



Redlands Unified School District
Elementary Instrumental Music Program
2015/2016
BE PART OF THE BAND!



First Clarinet Lessons

Find someplace quiet and well lit where you can practice. Always sit correctly on your 'sit bones', with your feet flat on the floor, with a nice, tall back.

Breathing Exercises

- Make sure you are sitting correctly (Sit bones! Flat feet! Tall Back!)
- Put your hands on your head (I know it looks silly, but it's important...it pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (2 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

Sizzle Exercises

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breathe in for 1 count, Sizzle out for 7 counts (4 times)

Breathe in for 1 count, sizzle out for 15 counts (2 times)

Mouthpiece and Barrel Practice

- Set your case on the floor in front of you with your name tag facing up.
- Carefully open your case and take just the mouthpiece, reed, ligature and barrel out of the case.
- Place the reed in your mouth (to wet it).
- Place the ligature on the mouthpiece (screws to the right).
- Slide the reed underneath the ligature until the tip of the reed lines up with the tip of the mouthpiece.
- Make sure the reed is still lined up with the mouthpiece. Tighten the screws until they are firm. (the ligature screws do not need to be tightened all the way).
- Shape your embouchure, take a full breath of air and blow over the hole using the syllable 'doo' to play a long, steady tone.

Remember:

- Lower lip over bottom teeth (chin down and flat).
- Top lip tight against teeth
- Top teeth touch the mouthpiece.

- Make sure you have enough mouthpiece in your mouth
- Corners firm!
- Think 'shhhhh' when you play.

Play for 4 counts, rest for 4 counts (4 times)

Play for 8 counts, rest for 8 counts (4 times)

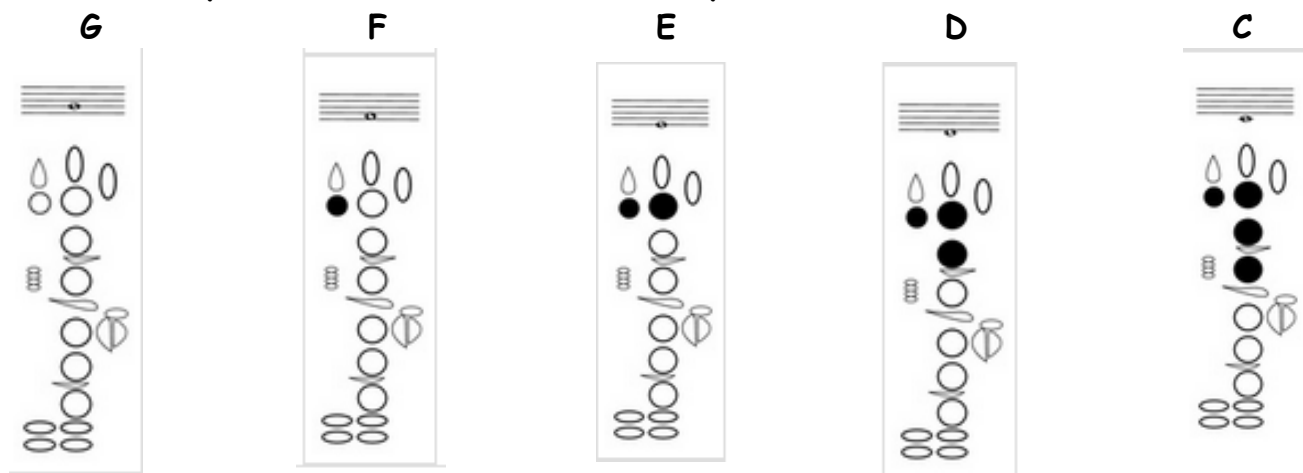
Put the Clarinet together

- Grab the top part of the clarinet on the 'OWL' keys with your left hand. Grab the bottom of your clarinet with your right hand. Twist them together carefully. You don't want to bend them.
- Twist the parts together. Rocking them will cause damage.
- Remember - all the parts line up.

Your First Notes

- Your left hand goes on top. Please don't be the one kid who always shows up to the second lesson with the wrong hand on top. Please . . . don't make my hair go gray.
- Always play with your very best sound.
- You are sitting correctly, right?!? Use the following fingerings:

Play 4 counts - Rest 4 counts - Play 4 counts - Rest 4 counts (2 times)



Mary Had A Little Lamb

E - D - C - D E - E - E --- D - D - D --- E - G - G ---
 E - D - C - D E - E - E - E D - D - E - D C - - - - -

Website and video assignment:

Go to www.basicband.info

Choose Clarinet in upper right hand where it says 'choose your instrument'

Click on Video Lessons and choose and watch one or more of the 9 great beginning lessons.

Practice (check the box that applies!)

This week I practiced my first lesson page: 1 time 2-4 times 5-7 times

This week I watched Mr. Glynn teach: 1 video 2 videos 3 or more videos