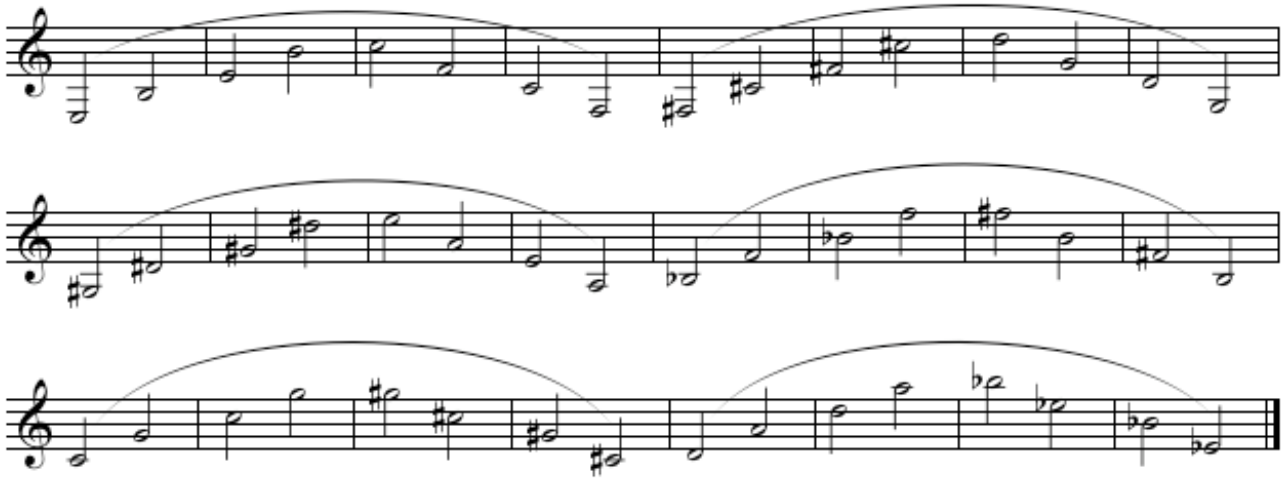
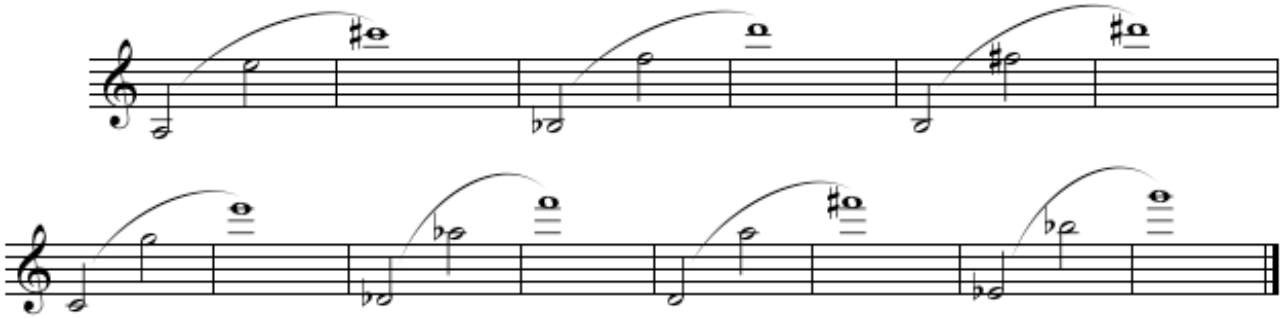
Clarinet Warmup Routine: Dr. Adam Ballif, Mesa State College, Grand Junction, Colorado

- **The warmup is the most important part of a practice session. This is where we build endurance, tone quality, and technique. I perform the following warmup routine each day and it takes me 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. As you begin to learn this pattern you will not be able to play this entire packet at first, but you should establish the above pattern and work on each section each day.**
- **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.)



