

II. DETAILED FIRST YEAR WARM-UP PLAN

Preliminary: Without Oboe

- ◆ Full body stretching/Embouchure push-ups
- ◆ Breathing exercises: Four-count breath, 5 deep breaths
- ◆ Support exercises: *Forte–piano* exercise

Preliminary: Oboe Alone

- ◆ Wiggles
- ◆ Silent scales, fingerings, and patterns: Finger high notes (A→high G)
- ◆ Finger major scales: slowly, feeling finger legato

Preliminary: Reed Alone

- ◆ Compression exercise
- ◆ Four-count entrance
- ◆ Tapers/Releases
- ◆ Legato articulation

With Oboe

⇒ Improvisation

- ◆ **Chromatic scale—improvisation (no metronome)**
 - Low E down to Low B $\flat$ in whole notes
 - Low E to high E and back down in dotted halves

⇒ Dynamic Control

- ◆ **Entrances and Tapers** from *f*, *mf*, *mp*, *p* on 1st, 4th, and 5th scale degrees (Key of the Week)
- ◆ **Long tones:** 1 < 5 > 1 and 1 < 9 > 1 on 1st, 4th, and 5th scale degrees (Key of the Week)
 - ♩=40 (50)
 - With/Without drone on 1st, 4th, and 5th scale degrees
- ◆ **Long tones:** Slurred and articulated
 - 1 < 5 > 1 < 5 > 1
 - ♩=40 (50)
- ◆ **9th Slurs:** Low register only—F down chromatically to low B $\flat$

⇒ Intervals

- ◆ **Slurs down and slurs up**, in half notes at ♩ = about 60 (no metronome)

Legato Scales:

⇒ Growth—

- ◆ Key of the Week (KOTW):
 - Major (**first sem.**) or melodic minor (**second sem.**) scales, 2 octaves extending below in half quarter, eighth, triplet, and sixteenth notes at ♩=50
 - Then, triplets and sixteenths only at ♩=60, 70, 80, 90, 100+

Listen for:

- Clean and even technique
- In tune/pitch placement
- Beautiful travel (group) + clear meter

- Chromatic scale (tonic of the week), extending above and below
 - In quarters at ♩=60–80 (**first sem.**)
 - In quarters and eighths at ♩=60–80 (**second sem.**)

⇒ **Maintenance—**

- ◆ **First Semester:** In quarters and eighths, ♩=60–80+
 - Mon/Tues/Wed—Harmonic minor scales
 - Thurs/Fri/Sat—Melodic minor scales
 - All major scales and chromatic scale daily
- ◆ **Second Semester:** In quarters and eighths, ♩=60–80+
 - Mon/Tues/Wed—Harmonic minor scales
 - Thurs/Fri/Sat—Major 3rds
 - Melodic minor and chromatic scales daily
- ◆ **Second Semester:** In triplets and sixteenths, ♩=60–80+
 - All major scales daily

Arpeggios:

⇒ **Growth—Key of the Week**

- ◆ Major (**first sem.**) or minor (**second sem.**) arpeggio: regular-broken-regular pattern
(Drone and no drone) in half notes and quarter notes at ♩=about 60 (no metronome)

⇒ **Maintenance—**

- ◆ **First Semester:** In quarter notes, ♩=60–80
 - All major arpeggios daily
- ◆ **Second Semester:** In eighths and triplet eighths, ♩=60–80
 - Alternate major and minor arpeggios

