

# Jim Westhoff's Long Tone Exercises

Choose a random note each day, and use it for all 5 steps.

Play each step with one large breath; repeat steps as desired.

Always use a metronome for rhythmic accuracy.

Always use a tuner for pitch accuracy.

♩ = 60

1

*pp*

repeat until out of breath

Make a smooth, even sound and clean articulation on each note.

2

*pp*

repeat until out of breath

Make very clear starts and consistent lengths for each note.

3

*pp* *ff*

repeat until out of breath

Make clean starts and an even sound.

4

*pp* *ff* *pp*

repeat until out of breath

Make a smooth, even sound and a proportionate crescendo / diminuendo.

5

*ff* *pp* *ff*

repeat until out of breath

Make a smooth, even sound and a proportionate diminuendo / crescendo.

*pp* = As soft as possible with clear articulation.

*ff* = As loud as possible with a controlled sound.

☉ = As long as possible until completely out of breath.

#4 & #5: Choose the maximum number of beats per measure possible.