

Band Beginnings Method Book



Alto Saxophone

Name _____

School _____

Teacher _____

Room _____

Supply Checklist

- ☐ Instrument (or a note from home if you can't bring it)
- ☐ 1. Luggage Tag on the case (name, address, phone, classroom teacher, school)
- ☐ 2. Music Binder (a three-ring binder)(1-inch hard cover is best)
- ☐ 4. Pencil
- ☐ 5. Music Stand at home (highly recommended)

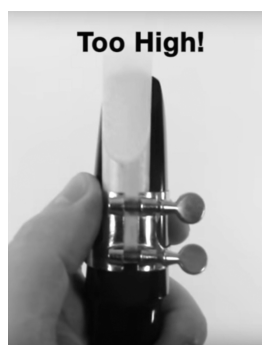
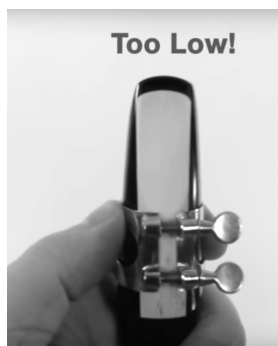
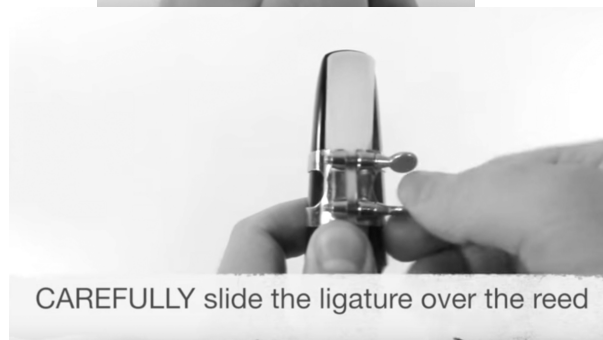
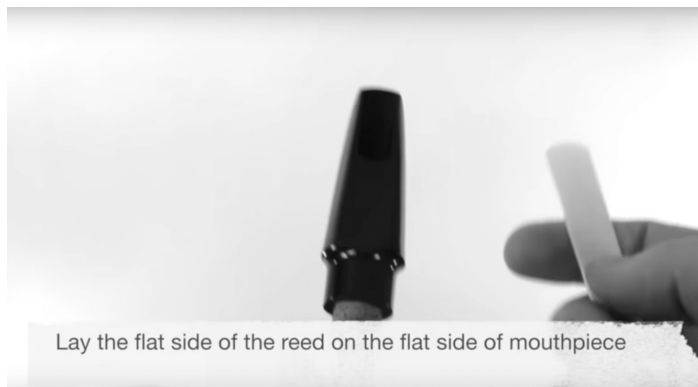
Instrument Supplies

- ☐ Extra Reeds (size #2)
- ☐ Swab
- ☐ Cork Grease for mouthpiece cork

Parts of the Saxophone



Setting up the Alto Sax Mouthpiece



Forming the Alto Saxophone Embouchure



TOP TEETH, LOWER LIP, CLOSE AND BLOW. That's the embouchure of the alto saxophone boiled down to a 7- word sentence. Now let's explore the embouchure in detail.

Step 1: Cushion your bottom lip over your bottom teeth as if you were saying the letter "V". Your chin should flatten downward.

Step 2: Place the alto sax mouthpiece in your mouth (reed down on the lower lip).



Step 3: Bite down with the top teeth onto the mouthpiece putting 1/4 inch of the mouthpiece into your mouth. Your top teeth are the anchor for the mouthpiece. The lower lip should be slightly curled over your bottom teeth and forms a pillow for the reed to rest on. Your bottom teeth should never touch anything! They should be as far from the mouthpiece as possible.



Alto Saxophone Embouchure (cont.)

Close your mouth around the mouthpiece like a drawstring bag. As you close your mouth and seal it, pull the chin down and make the skin between your chin and lower lip stretch. (Be careful NOT to open up the pressure of the bite. This is a common mistake and misunderstanding). Now, with your right hand (under the thumb rest) place some pressure against the upper teeth. The top lip, corners, and bottom lip should all have equal pressure on the mouthpiece/reed.



BLOW – when breathing, only use the corners of your mouth to take air into your lungs. Keep the same pressure and do not interrupt your flat chin to do this. Many students completely open their mouth to breath and the most efficient way to breath is to use the corners of your mouth.



Saxophone Embouchure

Student Reference Guide

DO:

- ♪ Keep your upper teeth on the mouthpiece, acting as an anchor. The weight of your head rests here.
- ♪ Curl the lower lip slightly over your bottom teeth. Think “Voh”
- ♪ Pull corners in – like a drawstring bag or like you are whistling.
- ♪ Practice with a mirror, making sure to look straight into the mirror (not looking down or to the side).
- ♪ Use good air support.
- ♪ Keep your throat open and your jaw down.
- ♪ Remember that your lips act as a cushion for the reed.



Don't:

- ♪ Don't bite down on the reed! If you bite, the reed won't vibrate.
- ♪ Don't puff out your cheeks.
- ♪ Don't look down or to the side when you play.
- ♪ Don't bunch up your chin. Keep it natural.
- ♪ Don't change your embouchure as you move from one note to the next.
- ♪ Don't tense up when you play. Relax!



ASSEMBLING THE ALTO SAXOPHONE

Always make sure the case is facing the correct direction before it is opened. If your case doesn't have a logo or label on the top, add a sticker or nametag so you always know which way should be facing up.

Lift the body of the saxophone out of the case by the bell.



Place the bell of your saxophone on your knee so that the keys face away from you.



Put on your neck strap and hook it to the body of the saxophone.



Loosen the neck screw on the body of the saxophone.



Twist and push together the neck and the body gently.



Tighten the screw on the neck until it is secure. DO NOT OVERTIGHTEN or you could damage the screw.

Holding the Alto Saxophone

Left Hand Position (on top)

Step 1: Position your left hand on top of the instrument.

Step 2: Position your left thumb on the thumb rest.

Step 3: Keep your fingers curved.

Step 4: Keep your thumb straight.



Right Hand Position (on bottom)

Step 1: Position your right hand to the bottom of the instrument.

Step 2: Center your right thumb on the thumb rest

Step 3: Keep your fingers curved

Step 4: Keep your thumb straight

Step 5: Slant your fingers comfortably upward



Alto Sax Posture and Position

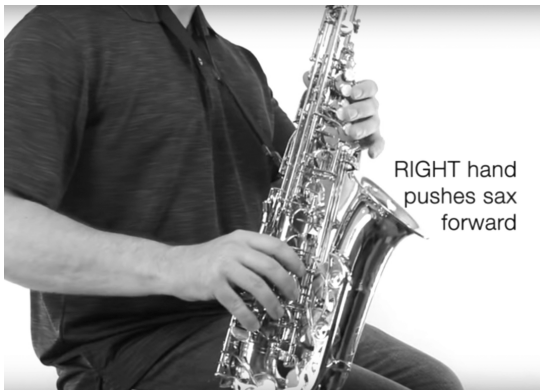
Sitting Posture

Feet Flat on the floor

Back Straight

Sit on the Front Edge of your Chair

Bring your alto saxophone out in front of you and straight to your lips. (Remember, your arms move so your head and neck don't have to!)



