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

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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)

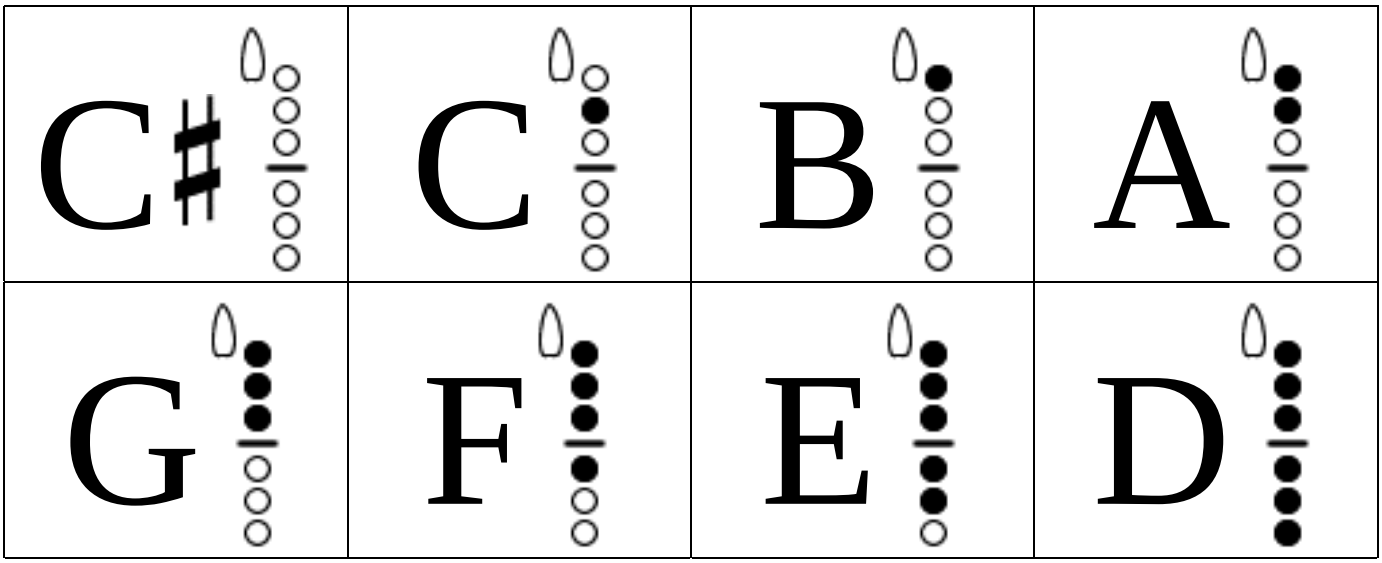
PUT THE SAXOPHONE TOGETHER

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.

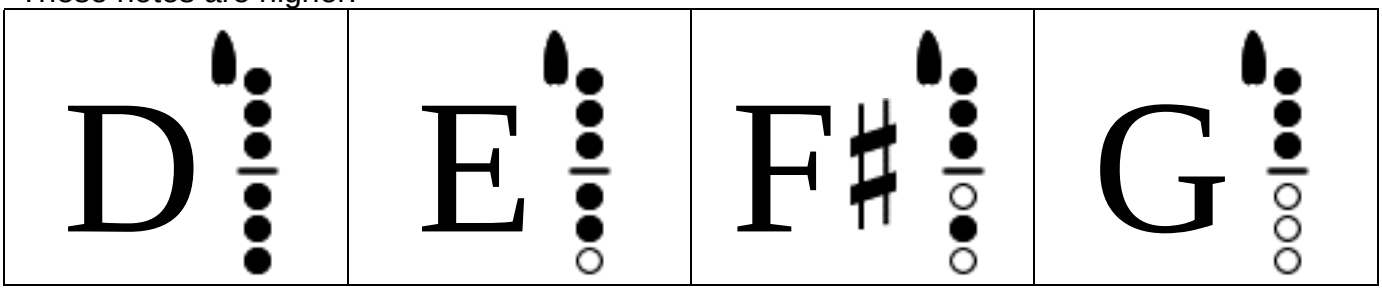
YOUR FIRST NOTES

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)



These notes are higher:



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