McCRACKEN MIDDLE SCHOOL BANDS
8000 East Prairie, Skokie, Illinois 60076

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SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First Flute Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

HEAD JOINT PRACTICE

a) Take just the head joint out of your case.
b) Place the center of the embouchure hole in the middle of your lips.
c) Roll the head joint down into position.
d) Pat your foot slowly and evenly.
e) ***REMEMBER – THINK "POOH"***

Cover the End – Play for 4 counts, rest for 4 counts (4 times)
Uncover the End – Play for 4 counts, rest for 4 counts (4 times)

then…

Cover the End – Play for 8 counts, rest for 8 counts (4 times)
Uncover the End – Play for 8 counts, rest for 8 counts (4 times)

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!).
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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)

take a mini-break, then…

SIZZLE EXERCISES

a) 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)

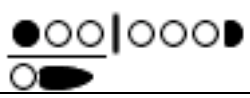
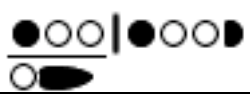
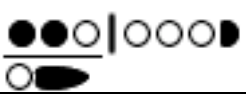
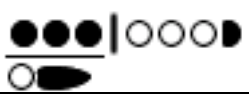
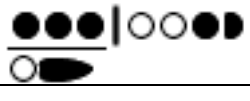
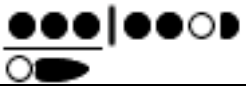
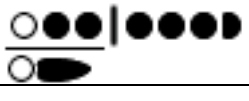
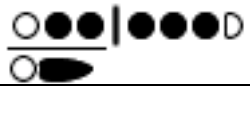
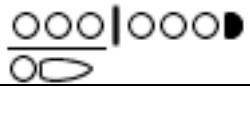
PUT THE FLUTE TOGETHER

a) Grab the flute where there are no keys!!! You don't want to bend them.
b) Twist the parts together. Rocking them on will cause damage.
c) Line the embouchure hole up with the keys on the body.
d) Remember – line the bar of the foot up with the center of the keys on the body.

YOUR FIRST NOTES

a) The flute goes to the right. Please don't be the one kid who always shows up to the second lesson with the flute going the wrong way. Please…don't make my hair go gray.
b) You are sitting correctly right?!? Check your thumb position. Use the following fingerings:

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

B 	B♭ 	A 	G 
F♯ 	F	E 	E♭ 
D 	D♭ 		

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

SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First Clarinet Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

MOUTHPIECE AND BARREL PRACTICE

a) Take just the mouthpiece, reed, ligature and barrel out of the case.
b) Place the reed in your mouth (to wet it).
c) Place the ligature on the mouthpiece (screws to the right).
d) Slide the reed underneath the ligature until the tip of the reed lines up with the tip of the mouthpiece.
e) Push the ligature down (you may need to loosen the screws).
f) 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)

REMEMBER:

- Lower lip over bottom teeth (chin down and flat)
- Top lip tight against the teeth
- Top teeth touch the mouthpiece
- Make sure you have enough mouthpiece in your mouth
- Corners firm!
- Think “shhhhhhh” when you play

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

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!)
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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

a) Do these exercises twice, once with your hands on your head and once with them not on your head.

Breathe in for 1 count, sizzle out for 7 counts (4 times)
Breathe in for 1 count, sizzle out for 15 counts (2 times)