  - Register Change Warmup



  - Scales (slur)
    - Practice them slowly first, with a quarter note pulse = 60.
    - Then speed them up, with a quarter note pulse = 120.
  - Arpeggios (slur)
    - Practice them slowly first, with a quarter note pulse = 60.
    - Then speed them up, with a quarter note pulse = 120.
  - 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...)
    - Then apply varied articulation patterns to your scales.
- **Contact Information**

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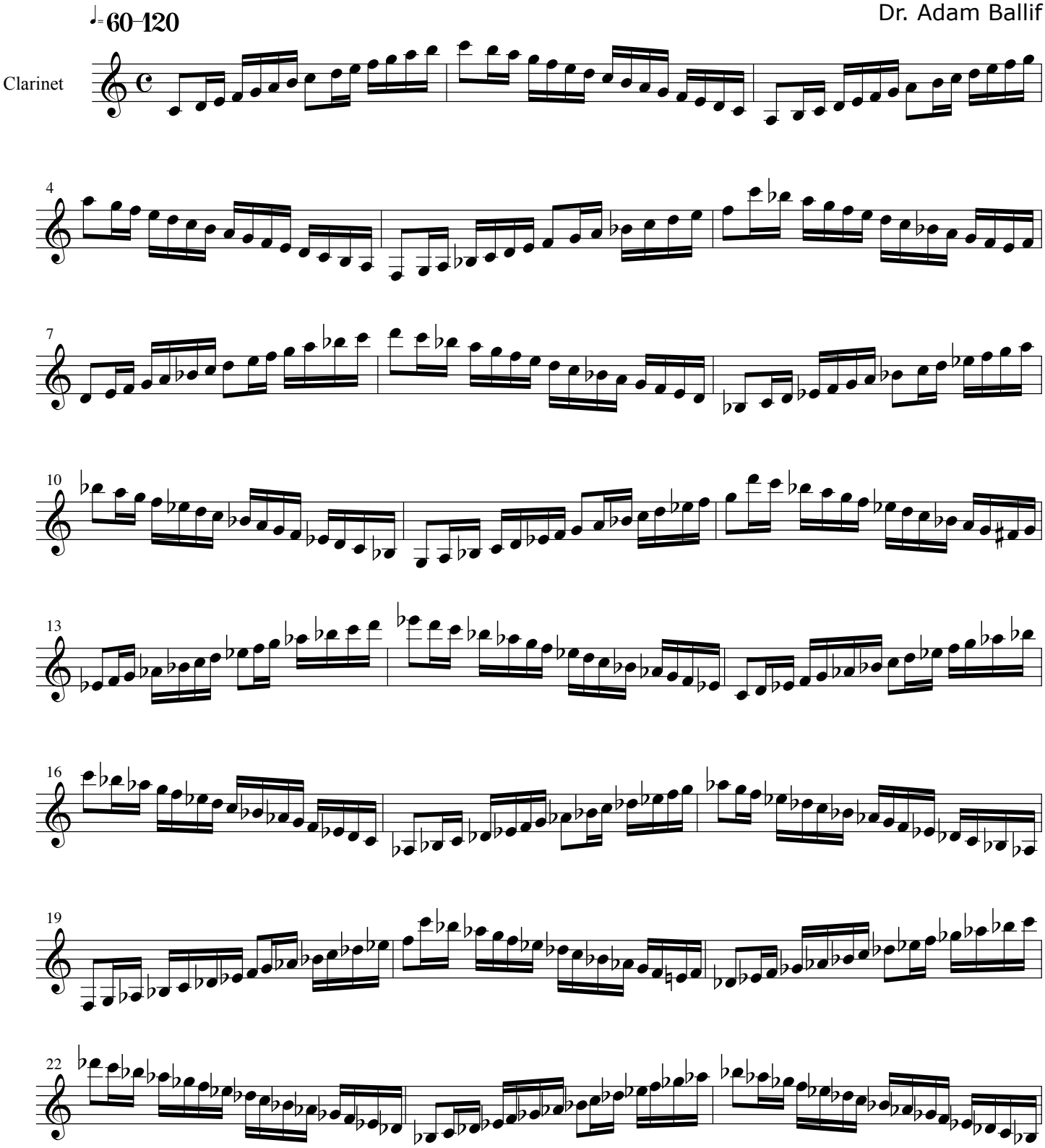
Clarinet Warmup

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.