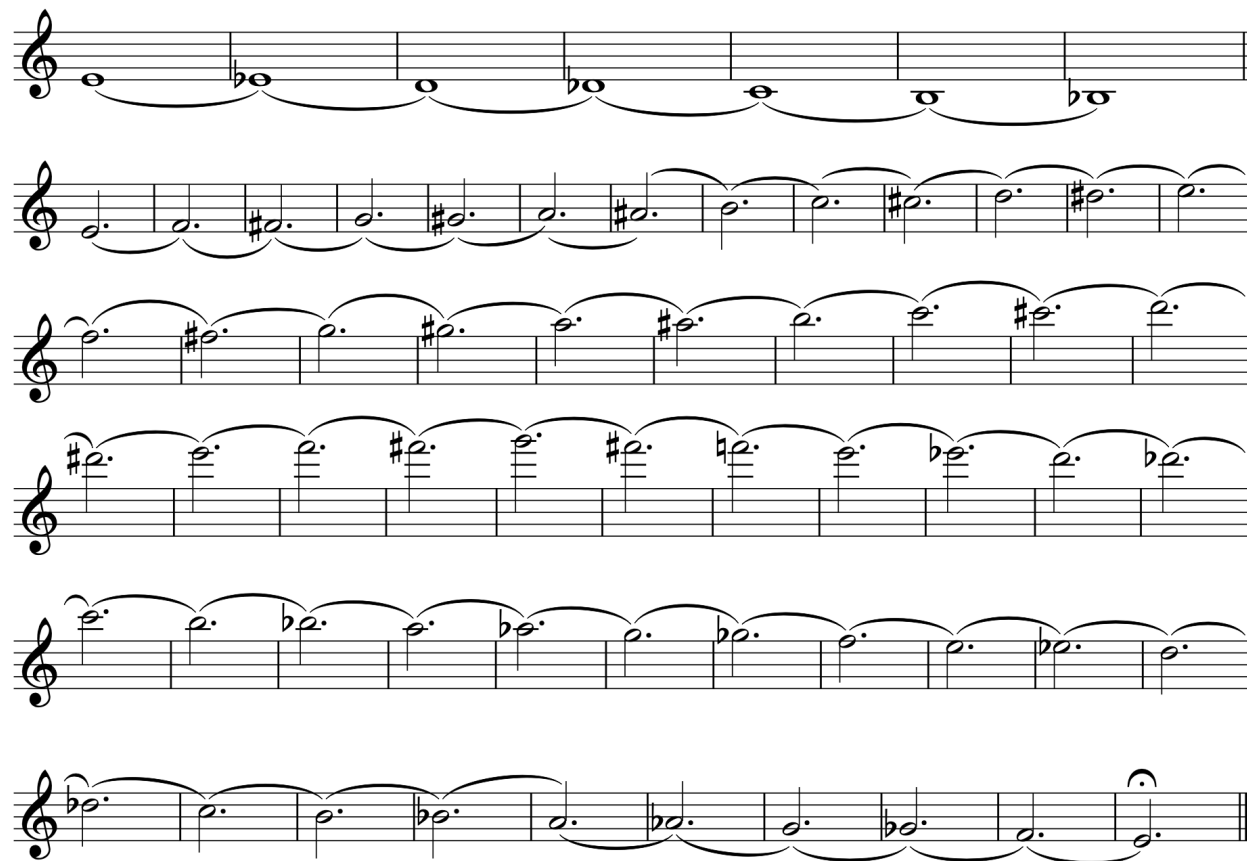
Articulation:

- ◆ Descending (Middle C to low C)—legato at ♩=50 in halves, quarters, eighths, and sixteenths
- ◆ Ascending (Middle C to high C)—separate (sixteenths only), ♩=50
- ◆ Increase speed gradually for both → ♩=50–100+
- ◆ Practice away from reed for efficiency (*ter*)
- ◆ **Double tongue** legato syllables and on the reed (**first sem.**), patterns on one note (**second sem.**)

III. NOTATED FIRST YEAR WARM-UP PLAN

Preliminary Exercises	
• Full body stretch/embouchure push-ups • Five deep breaths	• Four-count breath • <i>Forte-piano</i> exercise
Oboe Alone	
• Wiggles • Finger major scales: slowly for legato	• Silent scales, fingerings, and patterns: Finger high notes (A → high G)
Reed Alone	
• Compression exercise • Four-count entrance	• Tapers/Releases • Legato articulation (<i>ter</i>)

