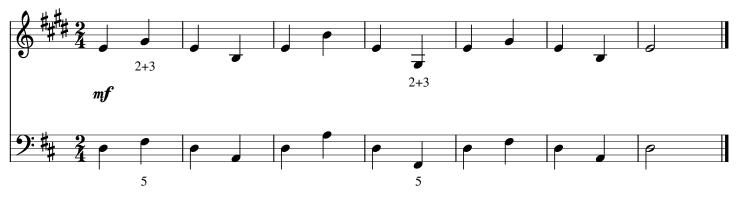
5 Minute Workout - Round 4

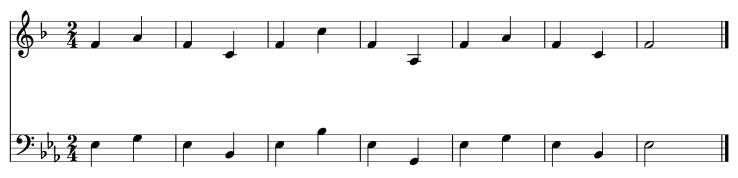
I'm so sorry... you'll actually have to read notes this time around!

Remember to aim for a beautiful, warm tone at all times :)

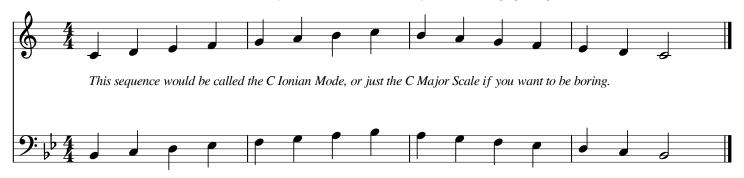
1a. Snake Or Soundwave? Build this up gradually, starting with just 3 notes.



1b. Snake Or Soundwave? Aim to play the whole phrase in a single, smooth breath.

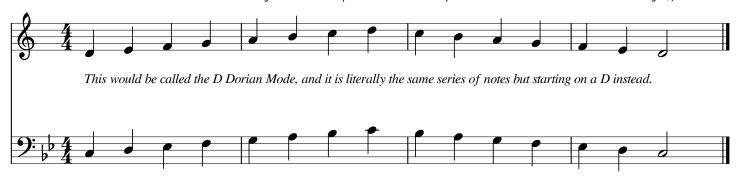


2a. The Ionian Mode. Keep that relaxed, deep breathing going for these lines.



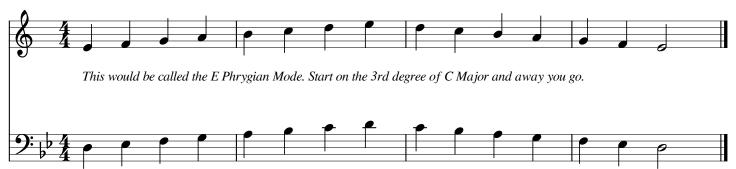
This sequence would be called the Bb Ionian Mode, or just the Bb Major Scale if you want to be boring.

2b. The Dorian Mode. Try not to squeeze that top note. It should sound easy;)



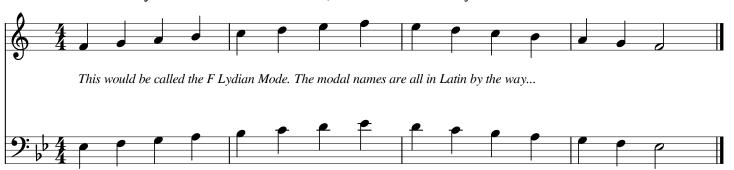
This would be called the C Dorian Mode, and it is literally the same series of notes but starting on a C instead.

2c. The Phrygian Mode. Support the top notes with plenty of smooth, fast airflow.



This would be called the D Phrygian Mode. Start on the 3rd degree of Bb Major and away you go.

2d. The Lydian Mode. One breath, beautiful tone... you can do it!



This would be called the Eb Lydian Mode. It may take you longer than 5 minutes to get to here at first, but within a few days you will be playing the patterns fluently and with fewer mistakes to correct.

Remember to rest for 20-30 seconds between each activity to let you lips recover and re-focus on how you want the next line to sound. Take your time, listen carefully and you'll be sounding better and better:)

Can you work out how to play for the Mixolydian Mode which comes next?