Your head should be straight.



Saxophone Maintenance

Before You Play:

Do not consume sugary candy, gum or sodas. This is the biggest cause of sticky and waterlogged keys.

Always lay your case flat on the floor before opening and closing your saxophone case.

Always soak your reed in your mouth while assembling your instrument.

Proper instrument assembly is essential to good care of your saxophone. Always remove your saxophone from the case by the bell, not by the keys.

Apply a small amount of cork grease to the mouthpiece cork (if needed) to help ease assembly.

When tightening the screws on the ligature, make sure to not over-tighten them. This can cause the ligature to break.

After You Play:

Take your reed off and store it properly in your reed guard. Labeling your reeds by number and rotating which reed you play on daily is recommended.



Always swab out your instrument after playing. Keeping your saxophone dry is the best thing you can do to take care of it. Listen to your teacher for very specific instructions on how to swab your instrument.

Silk, cotton and microfiber swabs absorb moisture well. Do not use flannel or felt swabs- they do not absorb moisture but instead, spread it around.

After swabbing, wipe down the outside of the saxophone with a clean, soft cloth to remove oils and perspiration.



Storage:

Always leave your saxophone placed properly in its case when it is not being used. Never leave it on the ground, a chair or a music stand. Always keep it in your hands or in its case.

Do not put music and other items in your case unless there is a space or compartment designed for it. Loose items can damage your instrument.

Never store your saxophone in extreme hot or cold temperatures. While running errands, never leave your instrument in the car. Extreme temperatures can damage the pads and corks on your instrument.



When carrying your instrument, double check that the latches are closed securely. It is a good idea to carry the LID of the case against your leg.

Weekly Maintenance:

Wash your swab in warm water and a mild detergent once a week (or at least once a month depending on use). Let it dry completely.

Using a soft, clean cloth, carefully wipe keys one at a time.

Monthly Maintenance:

Check to make sure that there are no loose screws on your saxophone.

Check between keys for dust and dirt. Use a natural bristle brush (water color brush or makeup brush) to carefully remove dirt when needed.

Check to make sure that pads are in good condition and that corks and felt bumpers are in place. If they are missing, you will hear a metal on metal sound when you play your saxophone. This should never be heard on an instrument that is playing properly. If this happens, take the instrument to your local music store.

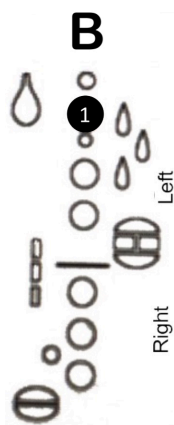
Annual Maintenance:

If you own your instrument, summer is a great time to take your saxophone to a local music store for an annual check-up. Yes, musical instruments need “check-ups” too! The store will do minor repairs such as replacing worn pads or corks. If you are renting, this maintenance is usually covered in the rental program.

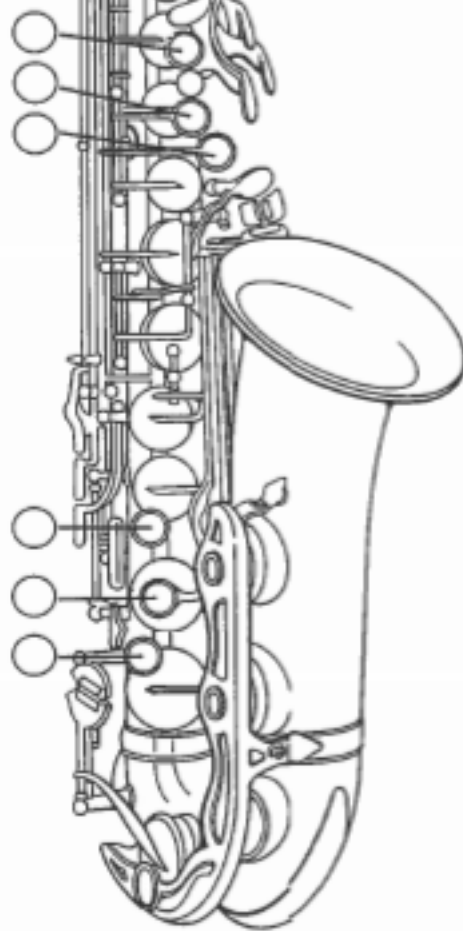
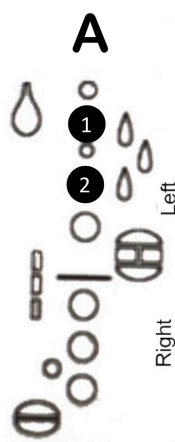
Band Beginnings- Alto Sax

Lesson One: Our First Three Notes

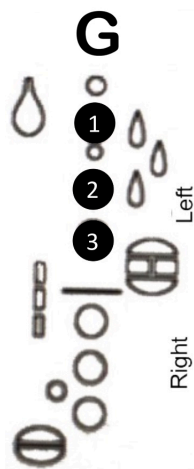
1 Play a *B*:



2 Play an *A*:



3 Play a *G*:



4. Our First Song- Hot Cross Buns

(Hold Notes Through the Dashes)

B - A - G - - -

B - A - G - - -

G G G G A A A A

B - A - G - - -

Time Signatures - $\frac{4}{4}$

Time signatures appear at the beginning of a piece of music. They are made up of two numbers.



The top number indicates the number of beats per measure.

The bottom number indicates which note will get one beat.

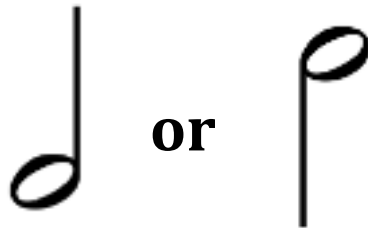
In $\frac{4}{4}$ time there are four beats in each measure.

A **quarter note** (♩) = 1 beat
A **half note** (♪) = 2 beats
A **whole note** (♩) = 4 beats

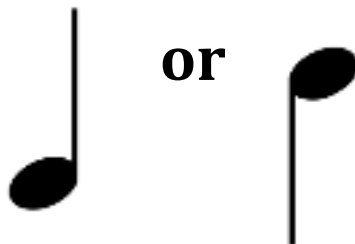
5. A *Whole Note* receives 4 Beats



6. A *Half Note* receives 2 Beats



7. A *Quarter Note* receives 1 Beat



Level One- Mini Boss Quiz

8. What kind of note gets 1 beat? _____

Answer

Draw four 1 beat notes in the space below:

9. What kind of note receives 2 beats? _____

Answer

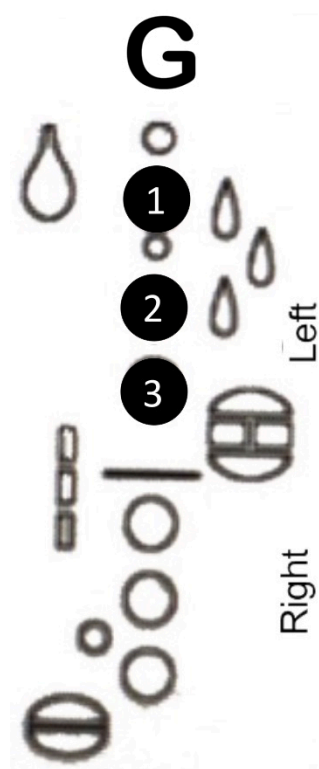
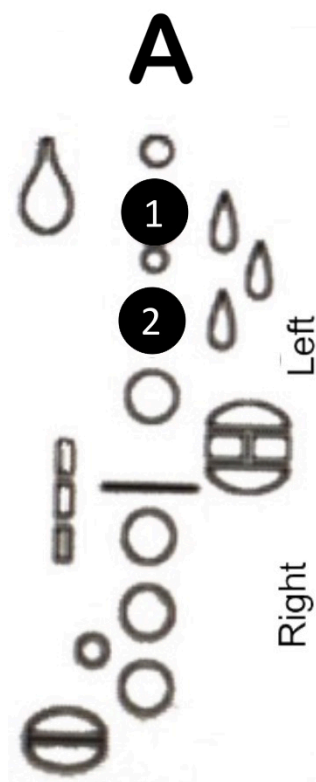
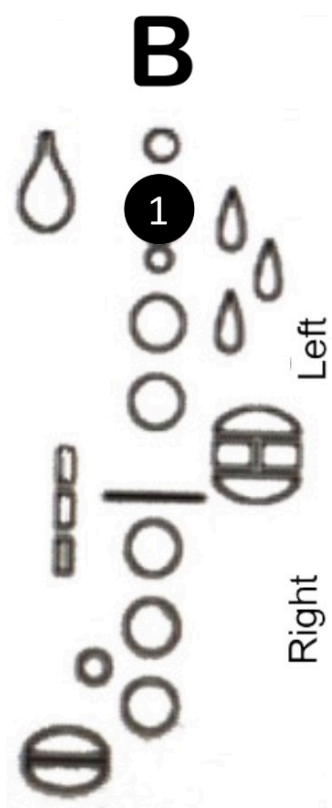
Draw four two beat notes in the space below:

10. What kind of note receives 4 beats? _____

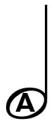
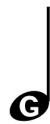
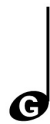
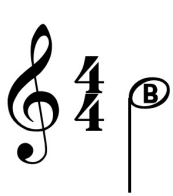
Answer

Draw four 4 beat notes in the space below:

Our First Three Notes

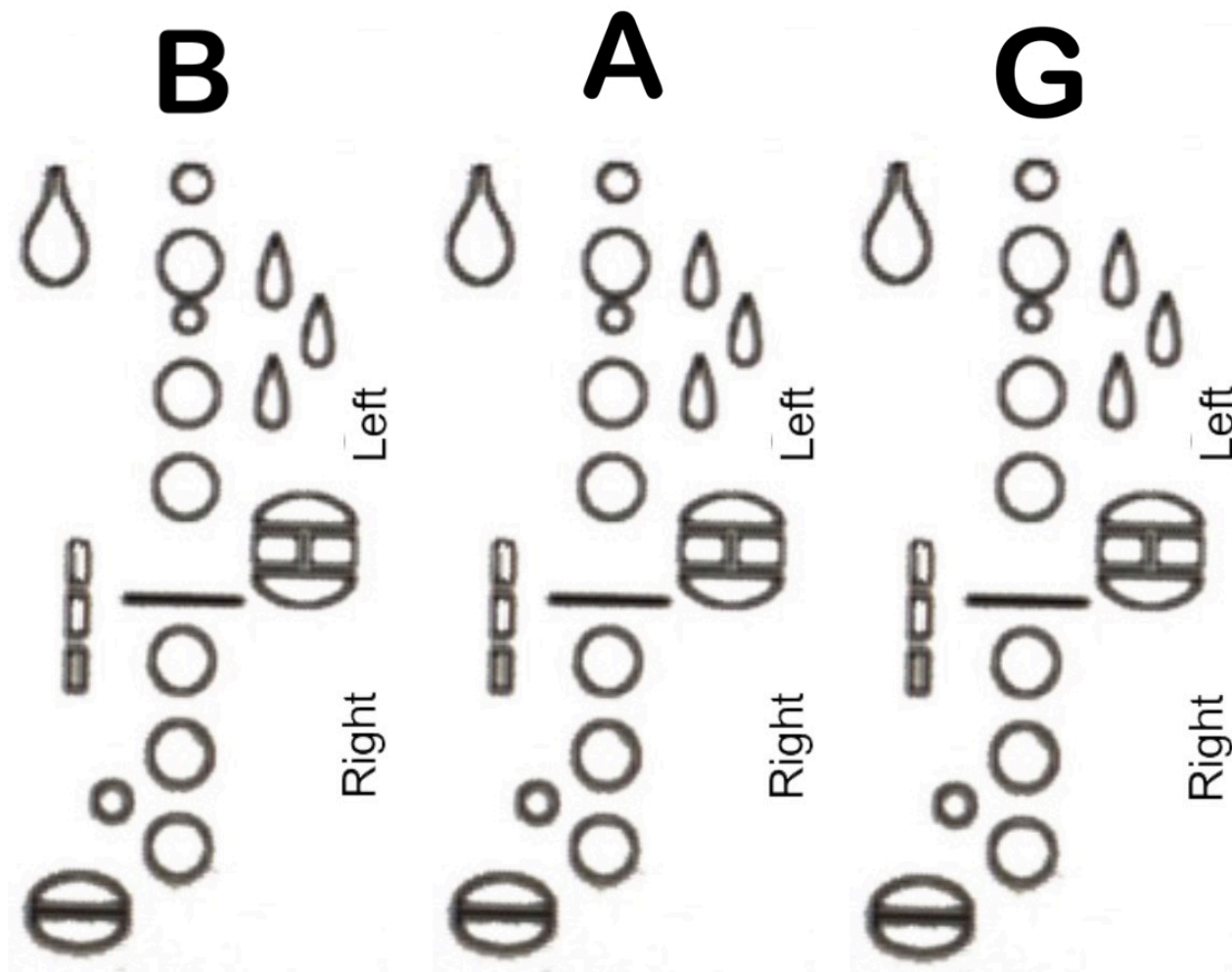


11. Hot Cross Buns

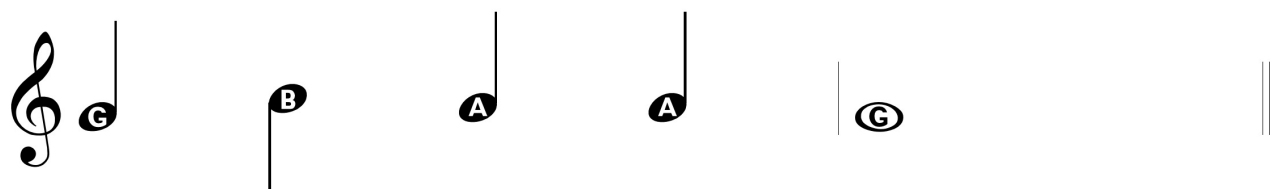
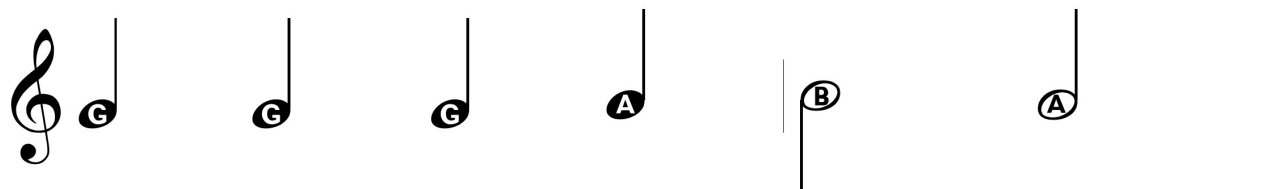
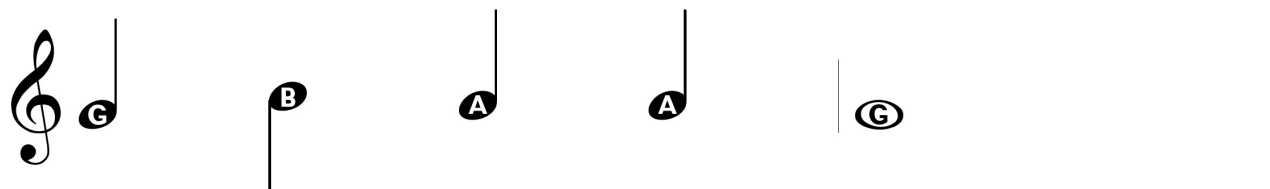
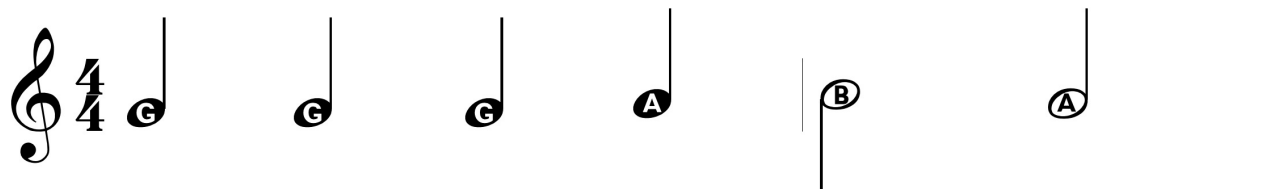


Our First Three Notes

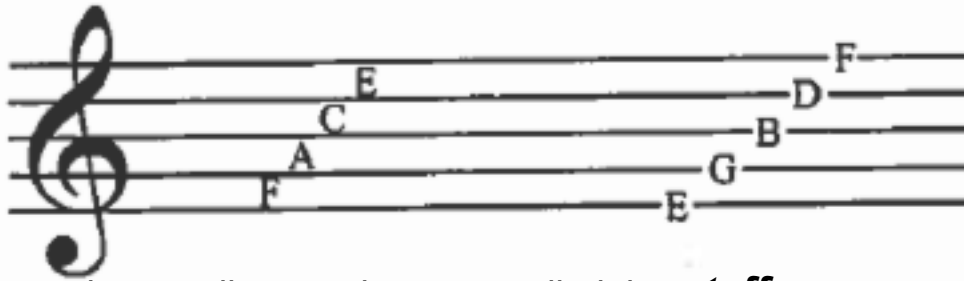
(shade in the correct fingers)



12. Au Claire de la Lune



The Treble Clef Staff



Notes are written on lines and spaces called the **staff**

13. How many lines do you count in the staff? _____

14. What are their letter names? _____

15. How many spaces do you count in the staff? _____

16. What are their letter names? _____

Our First Three Alto Sax Notes

17. The **Note B** is written on the 3rd line. All of these notes are B.



18. The **Note A** is written on the 2nd space. All of these notes are A

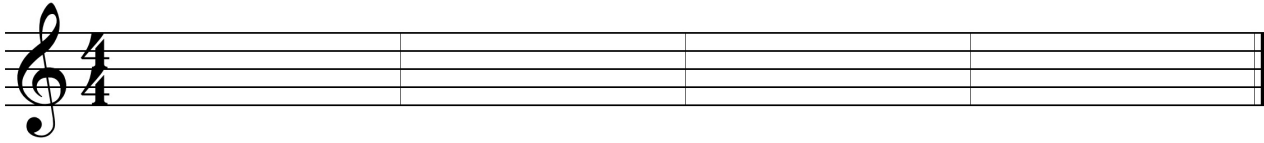


19. The **Note G** is written on the 2nd line. All of these notes are G.

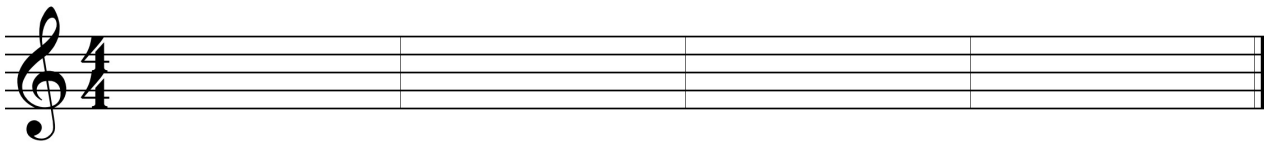


Write B, A, G

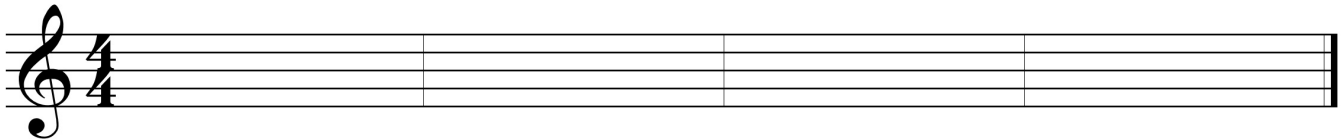
20. On the staff below, draw **12 quarter notes on the note B**. Put 4 in each measure.



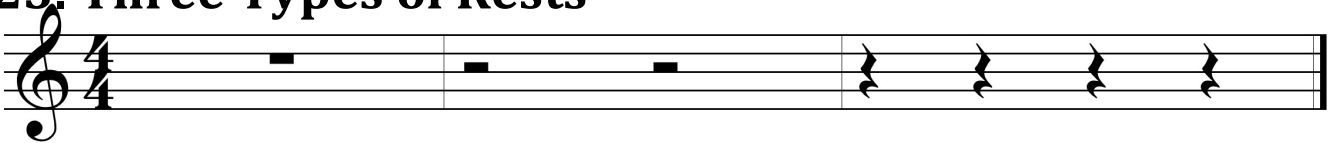
21. On the staff below, draw **8 half notes on the note A**. Put 2 in each measure.