Chromatic Scale Improvisation	
No Metronome ♩=60 (approx.) Perform a <i>four-count release</i>, breathe, then re-enter beautifully with a <i>four-count entrance</i> when needed	Focus on: • Quality of breath • Entering from and releasing with compression • Hand position (the six "C"'s) • Legato note connections (prepare with air focus) • Flexible air use and dynamic shapes



Tapers and Releases

No Metronome

- 1st, 4th, and 5th scale degrees in the KOTW
- Enter from various dynamics, *f*, *mf*, *mp*, *p*, *pp*
- Taper to *niente*

Focus on:

- Quality of breath
- Entering from and releasing with compression
- Enter clearly without accent, regardless of the dynamic.
- Taper with clarity to *niente* without biting

Long Tone Studies

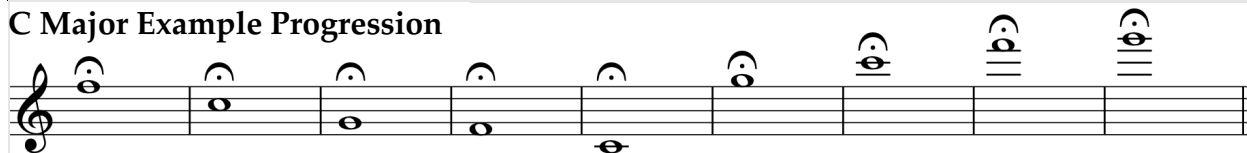
♩=40 (50)

- 1st, 4th, and 5th scale degrees in the KOTW
- Begin midrange and progress downward to the lowest of these scale degrees
- Return to midrange and progress upward to the highest of these scale degrees
- 1-5-1, 1-9-1, and 1-5-1-5-1
- 1-9-1-5-1 for growth

Focus on:

- Good production (see above)
- Steady, gentle growth with clear arrival
- Integrity of pitch
- Alternate slurred and articulated
- Practice also with drones on tonic

C Major Example Progression



9th Slurs

♩=40 (50)

- Begin on low F, then move down chromatically to low B $\flat$, repeating the exercise from each pitch
- 1-5-1 and 1-9-1

Focus on:

- Reach between intervals
- Melt into the upper note in a clear arrival without accent
- Remember to prepare the wind and voicing (*out before down*) on the downward slur
- Voicing for depth and in/out by position for pitch

Musical notation for 9th Slurs exercise. The exercise is presented in four staves, each showing a sequence of notes with slurs. The first staff starts on low F (F $\flat$ 4) and moves down chromatically to low B $\flat$ 4. The second staff starts on low E $\flat$ 4 and moves down chromatically to low D $\flat$ 4. The third staff starts on low D $\flat$ 4 and moves down chromatically to low C $\flat$ 4. The fourth staff starts on low B $\flat$ 4 and moves down chromatically to low A $\flat$ 4. Each staff includes dynamic markings: *pp* (pianissimo) and *sim.* (similando).

Slurs Down and Up

No Metronome ♩=60 (approx.)

- All slurred in the **KOTW** (examples below in C major; see *Complete Notated Technical Material* for all keys and ranges)
- Descend chromatically and finish with a *four-count release*
- Ascend diatonically and finish with a *four-count release*

Focus on:

- Legato
- Stuffing between the notes
- Subdivision to feel movement preparations in a pulse
- Note movement preparation: *blow more, hold back more* while hearing the next note internally
- Anticipate the change by voicing (for quality/color) and adjust in or out by position (for pitch), as needed
- On the movement: let up as appropriate to prevent accent



