

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.

Musical notation for exercise 1a, Snake Or Soundwave? The exercise is in 2/4 time with a key signature of three sharps (F#, C#, G#). The melody is written on a treble clef staff and the bass line on a bass clef staff. The melody starts on G#4, moves to A4, B4, C5, D5, E5, F#5, G#5, A5, B5, C6, D6, E6, F#6, G#6, A6, B6, C7. The bass line starts on G#2, moves to A2, B2, C3, D3, E3, F#3, G#3, A3, B3, C4, D4, E4, F#4, G#4, A4, B4, C5. The dynamic marking *mf* is placed below the first few notes of the melody. There are two "2+3" markings under the first and fifth notes of the melody, and two "5" markings under the first and fifth notes of the bass line.

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

Musical notation for exercise 1b, Snake Or Soundwave? The exercise is in 2/4 time with a key signature of two flats (Bb, Eb). The melody is written on a treble clef staff and the bass line on a bass clef staff. The melody starts on Bb4, moves to C5, D5, Eb5, F5, G5, Ab5, Bb5, C6, D6, Eb6, F6, G6, Ab6, Bb6, C7. The bass line starts on Bb2, moves to C3, D3, Eb3, F3, G3, Ab3, Bb3, C4, D4, Eb4, F4, G4, Ab4, Bb4, C5. The exercise is designed to be played in a single, smooth breath.

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

Musical notation for exercise 2a, The Ionian Mode. The exercise is in 4/4 time with a key signature of no sharps or flats (C major). The melody is written on a treble clef staff and the bass line on a bass clef staff. The melody starts on C4, moves to D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7. The bass line starts on C2, moves to D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5. The exercise is designed to be played with relaxed, deep breathing.

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

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 ;)

Musical notation for the D Dorian Mode in treble clef, 4/4 time. The notes are D4, E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4, D4. The notes are written as quarter notes in a single line.

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

Musical notation for the C Dorian Mode in bass clef, 4/4 time. The notes are C3, D3, E3, F3, G3, A3, B3, A3, G3, F3, E3, D3, C3. The notes are written as quarter notes in a single line.

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.

Musical notation for the E Phrygian Mode in treble clef, 4/4 time. The notes are E4, F4, G4, A4, B4, C5, B4, A4, G4, F4, E4. The notes are written as quarter notes in a single line.

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

Musical notation for the D Phrygian Mode in bass clef, 4/4 time. The notes are D3, E3, F3, G3, A3, B3, C4, B3, A3, G3, F3, E3, D3. The notes are written as quarter notes in a single line.

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!

Musical notation for the F Lydian Mode in treble clef, 4/4 time. The notes are F4, G4, A4, B4, C5, B4, A4, G4, F4. The notes are written as quarter notes in a single line.

This would be called the F Lydian Mode. The modal names are all in Latin by the way...

Musical notation for the Eb Lydian Mode in bass clef, 4/4 time. The notes are Eb3, F3, G3, Ab3, Bb3, C4, Bb3, Ab3, G3, F3, Eb3. The notes are written as quarter notes in a single line.

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 your 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?