

Routine

Breath attack C's

Developed scale mouthpiece

Embouchure-focused

Stamp Mouthpiece

goal: up to high C

Stamp Horn

goal: up to high G

Flexus Pitch bend

goal: bend G, scale bend c up to G

Schlossberg G, c, G whisper tones

goal: up to high E, high C, E

Flexus Lip Trills

Rest

Audiation-focused

Two Octave Chord spelling

(Try to audiate whole chord after playing,

Two octaves through cycle,

Patterns at end of document)

7th Chords

(maj7, maj6, maj7#5, maj7b5,

min7, min6,

7, 7#5, 7b5,

min7b5,

dim7, dim maj7)

One Octave Chord spelling

9th Chords

(maj9, 69, maj9#5, maj9b5, maj7b9,

min9, min69, min9b5,

7add9, 9b5, 9#5, 7b9, 7#9, 7b9b5, 7b9#5, 7#9b5, 7#9#5, 13b9, 13#9,

dim7add9, dim maj7add9)

Scales

Scale patterns (compose these)

Bebop scales:

+b2, +b3, +#4, +b6, +b7

Rest

Transcription

Tunes

Rhythm changes OR blues (12 keys):

80; 120; 180; 200; 210; 220...

Two standards (12 keys)

Monk (12 keys)

Nonstandard changes

Odd Time Signature

Rest

Endurance-focused

Flexus Prelim

goal: up to high C

Flexus Flexando

goal: f# to F# AND c# to C#, both directions

Schlossberg G,F#,A

Rest

Flexus Flexibility Ex's

goal: up to c to high C

Flexus Advanced Flexibility Ex's

goal: up to high C

Flexus Developed scale

Flexus Articulation Ex's

Flexus Quick Register Changes 90bpm 1/4s, 8ths, 16ths

goal: g to E

Patterns for chords:

7th

(1357) ; 1375 ; 1537 ; 1573 ; 1735 ; 1753 ; 3157 ; 3175 ; 3517 ; 3571 ; 3715 ; 3751 ; 5137 ;
5173 ; 5317 ; 5371 ; 5713 ; 5731 ; 7135 ; 7153 ; 7315 ; 7351 ; 7513 ; 7531

9th

(13579) ; 13597 ; 13759 ; 13957 ; 13795 ; 13975 ; 15379 ; 15397 ; 17359 ; 19357 ; 17395 ;
19375 ; 15739 ; 15937 ; 17539 ; 19537 ; 17935 ; 19735 ; 15793 ; 15973 ; 17593 ; 19573 ; 17953
; 19753 ; 31579 ; 31597 ; 31759 ; 31957 ; 31795 ; 31975 ; 51379 ; 51397 ; 71359 ; 91357 ;
71395 ; 91375 ; 51739 ; 51937 ; 71539 ; 91537 ; 71935 ; 91735 ; 51793 ; 51973 ; 71593 ; 91573
; 71953 ; 91753 ; 35179 ; 35197 ; 37159 ; 39157 ; 37195 ; 39175 ; 53179 ; 53197 ; 73159 ;
93157 ; 73195 ; 93175 ; 57139 ; 59137 ; 75139 ; 95137 ; 79135 ; 97135 ; 57193 ; 59173 ; 75193
; 95173 ; 79153 ; 97153 ; 35719 ; 35917 ; 37519 ; 39517 ; 37915 ; 39715 ; 53719 ; 53917 ;
73519 ; 93517 ; 73915 ; 93715 ; 57319 ; 59317 ; 75319 ; 95317 ; 79315 ; 97315 ; 57913 ; 59713
; 75913 ; 95713 ; 79513 ; 97513 ; 35791 ; 35971 ; 37591 ; 39571 ; 37951 ; 39751 ; 53791 ;
53971 ; 73591 ; 93571 ; 73951 ; 93751 ; 57391 ; 59371 ; 75391 ; 95371 ; 79351 ; 97351 ; 57931
; 59731 ; 75931 ; 95731 ; 79531 ; 97531