Legato Scales

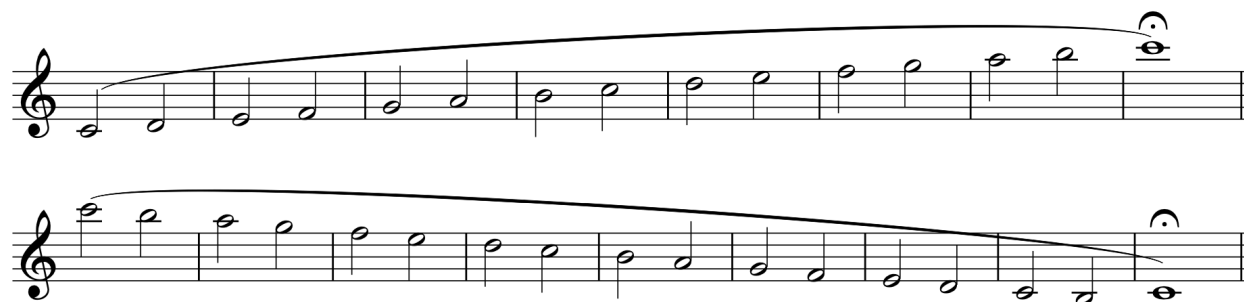
♩=50–80 (100+)

- All slurred in the **KOTW** (examples below in C major; see *Complete Notated Technical Material* for all keys and ranges)
- Ascend two octaves, extending below to finish beautifully with a *four-count release*
- For $A\flat$ and A, ascend an octave and a fifth, extending below
- For **half notes**, perform a *four-count release* at the top, then perform a *four-count entrance* from the top and continue (see example)
- For **triplets and sixteenths**, ascend up and down twice, extending below
- For the **chromatic scale**, begin on tonic of the week, extending above to high G and below to low $B\flat$

Focus on:

- Good fundamentals for breathing, entrances and releases
- Hand position (six “C”s)
- Subdivision for evenness and finger movement preparation
- Air leading the fingers
- Compression and flexible air speed regulation at the focus spot to create a sense of travel in groupings appropriate to the note value and tempo (*blow more, hold back more*)
- Musical intention, mapping character and feeling to movement

In Half Notes



In Quarter Notes



In Eighth Notes



In Triplets



In Sixteenth Notes



Chromatic Scale (First Semester)



Chromatic Scale (Second Semester)



Legato Arpeggios

No Metronome ♩=60 (approx.), then 120+

- Tonic triad in eighth notes, all slurred in the KOTW in the pattern regular-broken-regular
- Ascend two octaves, extending below to finish beautifully with a *four-count release*
- For A $\flat$ and A, ascend an octave and a fifth, extending below
- Practice also with tonic drones (above and below) for pitch placement

Focus on:

- Good fundamentals for hand position, breathing, entrances, releases, and legato
- Subdivision
- A sense of reach and seamless legato without accents: Voicing and air guiding the fingers (no grabbing)
- Compression and flexible air speed regulation at the focus spot to create a sense of travel in a grouping appropriate to the tempo
- Proper pitch placement by position
- Musical intention



Scales and Arpeggios (Key of the Week)

First Semester	Second Semester
Major scales	Melodic minor scales
Major arpeggios	Minor arpeggios

Scale and Arpeggio Maintenance	
First Semester	Second Semester
<u>Scales in Quarters and Eighths, ♩=60–80+</u> • Mon/Tues/Wed—Harmonic minor scales • Thurs/Fri/Sat—Melodic minor scales • Chromatic scales daily <u>Arpeggios in Triplet Eighths, ♩=60–80+</u> All majors daily	<u>In Quarters and Eighths, ♩=60–80+</u> • Mon/Tues/Wed—Harmonic minor scales • Thurs/Fri/Sat—Major 3rds • Melodic minor and chromatic scales daily <u>In Triplets and Sixteenths, ♩=60–80+</u> All major scales daily <u>Arpeggios in Triplet Eighths, ♩=60–80+</u> Alternate major and minor

