

Fowler Beginning Band Practice Objectives
 2nd Week of School = August 30th -September 5th

Student's First and Last Name: _____

Instrument: _____

Band Period _____ Band Locker Number: _____

This form is due on Tuesday, September 7th

All practicing should be done in a straight backed chair (preferably a kitchen/dining room chair)

This Week: Practice NO MORE than 10-15 minutes per day, 3-5 day (no more than 5).

Parents Initial after every home practice session.

Practice **does not** have to be every day, just initial on the days where the objectives were practiced.

Monday Aug. 30 th	Tuesday Aug. 31 st	Wednesday Sept. 1 st	Thursday Sept. 2 nd	Friday Sept. 3 rd	Saturday Sept. 4 th	Sunday Sept. 5 th
_____	_____	_____	_____	_____	_____	_____
Initial	Initial	Initial	Initial	Initial	Initial	Initial

This week's OBJECTIVES for each time you practice.

(1) Do these things THREE DAYS THIS WEEK (not every day):

- Open Case (on the floor)
- Put the Instrument together
- Proper Posture (The "Chant")
- Proper Holding of the Instrument
- Breathing (keep air steady):
 4 counts IN, 4 Counts OUT.....4 counts IN, 6 counts OUT
 2 counts IN, 4 counts OUT.....1 count IN, 8-12 counts OUT
- Foot Tap with your Metronome (Momma-Daddy)
 "Beat" set to "O" and set "Tempo" to 70

(2) Do this ONE or TWO DAYS THIS WEEK.

- Teach your Parents how to do EVERYTHING in the LIST in Object Number (1)!
 - There are hints and tips to teach them on the back of this sheet.
 - Model for them (show them what it is supposed to look like) and then have THEM do it.
- Correct them if they do something wrong. Watch how they sit (teach them the "Chant"), instrument assembly and holding, breathing, and foot tap! YOU are their teacher! 😊

WHAT TO REMEMBER TO TELL YOUR PARNETS WHEN YOU
ARE TEACHING THEM (YOU NEED TO KNOW THIS TOO)

Open Case on the floor (brand label “up”)

Identify the parts of the instrument

Mouthpiece: Rim, cup, shank

Instrument: receiver, lead-pipe, valves,
slides, water key,

Put together the instrument:

Show proper posture

- Sit on the front 1/3 of the chair
- Feet flat (heels slightly in front of knees)
- Move lower spine towards your belly button
- Shoulders should be sloped and relaxed
- Neck is smooth and soft
- Head should float
- Jaw relaxed and teeth slightly separated

How to hold the instrument.

- TeePee/Pyramid arms
- The “flat C” hands”
- Left hand: “Clamp, not Claw”, ring finger, thumb,
no “death grip”
- Right Hand: Flat C, thumb straight & between the valves 1&2
“Finger prints” on the valve caps
Arched small knuckles
Press valves with “big” knuckles

Show Proper Breathing

- Breathe through open mouth (no sipping, no nose)
- Air IN, and immediately back out (never hold it in)
- Shoulders do not move
- Breaths must be silent (no noise, gasping)
- On the way out, the air hits the center of the back of the lips,
and never contacts the teeth, keep the back of the teeth open

Foot Tap

- Heel should be slightly in front of the knee
- Keep heel on the floor as all times, and lift toe
- No bouncing the front of the foot off the floor.
- “Momma” when foot is down, “Daddy” when foot is up.
- Then continuous: MommaDaddyMommaDaddy...etc
- Use you Metronome: Beat: “O”, Tempo= 70