22. On the staff below, draw **4 whole notes on the note G**. Put 1 in each measure.



23. Three Types of Rests

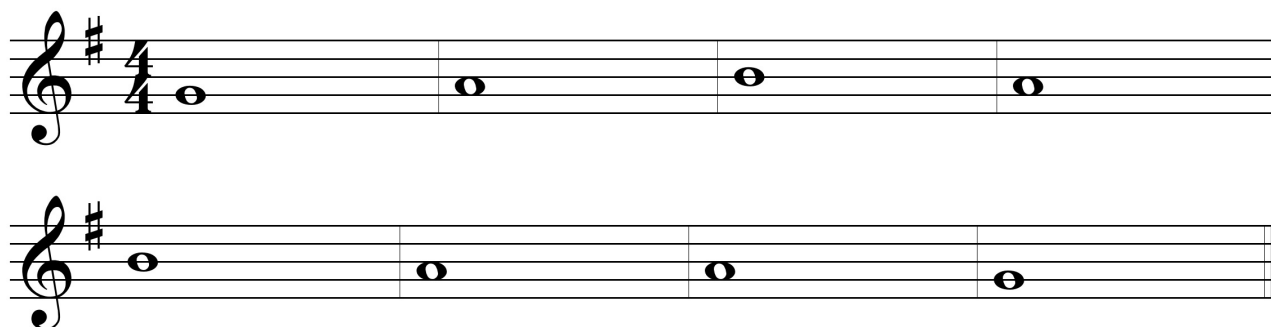


A **whole rest** gets
gets 4 beats of silence

A **half rest** gets
2 beats of silence

A **quarter rest** gets
1 beat of silence

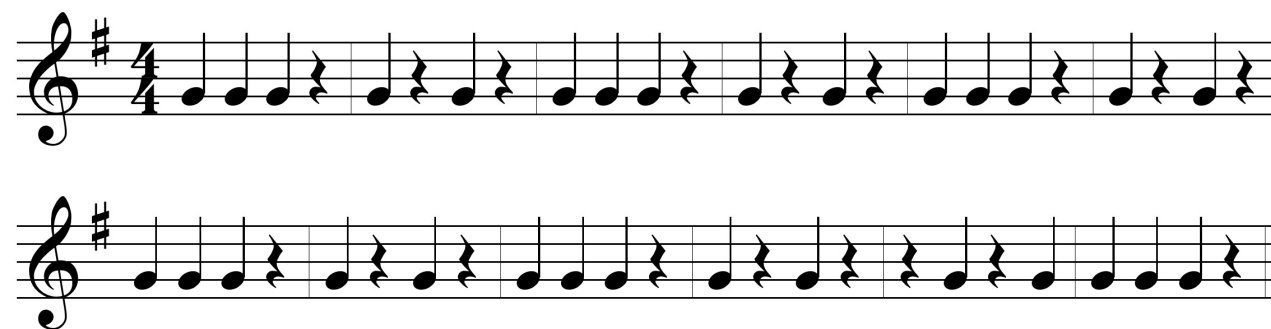
24. Three Note Review



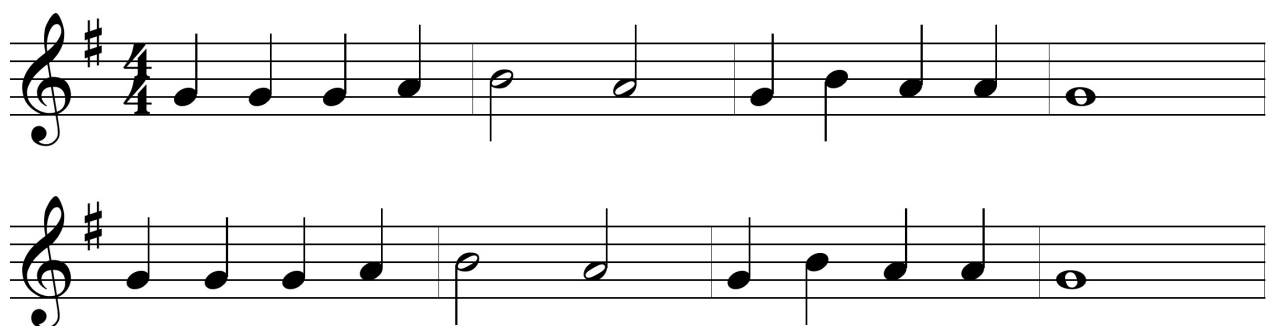
25. Hot Cross Buns



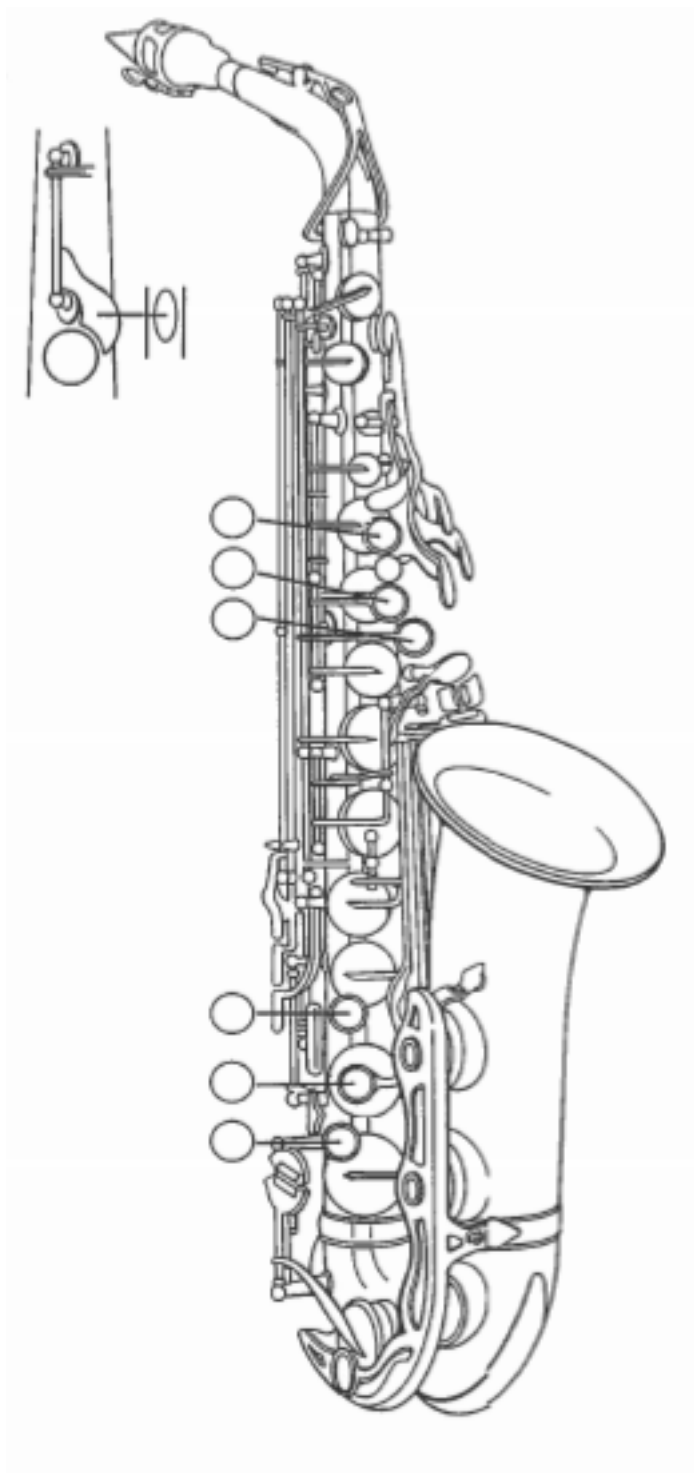
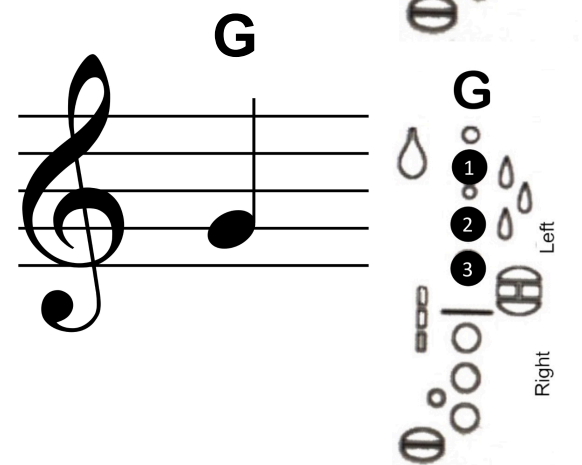
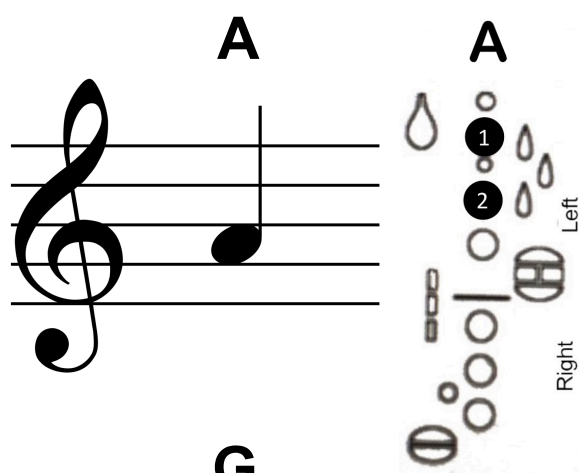
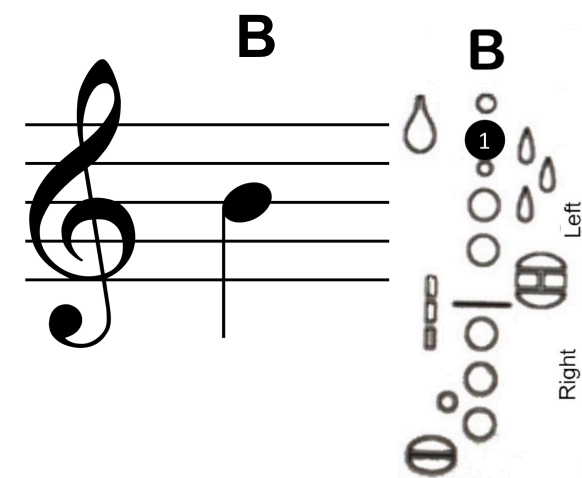
26. One Note Boogie