Legato Articulation	
Begin at ♩=50 • Syllables first (<i>ter</i>), then on the reed only, then as written • Legato C major scale descending from Middle C in halves, quarters, eighths, and sixteenths (always C major) • Begin at ♩=50, then repeat sixteenths at ♩=60, 70, 80, 90, 100+	Focus on: • Seamlessness and elimination of tongue noise • <i>On-the-wind</i> articulation: Focus the air to avoid overloading the reed • Using a light touch with very tip of the tongue to the tip of the reed (<i>ter</i> tongue position) • Tone quality: Clear, round, and ringing • Subdivision for evenness: Remember <i>blow more, hold back more</i> to prepare tongue movements • Eliminating throat movement: Keep the back of the tongue stable • Grouping/Travel: Faster tempi need larger groups • No double syllable: Clear lower lip as needed, and aim high enough • Pointed embouchure, firm at the corners • Musical shapes and phrasing for application to music

Legatissimo (as long as possible)

The image displays four staves of musical notation, each representing a different rhythmic articulation of a descending C major scale. The first staff uses half notes, the second uses quarter notes, the third uses eighth notes, and the fourth uses sixteenth notes. Each staff concludes with a fermata over a whole note C, indicating the scale should be held as long as possible.



Separate Articulation

Begin at $\text{♩}=50$

- Syllables first (*ter*), then on the reed only, then as written
- Separate C major scale ascending from Middle C in sixteenths, one pitch per beat (always C major)
- Begin at $\text{♩}=50$, then repeat at $\text{♩}=60, 70, 80, 90, 100+$

Focus on:

- All legato articulation principles above
- Maintain lightness: Separation comes from the tongue remaining on the reed longer, not from hitting it harder
- Retraction (how the tongue withdraws from the reed): Keep the tip of the tongue as close as possible



Use these patterns when working for endurance and speed



Double and Triple Articulation: First Semester

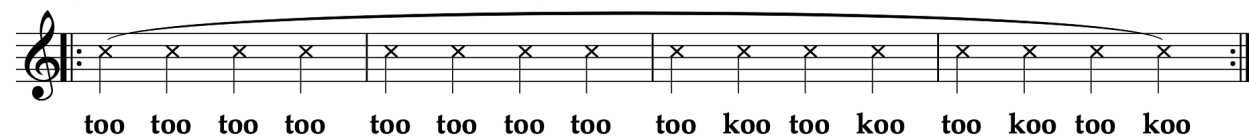
Begin at $\text{♩}=80$

- Legato syllables first, then on the reed
- Begin at $\text{♩}=80$, then repeat at $\text{♩}=90, 100, 112, 120, 132+$

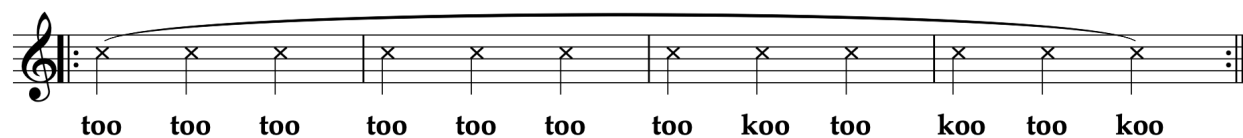
Focus on:

- Good articulation fundamentals: Pointed embouchure, focused air, and no throat movement
- Legato as possible for absolute efficiency and control (on the wind)
- Light touch with the very tip of the tongue (*too*); keep the *koo* syllable as far forward in the mouth as possible
- Evenness of rhythm and quality (*koo* matches *too*)
- For syllables only, aim the *too* to touch just behind the top front teeth

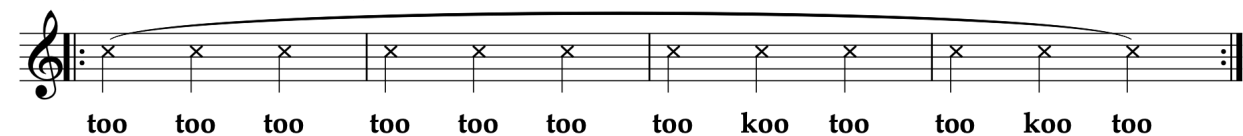
Simple Division: Double Tongue (Duple)



Compound Division: Double Tongue (Displaced)



