



The Brass Gym for Euphonium (Bass Clef)

By Focus on Music

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A Comprehensive Daily Workout for Brass Players.

Authors: Sam Pilafian and Patrick Sheridan.

The Brass Gym contains a daily basics routine developed from a synthesis of more than 50 years combined experience of touring as performers and educators through the world. The workout consists of exercises that cover comprehensively the basic aspects of wind playing. It can also be used as a warm-up activity as the exercises are ordered in a gentle "ramp up" with demand increasing through the workout.

The Brass Gym is the cornerstone to a healthy and ever improving musical life!

The Brass Gym includes a 100+ page book and 78 minute play-along CD featuring the two authors.

Contents include:

- Introduction & Overview
- Pre-Workout
- Working Out With a Partner or Group
- Glossary of Terms
- Mouthpiece Workout
- Chromatics
- Soft Touch
- Smooth Air Movement
- Tongue Coordination
- Shwarmaaaaa!
- Beautiful Sounds
- Brruummm!
- Brruummm! in Sixteenth Notes
- Bugles
- Bugle: Last Lines
- Old School Flexes
- Lip Flips
- "B" Bells
- How to Use the CD

CD Track Listing
About the Authors

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