Dr. Adam Ballif



*Adapted from Klose.

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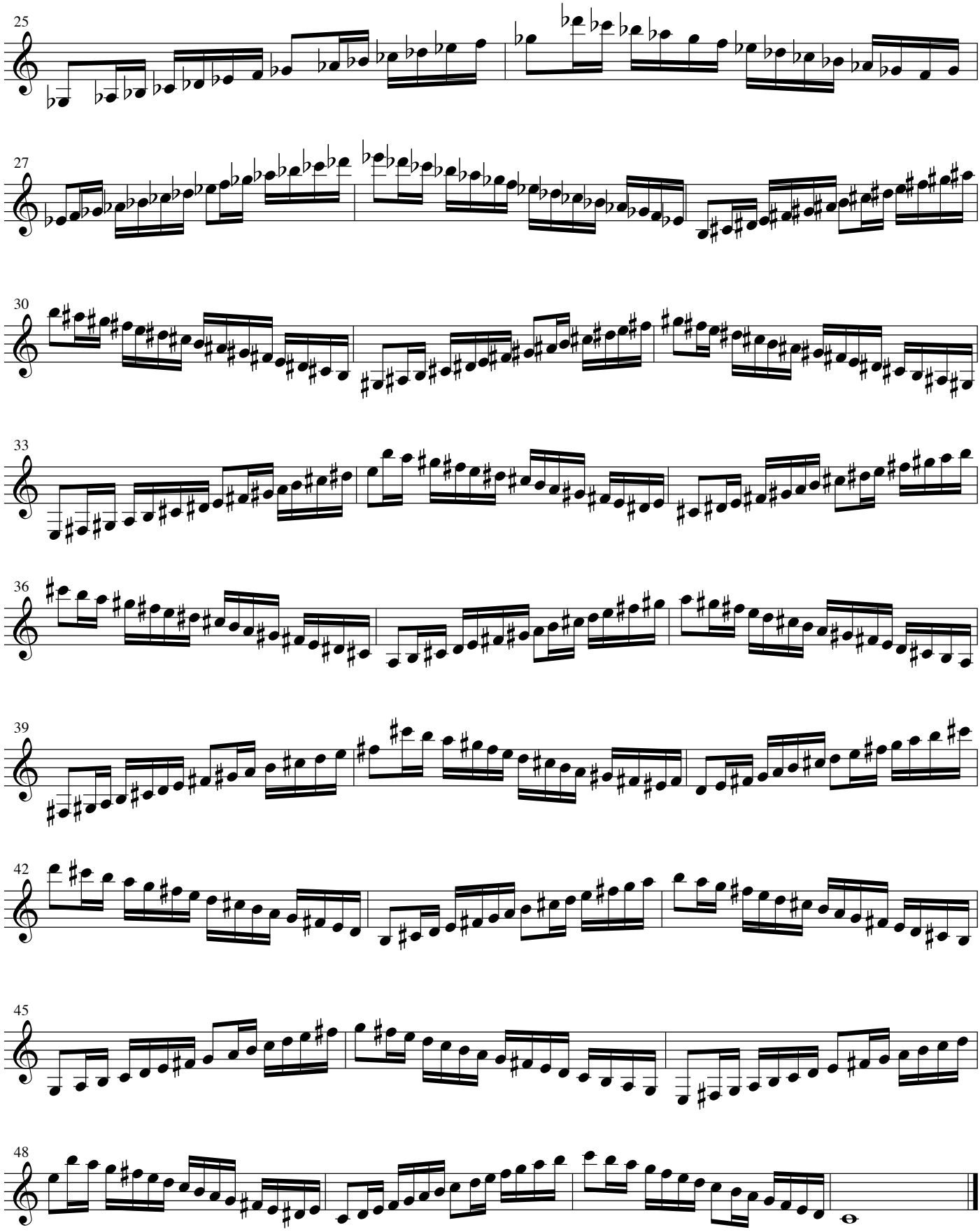
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