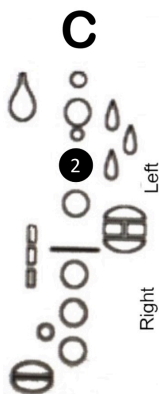
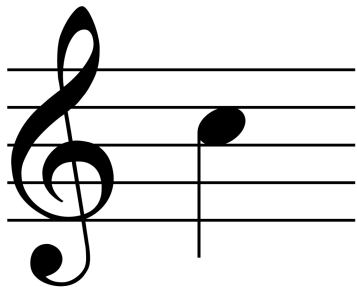
27. Au Claire de la Lune



Reference Page

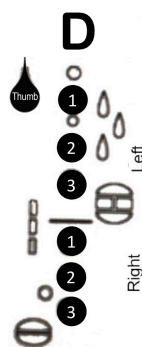


28. New Note- C



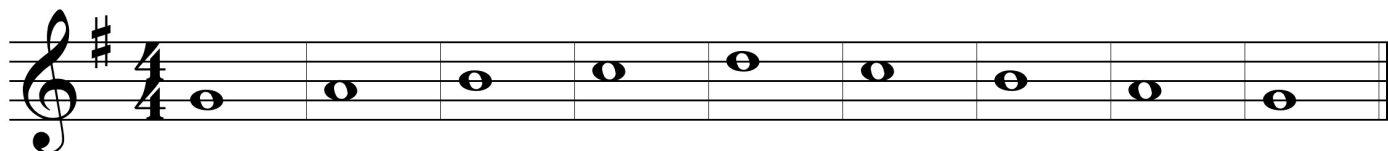
The note C is written on the third space of the staff

29. New Note- D

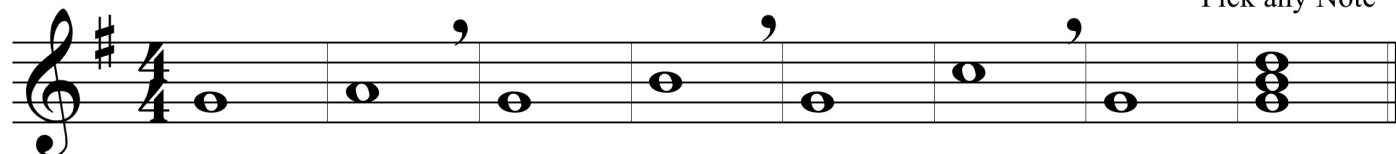


The note D is written on the fourth line of the staff

30. Five Note Scale



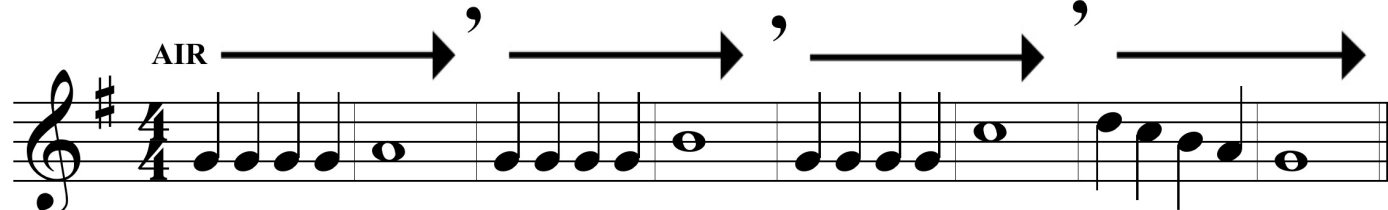
31. Tone Builder #1



Chord

Pick any Note

32. Tone Builder #2



Alto Saxophone

Band Warm-Up

#1

The FIVE NOTE SCALE

#2

Tongue each note...and see how many notes you can go without taking a breath!

#3a

Keep your air steady for the entire measure!

