

Long Tones and Water

This exercise blends warming-up, rehydration, and mindfulness. Drink water beforehand and afterward. The whole rests allow the embouchure to rest between pitches. Exhale for two beats and inhale for two. Hear each pitch before you get to them. Lastly, apply the same pattern to any starting pitch.

As Taught by Dennis Wilson at University of Michigan

♩ = 60

	Starting Pitch Half step				Whole step			
Horn in F								
Trumpet in Bb								
Trombone								
Tuba								

	11 min 3rd		Maj 3rd		Perf 4th	
Hn.						
Tpt.						
Tbn.						
Tba.						

23 Aug 4th

Perf 5

min 6th

Musical score for measures 23-34. The score is for four instruments: Horn (Hn.), Trumpet (Tpt.), Trombone (Tbn.), and Tuba (Tba.). The key signature is one sharp (F#). The first measure (23) is marked "Aug 4th". The second measure (24) is marked "Perf 5". The third measure (25) is marked "min 6th". The score shows a progression of chords: Perf 5 (measures 23-24), min 6th (measures 25-26), and Perf 5 (measures 27-28). The notes for each instrument are as follows:

Measure	Hn.	Tpt.	Tbn.	Tba.
23	F#4	F#4	F#2	F#1
24	F#4	F#4	F#2	F#1
25	F4	F4	F2	F1
26	F4	F4	F2	F1
27	F#4	F#4	F#2	F#1
28	F#4	F#4	F#2	F#1

35 Maj 6th

min 7th

Maj 7th

Musical score for measures 35-46. The score is for four instruments: Horn (Hn.), Trumpet (Tpt.), Trombone (Tbn.), and Tuba (Tba.). The key signature is one sharp (F#). The first measure (35) is marked "Maj 6th". The second measure (36) is marked "min 7th". The third measure (37) is marked "Maj 7th". The score shows a progression of chords: Maj 6th (measures 35-36), min 7th (measures 37-38), and Maj 7th (measures 39-40). The notes for each instrument are as follows:

Measure	Hn.	Tpt.	Tbn.	Tba.
35	F#4	F#4	F#2	F#1
36	F#4	F#4	F#2	F#1
37	F4	F4	F2	F1
38	F4	F4	F2	F1
39	F#4	F#4	F#2	F#1
40	F#4	F#4	F#2	F#1

47 Octave

Maj 7th

min 7th

Musical score for measures 47-50. The score is for four instruments: Horn (Hn.), Trumpet (Tpt.), Trombone (Tbn.), and Tuba (Tba.). The key signature is one sharp (F#). The first measure (47) is marked "Octave". The second measure (48) is marked "Maj 7th". The third measure (49) is marked "min 7th". The score shows a progression of chords: Octave (measures 47-48), Maj 7th (measures 49-50), and min 7th (measures 51-52). The notes for each instrument are as follows:

Measure	Hn.	Tpt.	Tbn.	Tba.
47	F#4	F#4	F#2	F#1
48	F#4	F#4	F#2	F#1
49	F#4	F#4	F#2	F#1
50	F#4	F#4	F#2	F#1

59 **Maj 6th** **min 6th** **Perf 5**

Hn.
Tpt.
Tbn.
Tba.

71 **Aug 4th** **Perf 4th** **Maj 3rd**

Hn.
Tpt.
Tbn.
Tba.

83 **min 3rd** **whole step** **Half step** **Starting Pitch**

Hn.
Tpt.
Tbn.
Tba.

Horn in F

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Starting Pitch Half step Whole step