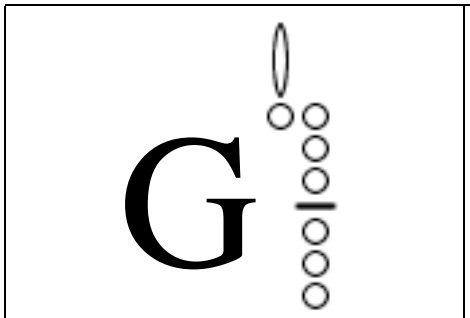
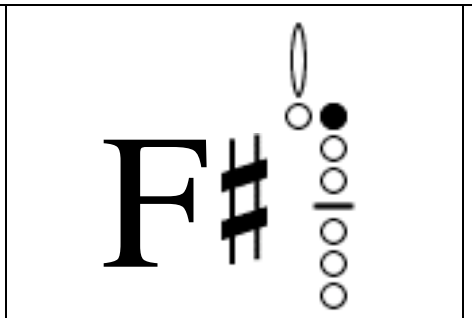
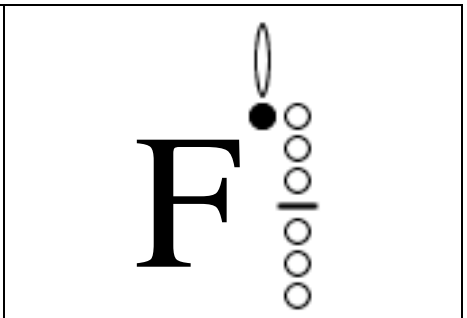
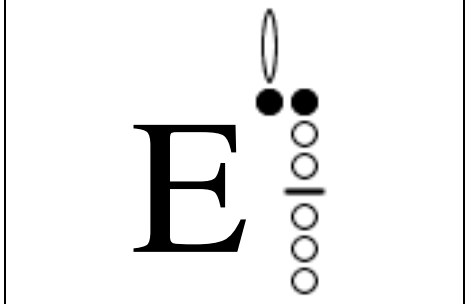
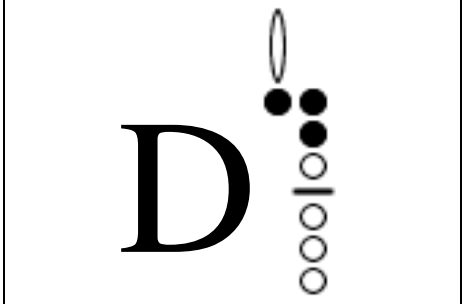
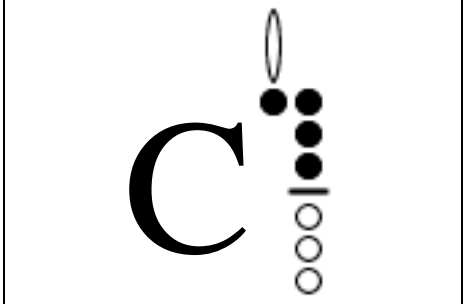
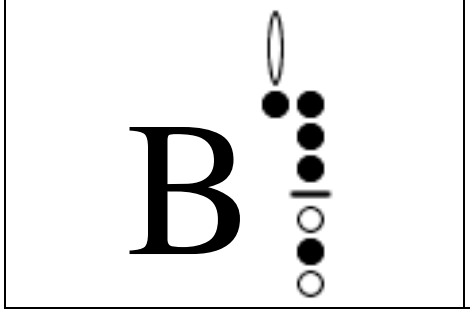
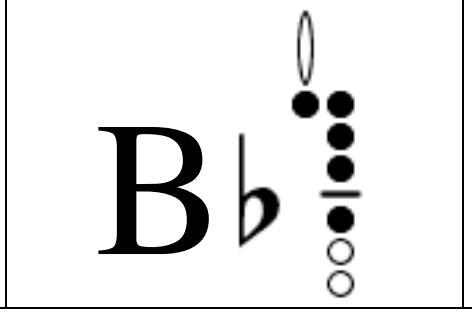
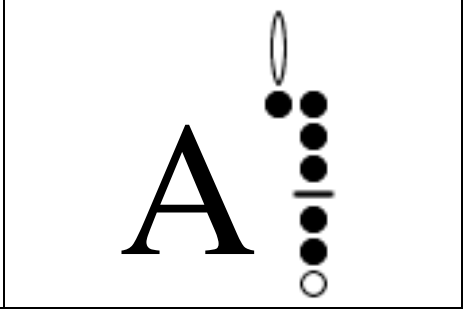
PUT THE CLARINET TOGETHER

a) Grab the clarinet where there are no keys!!!! You don't want to bend them.
b) Twist the parts together. Don't rock them…you will damage them that way.
c) Remember, all the parts line up.

YOUR FIRST NOTES

a) 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.
b) Always play with your very best sound.
c) 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

E – D – C – D E – E –E D – D –D E – G – G
E – D – C – D E – E – E – E D – D – E – D - C

SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First Saxophone Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

MOUTHPIECE PRACTICE

a) Take just the mouthpiece, reed, and ligature out of the case.
b) Place the reed in your mouth (to wet it).
c) Place the ligature on the mouthpiece (screws to the right).
d) Slide the reed underneath the ligature until the tip of the reed lines up with the tip of the mouthpiece.
e) Push the ligature down (you may need to loosen the screws).
f) Make sure the reed is still lined up with the mouthpiece. Tighten the screws until they are firm. The ligature **does not** need to be tightened all the way.

