Horn Camp Connect Session 3

November 14, 2020

Featured Guest

Dr. Natalie Douglass-Grana

Bernhard Scully & Jesse McCormick

Welcome to Session 3 of Horn Camp Connect, a monthly broadcast brought to you by Cormont Music and KBHC. This packet contains the material for our Guided Practice Session. It is similar to the material presented during the Online KBHC Experience. Here are some things to keep in mind about the material.

- 1.) This material is designed for all ages and ability levels.
- 2.) We encourage everyone to do only what they are able to do. Don't force anything!
- 3.) Feel free at any time to take rests, go at slower speeds, and play within only your comfortable limits of range and the like.
- 4.) All the material in this packet is meant as starting material for you to use as you begin to build and craft your own individual practice routines.
- 5.) Feel free to alter the exercises by changing things like the modes, rhythms, articulations, etc. This would definitely apply to the scales, as you will want to be sure and include minor scales and other types of scales over time.
- 6.) We will not be dealing too much with dynamics, but we encourage you to add some dynamic variety into the mix, especially in exercises like the Beautiful Sounds Studies and the scales.
- 7.) The Sing-Buzz-Play-Create concept we introduce during the Song of the Day can be applied to any and all of the exercises, and we encourage you to use this valuable tool as much as you want throughout the session.
- 8.) At the end of each session there will be some time for questions.

We hope you enjoy the Guided Practice Session as much as we do. We have used all these exercises and techniques for years during both of our respective careers, and we have the utmost confidence that all of the material will serve you very well.

Now let's begin!

-Bernhard and Jesse

Stretching

Get the Body Limbered Up!

Twisting: 10 Reps

Fold Over: 10 Counts

Side Bends: 10 Counts on each side

Arm Rotations: 10 Reps forward and backward

Shoulder Shrugs: 10 Reps forward and backward

Breathing

Expansion Breaths: 3-6, 4-8, 5-10, 6-12

Suspension Breaths: 3-6-3, 4-8-4, 5-10-5, 6-12-6

Capacity Breaths with Hissing: 3 Sets

Guided Practice Session



























