



Redlands Unified School District  
Elementary Instrumental Music Program  
2015/2016  
**BE PART OF THE BAND!**



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**First Saxophone Lessons**

Find someplace quiet and well lit where you can practice. Always sit correctly on your 'sit bones', with your feet flat on the floor, with a nice, tall back.

**Breathing Exercises**

- Make sure you are sitting correctly (Sit bones! Flat feet! Tall Back!)
- Put your hands on your head (I know it looks silly, but it's important...it pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (2 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

**Sizzle Exercises**

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breathe in for 1 count, Sizzle out for 7 counts (4 times)

Breathe in for 1 count, sizzle out for 15 counts (2 times)

**Mouthpiece and Neck Practice**

- Set your case on the floor in front of you with your name tag facing up.
- Carefully open your case and take just the mouthpiece, reed, ligature and neck out of the case.
- Place the reed in your mouth (to wet it).
- Place the mouthpiece on the neck and place the ligature on the mouthpiece (screws to the right).
- Slide the reed underneath the ligature until the tip of the reed lines up with the tip of the mouthpiece.
- Make sure the reed is still lined up with the mouthpiece. Tighten the screws until they are firm. (the ligature screws do not need to be tightened all the way).
- Shape your embouchure, take a full breath of air and blow using the syllable 'doo' to play a long, steady tone.

Remember:

- Lower lip over bottom teeth (chin down and flat).
- Top teeth go on the mouthpiece.
- Think of your lips like a rubber band - with even pressure all the way around.
- Make sure you have enough mouthpiece in your mouth.

Play for 4 counts, rest for 4 counts (4 times)

Play for 8 counts, rest for 8 counts (4 times)

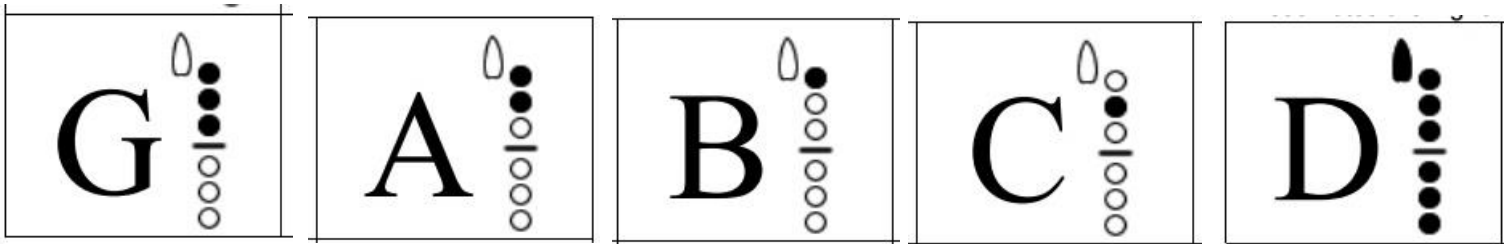
### Put the Saxophone together

- Put your neck strap around your neck and adjust it.
- Take the saxophone out of the case, attach it to your neck strap. Grab the neck so you don't bend the key on top.
- Make sure the neck screw is loose. Twist the parts together. Don't rock them, you will damage them that way.
- Line up the parts and tighten the neck screw.
- Remember to sit up tall and bring the saxophone to you (re-adjust your neck strap). Keep your head on straight!!

### Your First Notes

- Your left hand goes on top. Please don't be the one kid who always shows up to the second lesson with the wrong hand on top. Please . . . don't make my hair go gray.
- Always play with your very best sound.
- You are sitting correctly, right?!? Use the following fingerings:

**Play 4 counts - Rest 4 counts - Play 4 counts - Rest 4 counts (2 times)**



### Mary Had A Little Lamb

B - A - G - A    B - B - B ---    A - A - A ---    B - D - D ---  
 B - A - G - A    B - B - B - B    A - A - B - A    G - - - - -

### Website and video assignment:

Go to [www.basicband.info](http://www.basicband.info)

Choose Saxophone in upper right hand where it says 'choose your instrument'

Click on Video Lessons and choose and watch one or more of the 8 great beginning lessons.