#3b

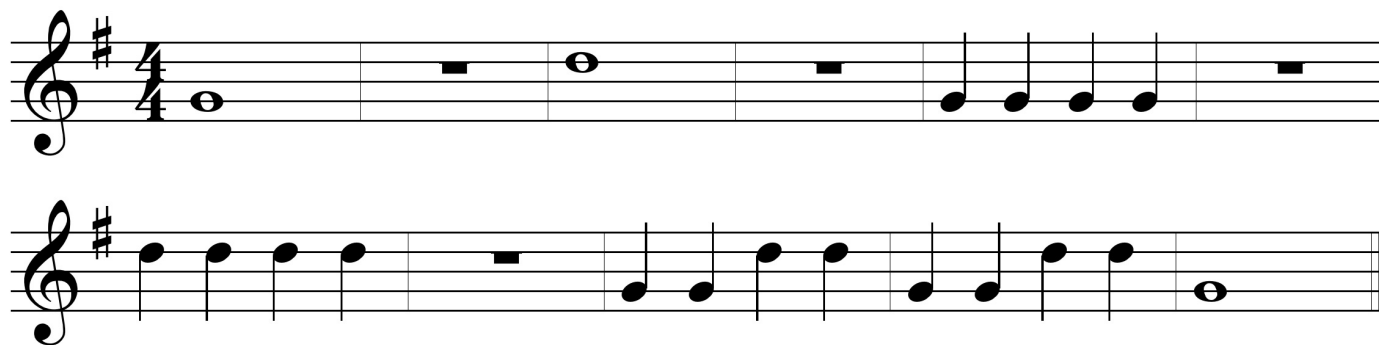
#4

Articulate each note with your tongue...but be sure to keep your air stream going!

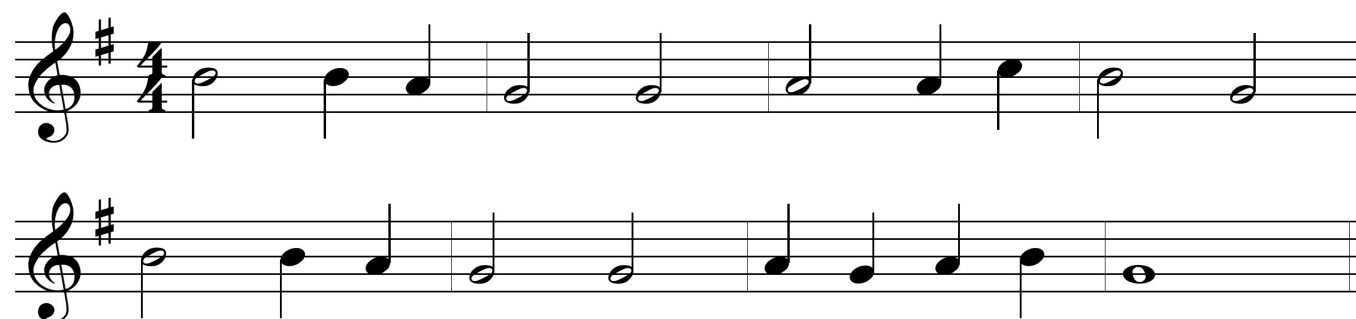
#5

Keep fingers curved and close at all times!

33. Low- Rest- High-Rest



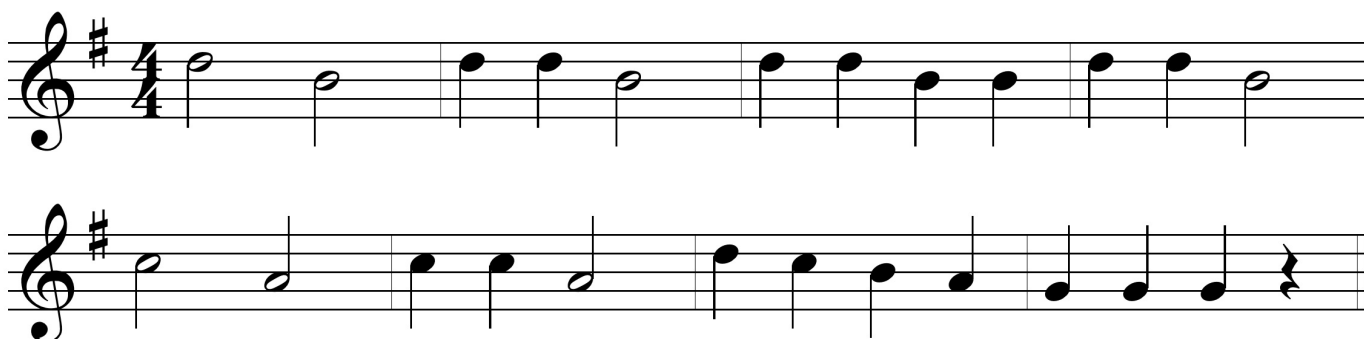
34. Aunt Rhodie



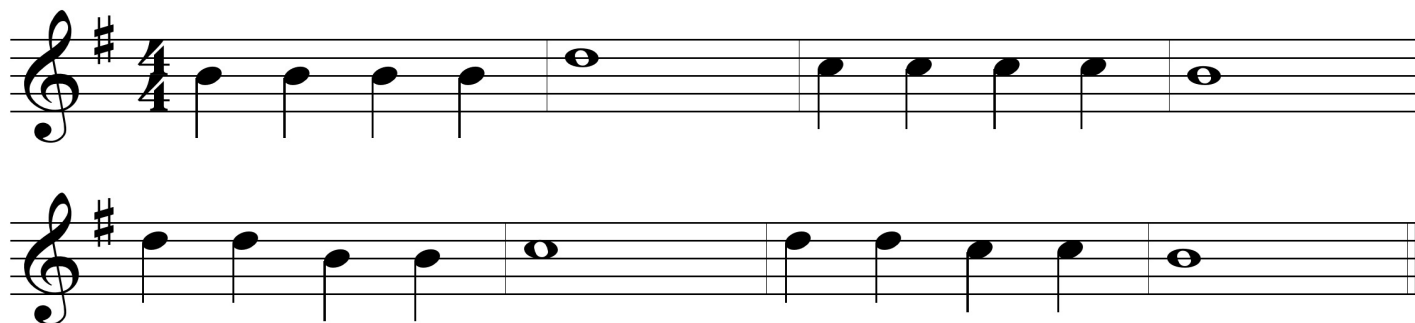
35. Theme from "Jaws"



