Clarinet Warmup Routine: Dr. Adam Ballif, www.adamballif.com, adamballif@me.com

- The warmup is the most important part of a practice session. This is where we build endurance, tone quality, and technique. This will usually take approximately 45 minutes. The most important element is to establish a pattern of practicing that begins with long tones, continues with slow scale exercises, moves to faster scale exercises, and includes time spent on articulation.

Warmup Routines and Muscle Building

- **Long Tones**
  - Chromatic Scale, whole notes at 60, go 4 notes in one breath, full range.
  - 5th and 4th Long Tones (This will cover every chromatic pitch, but also allow for practice moving smoothly between registers.)

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\begin{align*}
&\text{5th & 4th Long Tones} \\
&\text{\includegraphics[width=0.8\textwidth]{5th_and_4th_long_tones.png}}
\end{align*}
\]

- **Register Change Warmup**
  - **Old Faithful Chromatic Scale Exercise**
    - Anchor Notes = E, G♯, C
    - Practice them slowly first, with a quarter note pulse = 60.
    - Then speed them up, with a quarter note pulse = 120.

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\begin{align*}
&\text{\includegraphics[width=0.8\textwidth]{old_faithful_scale.png}}
\end{align*}
\]

- **Scales, Arpeggios, and Thirds (slur)**
  - Practice them slowly first, with a quarter note pulse = 60.
  - Then speed them up, with a quarter note pulse = 120.

Articulation

- Page 22 from the Langenus Method
- Practice at varying tempos each day, slow to fast. (ex. 88, 96, 104, 112, 120, 132, 144, etc...)
- Tonguing in Fives and Nines

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\begin{align*}
&\text{Tonguing in 5's} \\
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\begin{align*}
&\text{Tonguing in 9's} \\
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\begin{align*}
&\text{\includegraphics[width=0.8\textwidth]{tonguing_in_13s.png}}
\end{align*}
\]
Clarinet Warmup

This scale pattern follows the circle of Fifths. The minor scales are in natural minor form. Adjust them to melodic and harmonic minor form on an alternating basis.

*Adapted from Klose.

Dr. Adam Ballif

2006
Arpeggios
3. Studies for acquiring a light Staccato

Allegretto \( \text{f.} \) 144

G. LANGENUS