

2019 National Band Association/Illinois Grade School Music Association
Band Director Workshop - Alex Kaminsky, Presenter

HOW CAN I GET MY BAND TO SOUND LIKE THAT!

Focus on Fundamentals

- I. Why Do We Warm-up?
- II. “Every Student, Every Day” - Master Class Model IN REHEARSAL
- III. Posture/Hand Positions
- IV. Elements of the Band Sound
 - a) Breathing
 - b) Tone
 - c) Intonation

BREATHING

Breathing must be taught and practiced. (You can't jog around the block a few times and be ready to run a marathon!) You need to practice good breathing all the time so that it becomes second nature to every student.

- V. Why do breathing? 4 reasons
- VI. About Air/Breathing
- VII. Tools to maximize breathing

BREATHING EXERCISES

Note: Use metronome for the following exercises (mm = 96 – 120)

1. **PVC ½”** (inhale cool air; exhale warm air as in fogging a mirror) – Inhale 4 & Exhale 4; Inhale 3 & Exhale 4; Inhale 2 & Exhale 4; Inhale 1 & Exhale 4
2. Use **balloons** (by themselves and on shank) with right hand on stomach – Inhale 2 & Exhale 12 (use 5% burst)
3. Hand in front of face (Right hand on stomach, left on rib cage...RIGHT hand should move first) – Inhale 2 & Exhale 12 (twice); Inhale 2 & Exhale 8 (twice)
- **WITH INSTRUMENTS:** Inhale 2 & Exhale 12 on Concert F (Concert C for Horns)
 - In 2 out 4, in 2 out 8, in 2 out 12, in 2 out 16, in 2 out 20, in 2 out 24 at mm=96 (vary for six dynamic levels: ff, f, mf, mp, p, pp)

"A painter paints pictures on canvas. But musicians paint their pictures on silence." - Leopold Stokowski