REMEMBER

- Lower lip over bottom teeth (chin down and flat)
- Top lip tight against the teeth
- Top teeth touch the mouthpiece
- Make sure you have enough mouthpiece in your mouth!
- Corners firm!
- Think “ahhhhhhhh” when you play

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

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!)
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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

a) Do these exercises twice, once with your hands on your head and once with them not on your head.

Breathe in for 1 count, sizzle out for 7 counts (4 times)
Breathe in for 1 count, sizzle out for 15 counts (2 times)

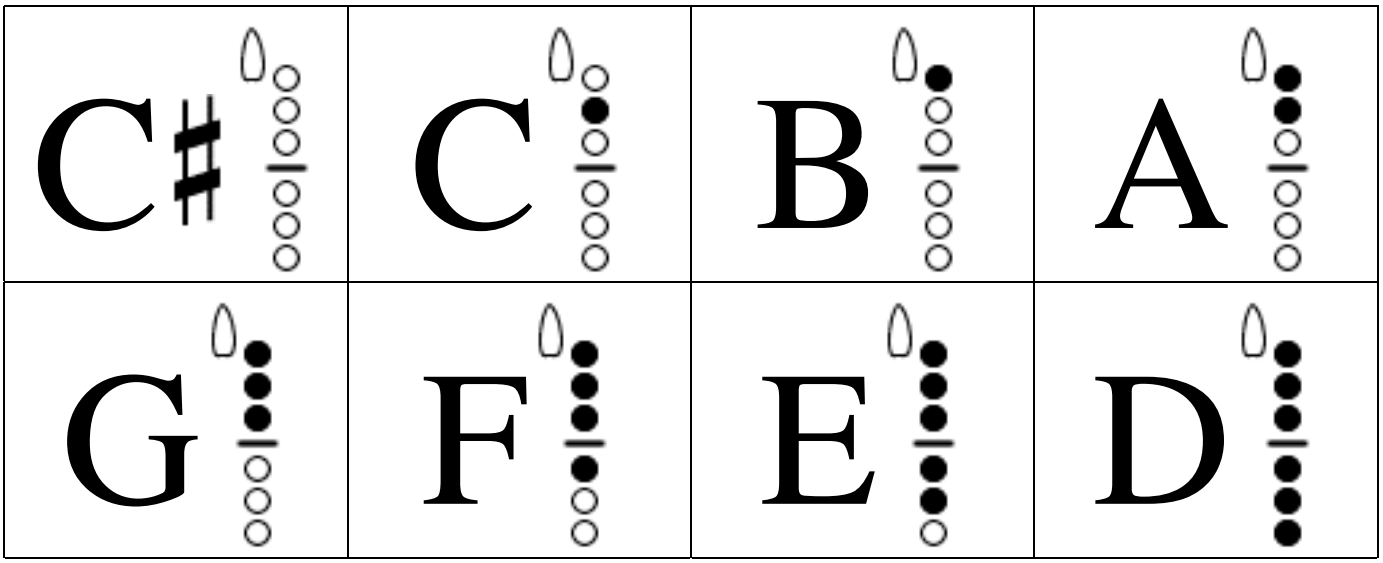
PUT THE SAXOPHONE TOGETHER

a) Grab the neck so that you don't bend the key on top.
b) Make sure the neck screw is loose. Twist the parts together. Don't rock them…you will damage them that way.
c) Line up the parts and tighten the neck screw.
d) Twist the mouthpiece on.
e) Adjust the neck strap while standing like we did in class.

YOUR FIRST NOTES

a) 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.
b) Always play with your very best sound.
c) You are sitting correctly, right?!? Use the following fingerings:

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)



