

Bob's Routine 2024

(Do Set-Up 1st)

1. *slowly*
mf tu-woh-uu-woh-----uu----woh----waugh

Lines 1, 2 & 3, repeat pattern down by 1/2 steps to 7th (or 6th) position. (Valves if ya got 'em.)

2. *moderately*
mf

3. *quickly**
mf *One breath. (No high Bb (yet)? 1st measure 3xs, take Coda.) (Out of breath? No repeat.)

4. *not fast – listen! – solfege too**
mf *do - re - etc. ; *la - ti - etc.

every key - every register - circle of fourths

5. ♩ = see tempo chart *molto marcato ma molto tenuto*
f

1st, up by half steps - as far as possible!
 2nd, start over, down by half steps - ad infinitum!

6. (♩ = 120) *molto marcato ma molto tenuto*
ff

If you need to breathe, play a long quarter note and a quarter rest.

Continue up by 1/2 steps, when it gets too high, start over and go down by 1/2 steps.

7. Repeat Set-Up line 1!

TEMPO CHART							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	60	66	72	80	84	88	92
Week 2	66	72	80	84	88	92	96
etc.							

Work you way down the chart.
 When it gets too fast, start over.
 Over time, facility will grow.