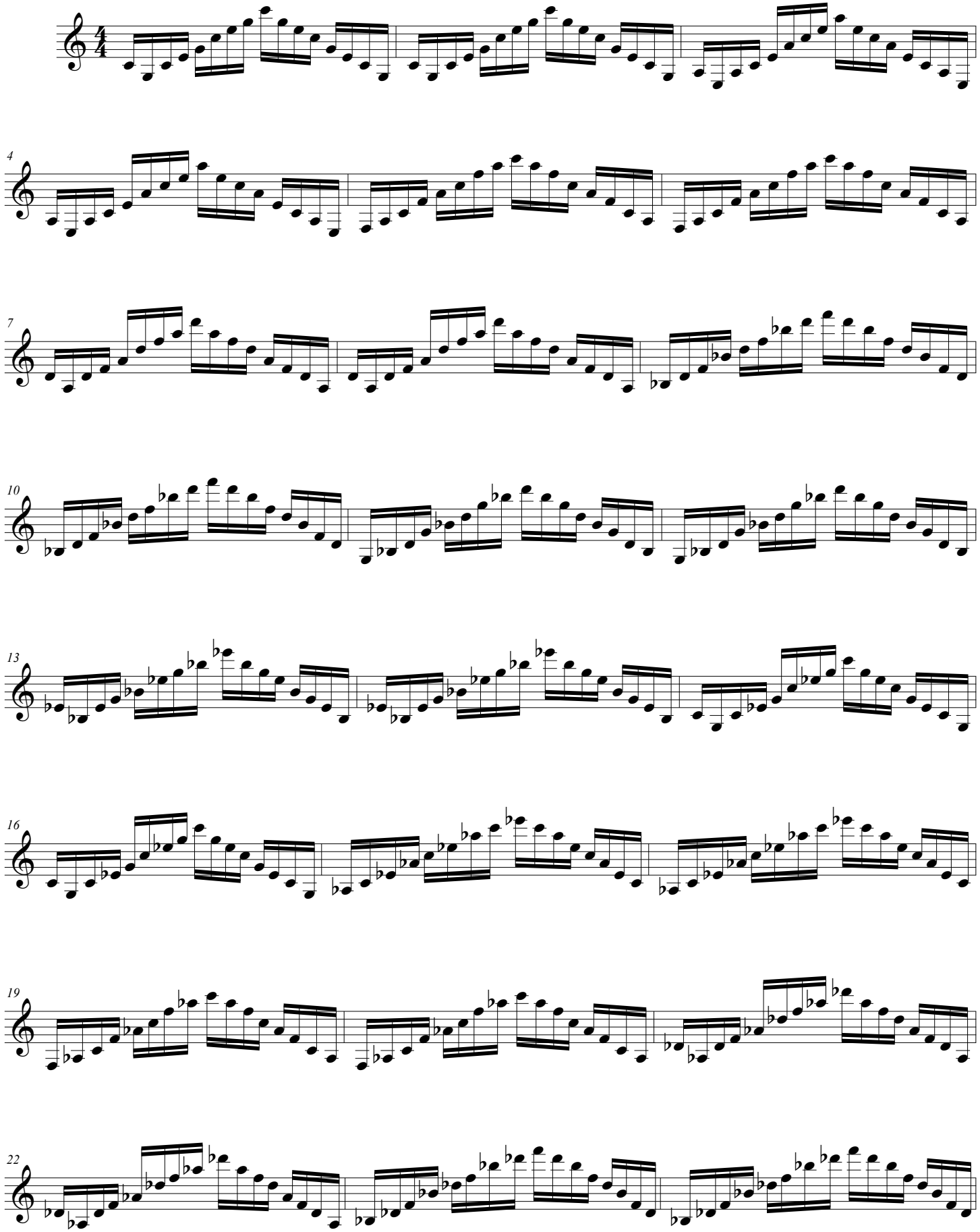
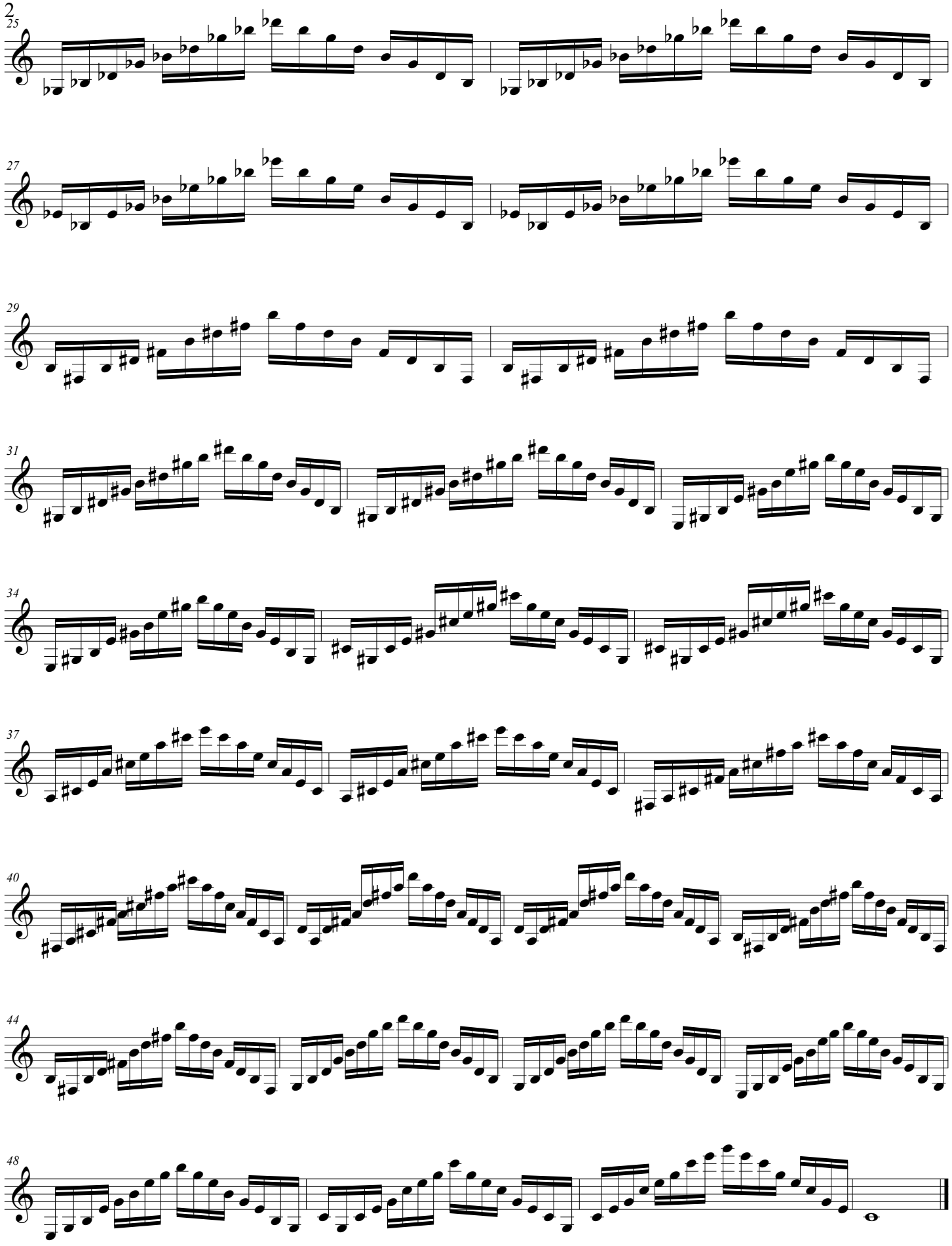
Arpeggios