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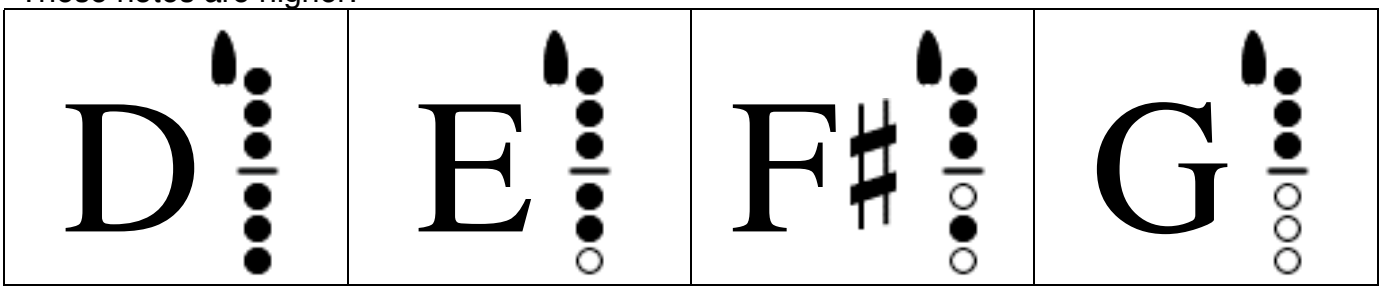


MARY HAD A LITTLE LAMB

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

SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First Trumpet Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

MOUTHPIECE PRACTICE

a) Take just the mouthpiece out of your case.
b) Think "mmmmmmmmm" before placing the mouthpiece.
c) Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)
BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then…

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)
BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!)
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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)

take a mini-break, then…

SIZZLE EXERCISES

a) Do these exercises twice, once with your hands on your head and once with them not on your head.

Breathe in for 1 count, sizzle out for 7 counts (4 times)
Breathe in for 1 count, sizzle out for 15 counts (2 times)

PUT THE TRUMPET TOGETHER

a) Twist the mouthpiece in (otherwise it might get stuck).
b) Hold the instrument correctly (like we discussed in your lesson). Right thumb should be between the 1st and 2nd valves. Right pinky goes **on top** of the pinky hook.

YOUR FIRST NOTES

a) Make sure the trumpet is straight when you play. Don't aim down.
b) Always play with your very best sound. Blow warm air!
c) You are sitting correctly, right?!? Use the following fingerings:

No valves down (open)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 2nd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd and 3rd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 3rd valves down (kick out 3rd valve slide)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st, 2nd and 3rd valves down (kick out 3rd valve slide)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

MORE MOUTHPIECE PRACTICE

List 3 songs that you know: _____

_____

_____

Buzz each song on your mouthpiece.

YOUR FIRST SCALE

a) Start low. Hold each note for 4 counts.
b) Each note gets higher.

note name:	C	D	E	F	G	A	B	C
fingering:	0	13	12	1	0	12	2	0

SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First French Horn Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

MOUTHPIECE PRACTICE

a) Take just the mouthpiece out of your case.
b) Think "mmmmmmmmm" before placing the mouthpiece.
c) Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)
BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then…

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)
BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!)
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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)

take a mini-break, then…

SIZZLE EXERCISES

a) Do these exercises twice, once with your hands on your head and once with them not on your head.

Breathe in for 1 count, sizzle out for 7 counts (4 times)
Breathe in for 1 count, sizzle out for 15 counts (2 times)

PUT THE HORN TOGETHER

a) Twist the mouthpiece in (otherwise it might get stuck).
b) Hold the instrument correctly (like we discussed in your lesson).

YOUR FIRST NOTES

a) Make sure the horn is pointed slightly downward when you play.
b) Always play with your very best sound. Blow warm air!
c) You are sitting correctly, right?!? Use the following fingerings:

No valves down (open)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 2nd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd and 3rd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 3rd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st, 2nd and 3rd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

MORE MOUTHPIECE PRACTICE

List 3 songs that you know: _____

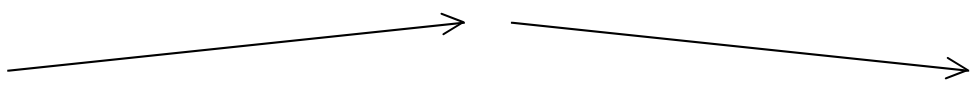
_____

_____

Buzz each song on your mouthpiece

YOUR FIRST SCALE

a) Start low. Hold each note for 4 counts.
b) The first half goes up, the second half goes down.



note name:	C	D	E	F	G	F	E	D	C
fingering:	0	1	0	1	0	1	0	1	0

SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First Trombone Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

MOUTHPIECE PRACTICE

a) Take just the mouthpiece out of your case.
b) Think "mmmmmmmmm" before placing the mouthpiece.
c) Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)
BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then…

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)
BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!)
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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)

take a mini-break, then…

SIZZLE EXERCISES

a) Do these exercises twice, once with your hands on your head and once with them not on your head.