11 min 3rd Maj 3rd Perf 4th

23 Aug 4th Perf 5 min 6th

35 Maj 6th min 7th Maj 7th

47 Octave Maj 7th min 7th

59 Maj 6th min 6th Perf 5

71 Aug 4th Perf 4th Maj 3rd

83 min 3rd whole step Half step Starting Pitch

Trumpet in B \flat

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Starting Pitch Half step

Whole step



11 min 3rd

Maj 3rd

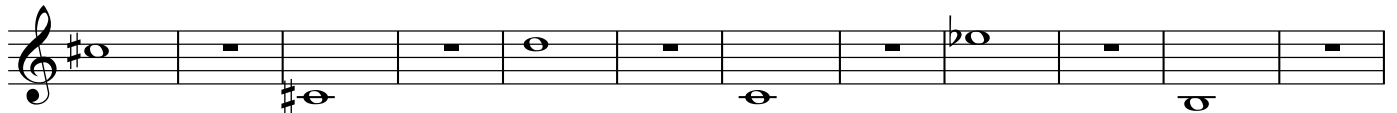
Perf 4th



23 Aug 4th

Perf 5

min 6th



35 Maj 6th

min 7th

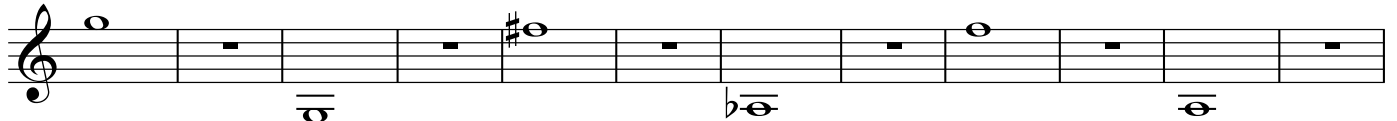
Maj 7th



47 Octave

Maj 7th

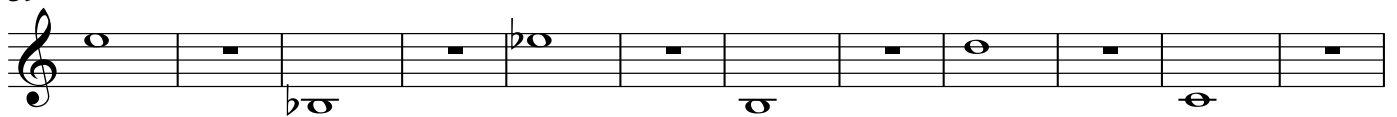
min 7th



59 Maj 6th

min 6th

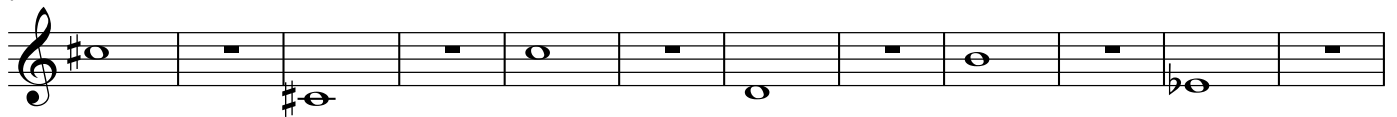
Perf 5



71 Aug 4th

Perf 4th

Maj 3rd



83 min 3rd

whole step

Half step

Starting Pitch



Trombone

Long Tones and Water

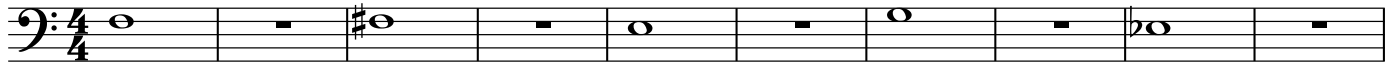
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Starting Pitch Half step

Whole step



11 min 3rd

Maj 3rd

Perf 4th



23 Aug 4th

Perf 5

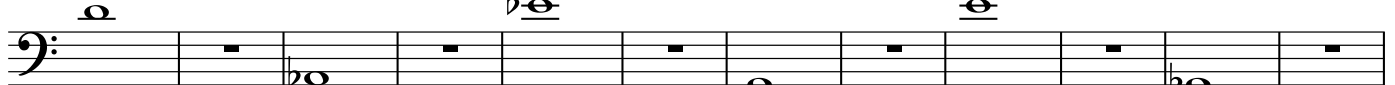
min 6th



35 Maj 6th

min 7th

Maj 7th



47 Octave

Maj 7th

min 7th



59 Maj 6th

min 6th

Perf 5



71 Aug 4th

Perf 4th

Maj 3rd



83 min 3rd

whole step

Half step

Starting Pitch



Tuba

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Starting Pitch Half step

Whole step

11 min 3rd

Maj 3rd

Perf 4th

23 Aug 4th

Perf 5

min 6th

35 Maj 6th

min 7th

Maj 7th

47 Octave

Maj 7th

min 7th

59 Maj 6th

min 6th

Perf 5

71 Aug 4th

Perf 4th

Maj 3rd

83 min 3rd

whole step

Half step

Starting Pitch