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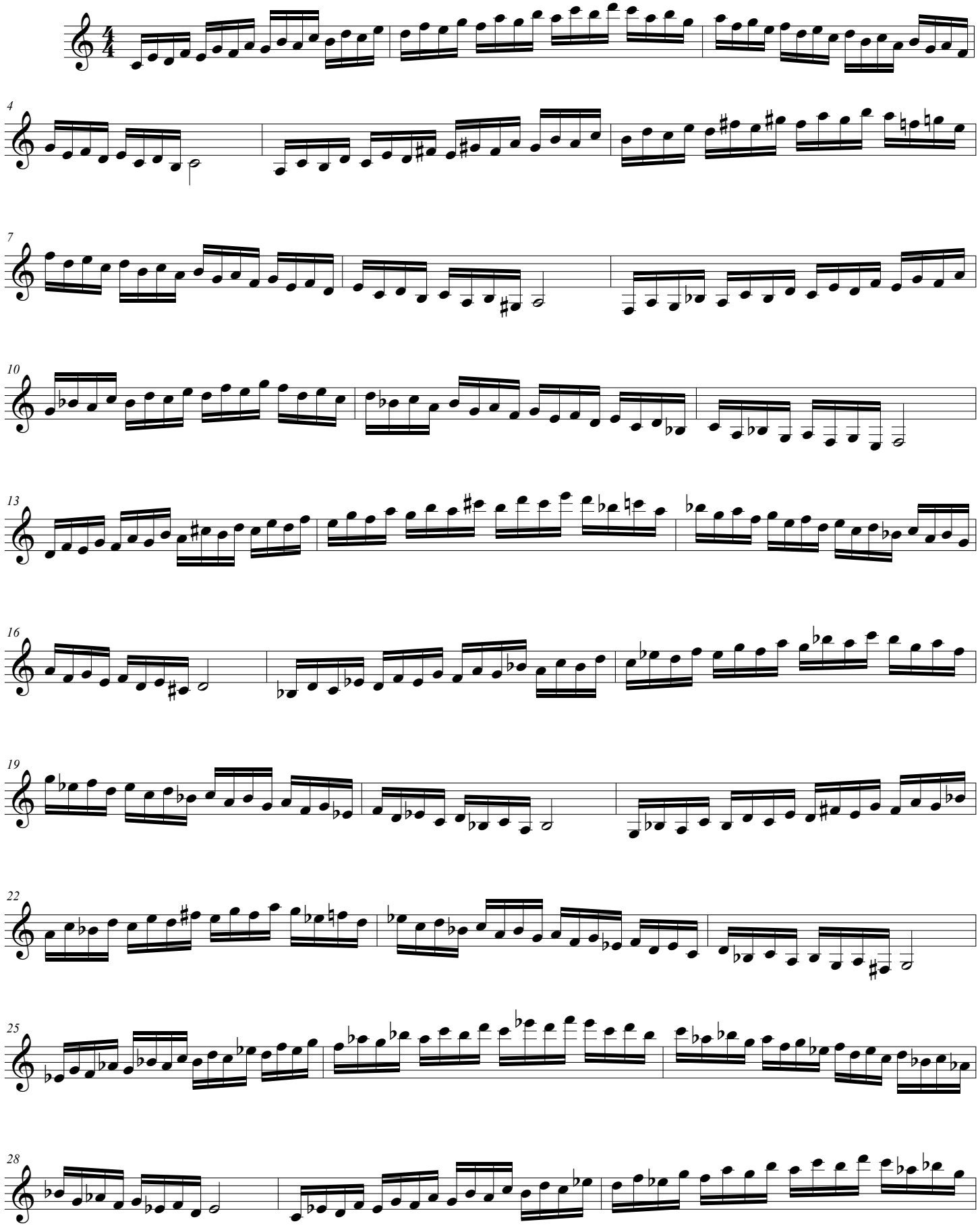
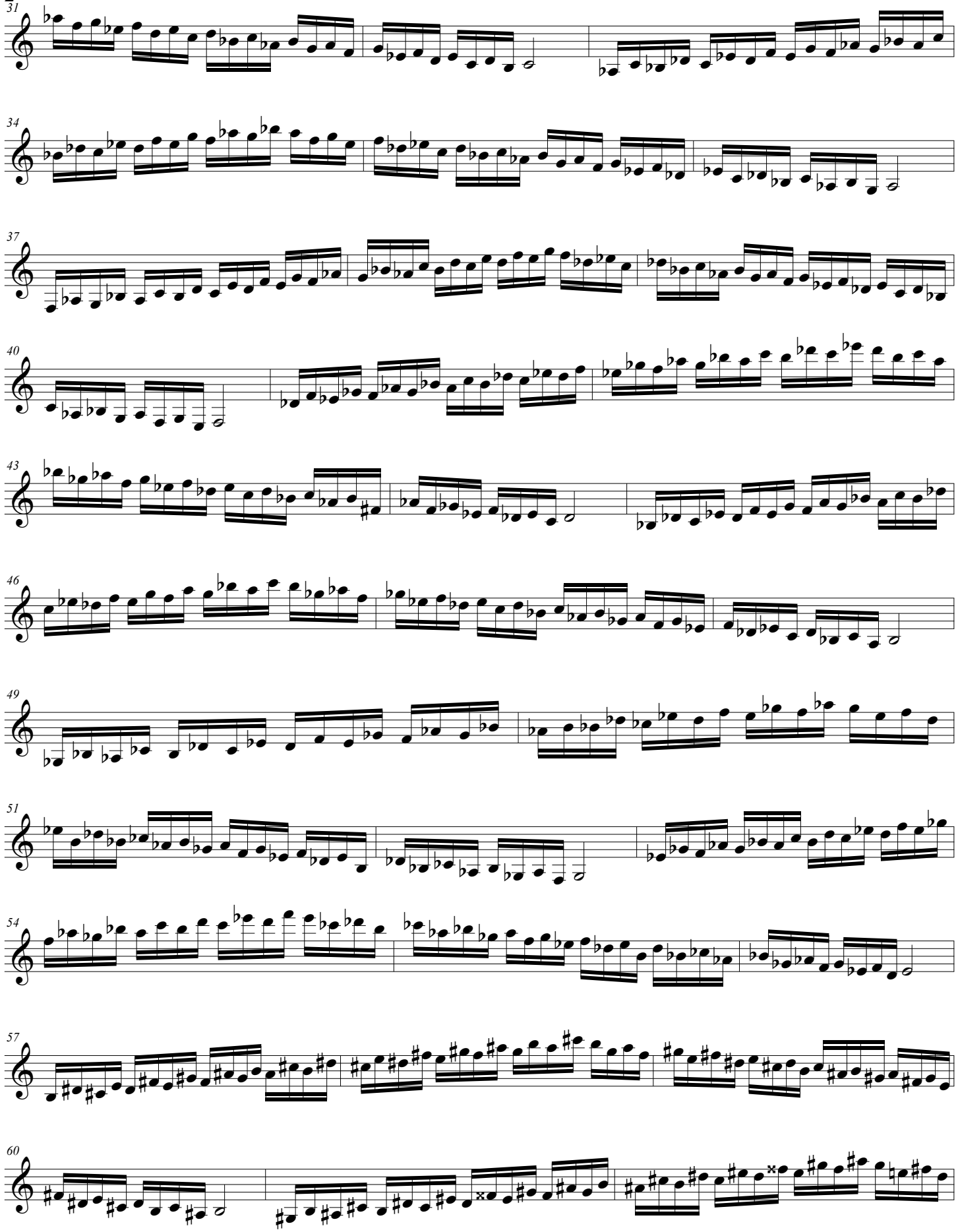
