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The Brass Gym for Euphonium (Bass Clef)

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The Brass Gym for Euphonium (Bass Clef) Focus on Music
A Comprehensive Daily Workout for Brass Players.

Authors: Sam Pilafian and Patrick Sheridan.

The Brass Gym contains a daily basics routine developed from a synthesis of more than 50 years combined experience of touring as performers and educators through the world. The workout consists of exercises that cover comprehensively the basic aspects of wind playing. It can also be used as a warm-up activity as the exercises are ordered in a gentle "ramp up" with demand increasing through the workout.

The Brass Gym is the cornerstone to a healthy and ever improving musical life!

The Brass Gym includes a 100+ page book and 78 minute play-along CD featuring the two authors.

Contents include:
Introduction & Overview
Pre-Workout
Working Out With a Partner or Group
Glossary of Terms
Mouthpiece Workout
Chromatics
Soft Touch
Smooth Air Movement
Tongue Coordination
Shwarmaaaaaa!
Beautiful Sounds
Brruummmm!
Brruummmm! in Sixteenth Notes
Bugles
Bugle: Last Lines
Old School Flexes
Lip Flips
"B" Bells
How to Use the CD
CD Track Listing
About the Authors

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