at measure 6, with a 2/4 time signature. It features a whole rest in measure 1, followed by a half note in measure 2, a whole note in measure 3, another half note in measure 4, a whole note in measure 5, and a final whole note in measure 6. The second staff starts at measure 7 and ends at measure 12, with a 2/4 time signature. It features a whole rest in measure 7, followed by a half note in measure 8, a whole note in measure 9, another half note in measure 10, a whole note in measure 11, and a final whole note in measure 12. A breath mark 'breath 2 full beats' is indicated above the first measure of each staff.

Mellophone

### Flexibility Exercise #1

Musical notation for Flexibility Exercise #1, Mellophone. The exercise is in 4/4 time and consists of two staves. The first staff contains five measures of music with fingerings 0, 2, 1, 12, and 1. The second staff contains five measures of music with fingerings 2 and 0. The notes are: G4, A4, Bb4, C5, D5, E5, F5, G5, A5, Bb5, C6, D6, E6, F6, G6, A6, Bb6, C7, D7, E7, F7, G7, A7, Bb7, C8, D8, E8, F8, G8, A8, Bb8, C9, D9, E9, F9, G9, A9, Bb9, C10, D10, E10, F10, G10, A10, Bb10, C11, D11, E11, F11, G11, A11, Bb11, C12, D12, E12, F12, G12, A12, Bb12, C13, D13, E13, F13, G13, A13, Bb13, C14, D14, E14, F14, G14, A14, Bb14, C15, D15, E15, F15, G15, A15, Bb15, C16, D16, E16, F16, G16, A16, Bb16, C17, D17, E17, F17, G17, A17, Bb17, C18, D18, E18, F18, G18, A18, Bb18, C19, D19, E19, F19, G19, A19, Bb19, C20, D20, E20, F20, G20, A20, Bb20, C21, D21, E21, F21, G21, A21, Bb21, C22, D22, E22, F22, G22, A22, Bb22, C23, D23, E23, F23, G23, A23, Bb23, C24, D24, E24, F24, G24, A24, Bb24, C25, D25, E25, F25, G25, A25, Bb25, C26, D26, E26, F26, G26, A26, Bb26, C27, D27, E27, F27, G27, A27, Bb27, C28, D28, E28, F28, G28, A28, Bb28, C29, D29, E29, F29, G29, A29, Bb29, C30, D30, E30, F30, G30, A30, Bb30, C31, D31, E31, F31, G31, A31, Bb31, C32, D32, E32, F32, G32, A32, Bb32, C33, D33, E33, F33, G33, A33, Bb33, C34, D34, E34, F34, G34, A34, Bb34, C35, D35, E35, F35, G35, A35, Bb35, C36, D36, E36, F36, G36, A36, Bb36, C37, D37, E37, F37, G37, A37, Bb37, C38, D38, E38, F38, G38, A38, Bb38, C39, D39, E39, F39, G39, A39, Bb39, C40, D40, E40, F40, G40, A40, Bb40, C41, D41, E41, F41, G41, A41, Bb41, C42, D42, E42, F42, G42, A42, Bb42, C43, D43, E43, F43, G43, A43, Bb43, C44, D44, E44, F44, G44, A44, Bb44, C45, D45, E45, F45, G45, A45, Bb45, C46, D46, E46, F46, G46, A46, Bb46, C47, D47, E47, F47, G47, A47, Bb47, C48, D48, E48, F48, G48, A48, Bb48, C49, D49, E49, F49, G49, A49, Bb49, C50, D50, E50, F50, G50, A50, Bb50, C51, D51, E51, F51, G51, A51, Bb51, C52, D52, E52, F52, G52, A52, Bb52, C53, D53, E53, F53, G53, A53, Bb53, C54, D54, E54, F54, G54, A54, Bb54, C55, D55, E55, F55, G55, A55, Bb55, C56, D56, E56, F56, G56, A56, Bb56, C57, D57, E57, F57, G57, A57, Bb57, C58, D58, E58, F58, G58, A58, Bb58, C59, D59, E59, F59, G59, A59, Bb59, C60, D60, E60, F60, G60, 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Bb322, C323, D323, E323, F323, G323, A323, Bb323, C324, D324, E324, F324, G324, A324, Bb324, C325, D325, E325, F325, G325, A325, Bb325, C326, D326, E326, F326, G326, A326, Bb326, C327, D327, E327, F327, G327, A327, Bb327, C328, D328, E328, F328, G328, A328, Bb328, C329, D329, E329, F329, G329, A329, Bb329, C330, D330, E330, F330, G330, A330, Bb330, C331, D331, E331, F331, G331, A331, Bb331, C332, D332, E332, F332, G332, A332, Bb332, C333, D333, E333, F333, G333, A333, Bb333, C334, D334, E334, F334, G334, A334, Bb334, C335, D335, E335, F335, G335, A335, Bb335, C336, D336, E336, F336, G336, A336, Bb336, C337, D337, E337, F337, G337, A337, Bb337, C338, D338, E338, F338, G338, A338, Bb338, C339, D339, E339, F339, G339, A339, Bb339, C340, D340, E340, F340, G340, A340, Bb340, C341, D341, E341, F341, G341, A341, Bb341, C342, D342, E342, F342, G342, A342, Bb342, C343, D343, E343, F343, G343, A343, Bb343, C344, D344, E344, F344, G344, A344, Bb344, C345, D345, E345, F345, G345, A345, Bb345, C346, D346, E346, F346, G346, A346, Bb346, C347, D347, E347, F347, G347, A347, Bb347, C348, D348, E348, F348, G348, A348, Bb348, C349, D349, E349, F349, G349, A349, Bb349, C350, D350, E350, F350, G350, A350, Bb350, C351, D351, E351, F351, G351, A351, Bb351, C352, D352, E352, F352, G352, A352, Bb352, C353, D353, E353, F353, G353, A353, Bb353, C354, D354, E354, F354, G354, A354, Bb354, C355, D355, E355, F355, G355, A355, Bb355, C356, D356, E356, F356, G356, A356, Bb356, C357, D357, E357, F357, G357, A357, Bb357, C358, D358, E358, F358, G358, A358, Bb358, C359, D359, E359, F359, G359, A359, Bb359, C360, D360, E360, F3

Mellophone

### Flexibility Exercise #3

The musical score for Flexibility Exercise #3 is written in 4/4 time and consists of four staves. The key signature has one flat (Bb). The exercise is divided into measures 1-5, 6-10, 11-15, and 16-20. Fingerings are indicated by numbers 0, 1, 2, and 12 above the notes. The first three staves contain eighth and sixteenth note patterns with slurs and accents. The final staff contains a sequence of quarter notes with slurs and accents.

Mellophone

### Flexibility Exercise #4

The musical score for Flexibility Exercise #4 is written for Mellophone in 4/4 time. It consists of five staves of music. The first four staves contain melodic lines with slurs and ties, while the fifth staff contains a final melodic line with a double bar line. The key signature has one flat (Bb), and the time signature is 4/4. The exercise is designed to improve flexibility through various melodic patterns and phrasing.

Mellophone

# 2021 Tuning Sequence

a la Carolina Crown

*Martini*

♩ = 80

1 *mp* 2 3 4 5 6 7 8

9 10 11 12 13 14 15 16 17 *mp*

♩ = 160

18 *mf* 19 20 21 *f* 22 23 24 *ff* 25

26 27 28 29 30 *fff*

Horn in F 1-2

### Scale Exercise No. 1

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35

Horn

### Scale Exercise #2

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54