Compound Division: Triple Tongue



Double and Triple Articulation: Second Semester

Begin at $\text{♩}=80$

Practice the patterns legato first then separate, in this order:

- Syllables only
- On the reed alone
- On octave F as written

Begin at $\text{♩}=80$, then repeat at $\text{♩}=90, 100, 112, 120, 132+$

Focus on:

- Good articulation fundamentals: Pointed embouchure, focused air, and no throat movement
- Legato as possible for absolute efficiency and control (on the wind)
- Light touch with the very tip of the tongue (*too*); keep the *koo* syllable as far forward in the mouth as possible
- Evenness of rhythm and quality (*koo* matches *too*)
- For syllables only, aim the *too* to contact just behind the top front two teeth
- For shorter articulation, maintain lightness: Separation comes from the tongue remaining on the reed or the roof of the mouth longer, not by hitting harder or with more surface area
- Retraction (how the tongue withdraws from the reed): Keep the two parts of the tongue used in this technique as close as possible to their contact points (i.e., the reed — *too*, or roof of the mouth — *koo*)



IV. TECHNICAL CHECK-OFF GRID, 1st YEAR FIRST SEMESTER

Long Tones, Scales, and Arpeggios

Key	Chromatic Scale Improv: low E to low B $\flat$, then low E to high G and down to low E	Long Tones ♩=40 on 1 st , 4 th , 5 th scale degrees: 1-9-1 slurred, 1-5-1-5-1 slurred then articulated; 9 th slurs, low F to B $\flat$	Major Scales slurred in half, quarter, eighth, triplet, and sixteenth notes at ♩=50, 80, 100+	Pitch with Drone Scales, long tones, and arpeggios: drone tonic	Slurs Down and Up Half notes at approx. ♩=60	Major Arpeggios Regular-broken-regular in halves at approx. ♩=60, 120+
C						
F						
B $\flat$						
E $\flat$						
A $\flat$						
D $\flat$						
F $\sharp$						
B						
E						
A						
D						
G						

Articulation: Single Tongue (reed-alone first)

Descending C Major Scale (Middle C to low C)	Legato 4 beats per pitch in half notes, quarter notes, and eighths	Ascending C Major Scale (Middle C to high C)	Separate (On the Wind) 1–4 beats per pitch in sixteenths
♩=50		♩=50	
♩=60		♩=60	
♩=70		♩=70	
♩=80		♩=80	
♩=90		♩=90	
♩=100		♩=100+	

Double/Triple Tongue (legato)

Pattern	Syllables only	On the Reed
T-K-T-K (double)		
T-K-T-K-T-K (displaced triple))		
T-K-T-T-K-T (triple)		

Play all material to a focus spot on the wall and memorize new material as soon as possible.

Key	Chromatic Scale, Improv; also in quarters and eighths at ♩=80+ in the KOTW, full range	Long Tones Patterns and 9 th slurs, as before	Relative Melodic Minor Scales, slurred in half, quarter, eighth, triplet, and sixteenth notes at ♩=50, 80, 100+	Pitch with Drone Scales, long tones, and arpeggios: drone tonic	Slurs Down and Up, relative melodic minor in half notes at approx. ♩=60	Minor Arpeggios Reg-Broken-Reg in halves at approx. ♩=60, 120+
a						
d						
g						
c						
f						
b ^b						
e ^b						
g [#]						
c [#]						
f [#]						
b						
e						

Articulation: Single Tongue (reed-alone first)

Descending C Major Scale (Middle C to low C)	Legato 4 beats per pitch in half notes, quarter notes, and eighths	Ascending C Major Scale (Middle C to high C)	Separate (On the Wind) 1–4 beats per pitch in sixteenths
♩=50		♩=50	
♩=60		♩=60	
♩=70		♩=70	
♩=80		♩=80	
♩=90		♩=90	
♩=100		♩=100	
		♩=110	
		♩=120+	

Double Tongue (legato on single note F⁵)

[illegible]