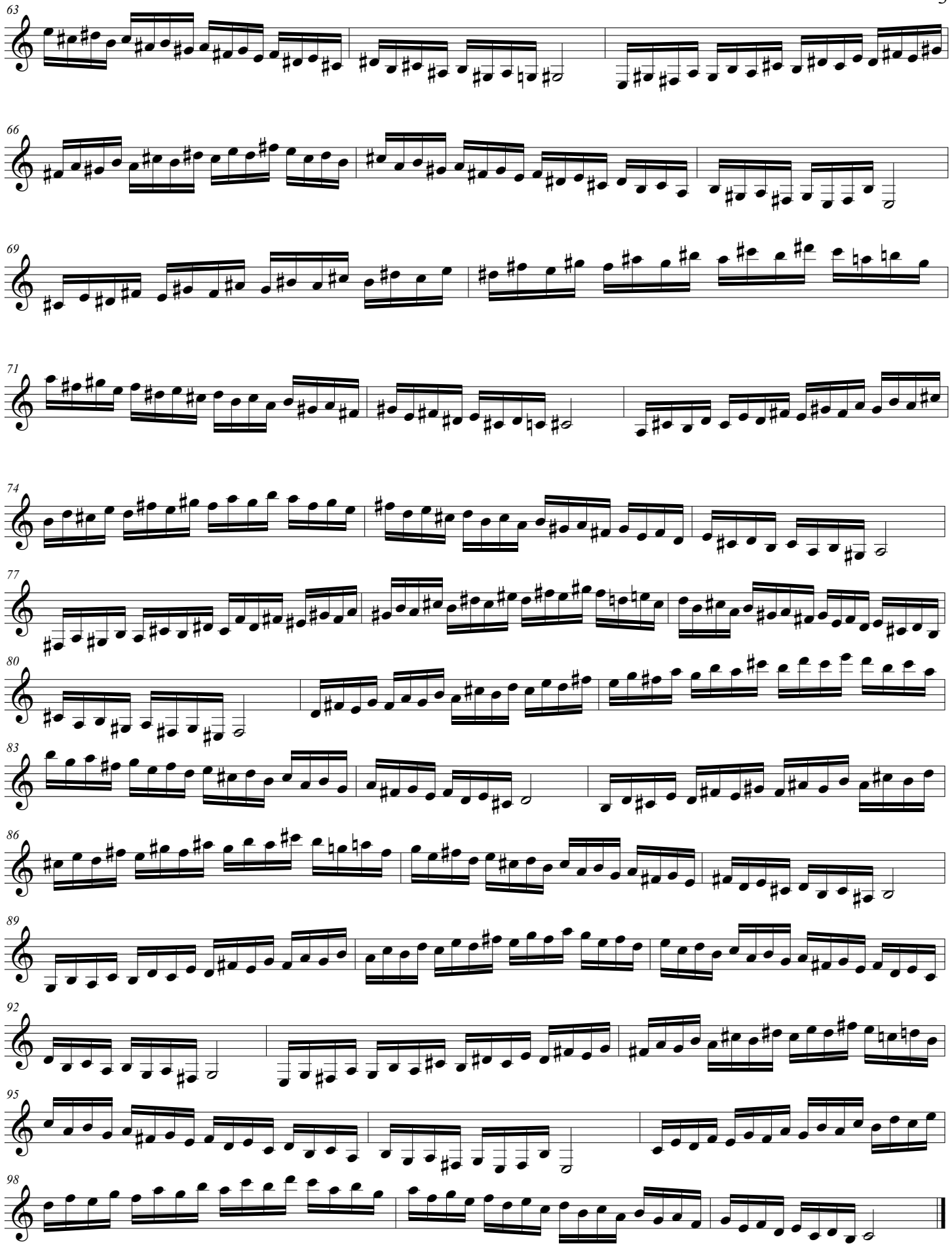
Thirds



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3 Studies for acquiring a light Staccato

Allegretto ♪: 144 Begin at ♪ = 72 work up speed gradually G. LANGENUS

11

p

p

f

p

f

f

Stop

p

p cresc. *f* *p cresc.* *f*

p

f

p

mf