Breathe in for 1 count, sizzle out for 7 counts (4 times)
Breathe in for 1 count, sizzle out for 15 counts (2 times)

PUT THE TROMBONE TOGETHER

a) Twist the mouthpiece in (otherwise it might get stuck)
b) Make an "L" with the slide and bell.
c) Hold the instrument correctly (like we discussed in your lesson).
d) Right hand goes on the slide.

YOUR FIRST NOTES

a) Make sure the trombone is straight when you play.
b) Always play with your very best sound. Blow warm air!
c) You are sitting correctly, right?!? Use the following positions:

1st Position (all the way in)

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd Position

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

3rd Position (lined up with bell)

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

4th Position (end of slide lined up with bell)

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

5th Position

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

6th Position (as far as you can reach)

play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

MORE MOUTHPIECE PRACTICE

List 3 songs that you know: _____

_____

_____

Buzz each song on your mouthpiece

YOUR FIRST SCALE

a) Start low. Hold each note for 4 counts.
b) Each note gets higher.

note name:	B flat	C	D	E flat	F	G	A	B flat
position:	1	6	4	3	1	4	2	1

SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First Euphonium Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

MOUTHPIECE PRACTICE

a) Take just the mouthpiece out of your case.
b) Think "mmmmmmmmm" before placing the mouthpiece.
c) Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)
BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then…

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)
BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!)
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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)

take a mini-break, then…

SIZZLE EXERCISES

a) 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)

PUT THE EUPHONIUM TOGETHER

a) Twist the mouthpiece in (otherwise it might get stuck).
b) Hold the instrument correctly (like we discussed in your lesson). Make sure you are pushing the valves straight down.

YOUR FIRST NOTES

a) Always play with your very best sound. Blow warm air!
b) You are sitting correctly, right?!? Use the following fingerings:

No valves down (open)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 2nd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd and 3rd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 3rd valves down (4th valve)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st, 2nd and 3rd valves down (2nd and 4th valve)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

MORE MOUTHPIECE PRACTICE

List 3 songs that you know: _____

_____

_____

Buzz each song on your mouthpiece.

YOUR FIRST SCALE

a) Start low. Hold each note for 4 counts.
b) Each note gets higher.

note name:	B flat	C	D	E flat	F	G	A	B flat
fingering:	0	13	12	1	0	12	2	0

SKOKIE SCHOOL DISTRICT 73 1/2 BANDS

First Tuba Lesson

Find somewhere quiet and well lit where you can practice. Always sit correctly! Feet Flat, Fanny Front!

MOUTHPIECE PRACTICE

a) Take just the mouthpiece out of your case.
b) Think "mmmmmmmmm" before placing the mouthpiece.
c) Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)
BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then…

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)
BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

BREATHING EXERCISES

a) Make sure you are sitting correctly (Sit Tall. Feet Flat, Fanny Front!)
b) 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).
c) Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 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)

take a mini-break, then…

SIZZLE EXERCISES

a) Do these exercises twice, once with your hands on your head and once with them not on your head.

Breathe in for 1 count, sizzle out for 7 counts (4 times)
Breathe in for 1 count, sizzle out for 15 counts (2 times)

PUT THE TUBA TOGETHER

a) Twist the mouthpiece in (otherwise it might get stuck).
b) Hold the instrument correctly (like we discussed in your lesson). Make sure you are pushing the valves straight down.

YOUR FIRST NOTES

a) Always play with your very best sound. Blow warm air!
b) You are sitting correctly, right?!? Use the following fingerings:

No valves down (open)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st valve down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 2nd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

2nd and 3rd valves down
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st and 3rd valves down (4th valve)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

1st, 2nd and 3rd valves down (2nd and 4th valve)
play 4 counts – rest 4 counts – play 4 counts – rest 4 counts (2 times)

MORE MOUTHPIECE PRACTICE

List 3 songs that you know: _____

_____

_____

Buzz each song on your mouthpiece.

YOUR FIRST SCALE

a) Start low. Hold each note for 4 counts.
b) Each note gets higher.

note name:	B flat	C	D	E flat	F	G	A	B flat
fingering:	0	13	12	1	0	12	2	0