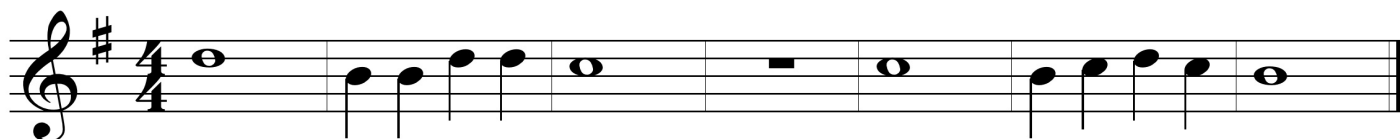
36. Rain, Rain Go Away



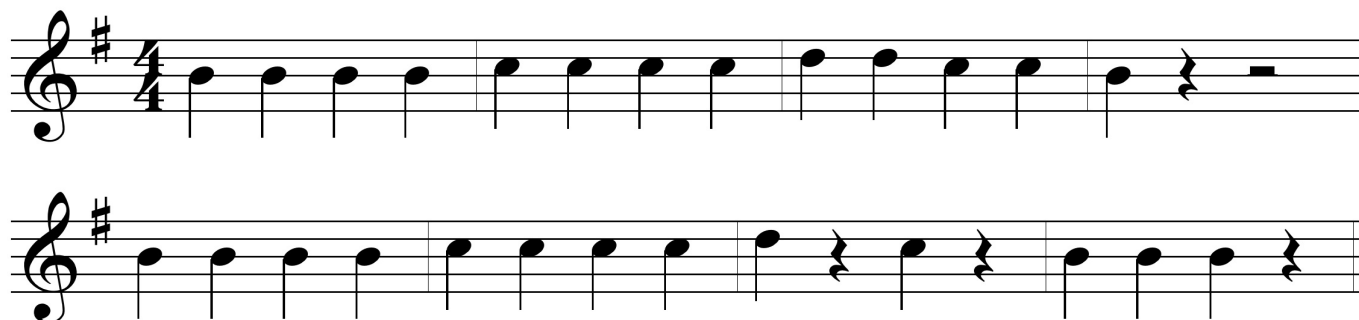
37. Take Five



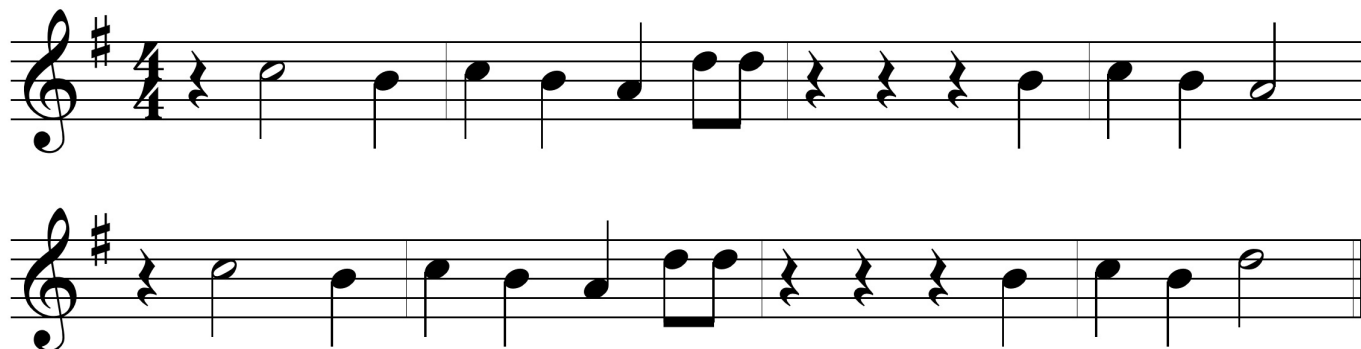
38. Three Note Samba



39. El Toro



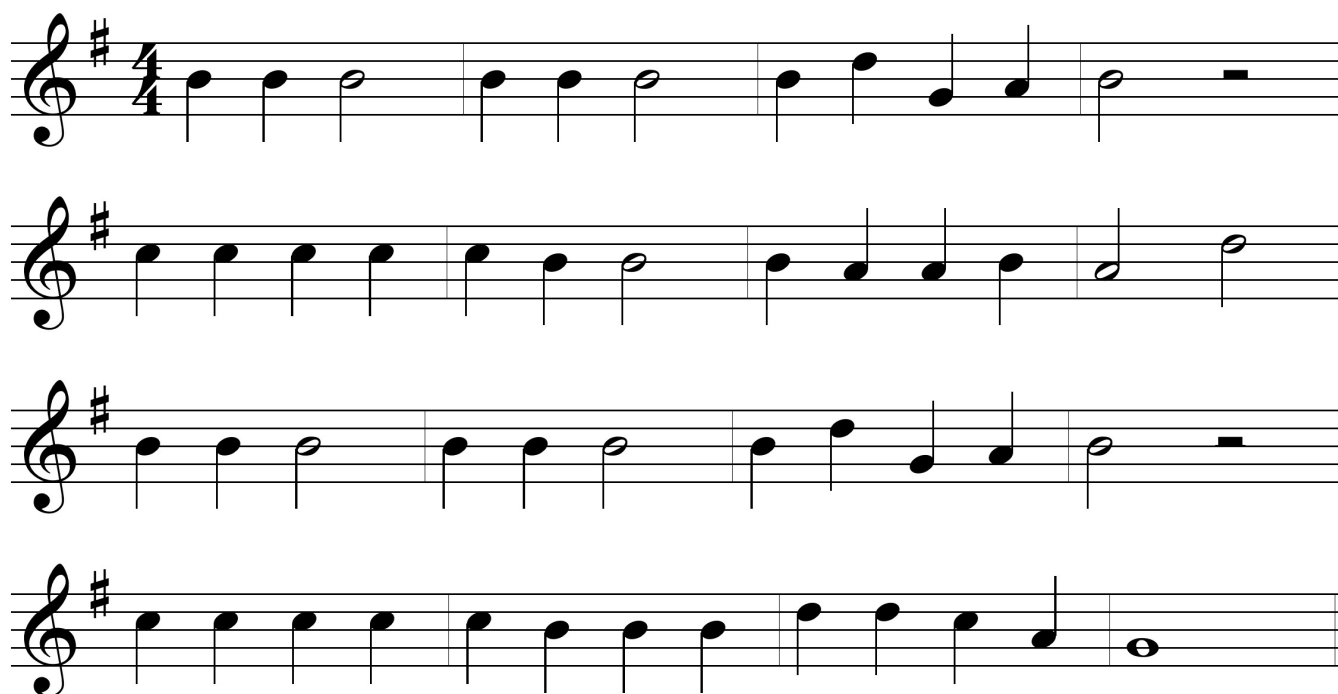
40. Celebration



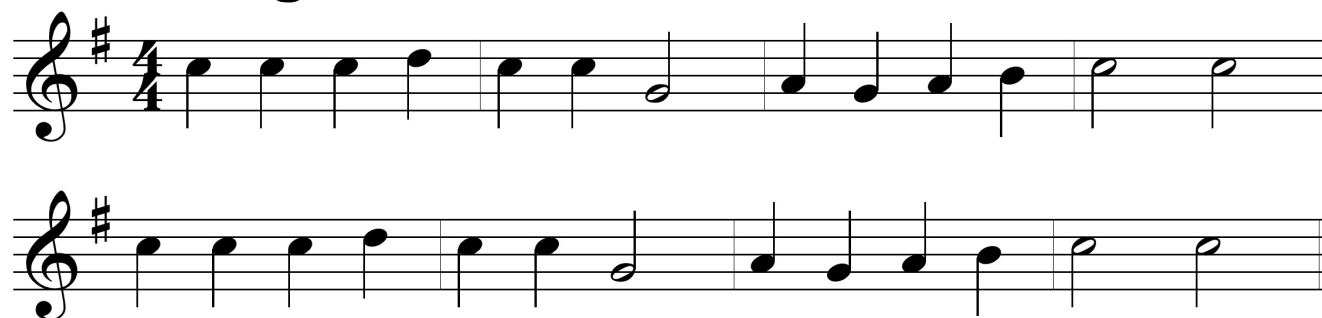
41. Our First Five Notes Warmup



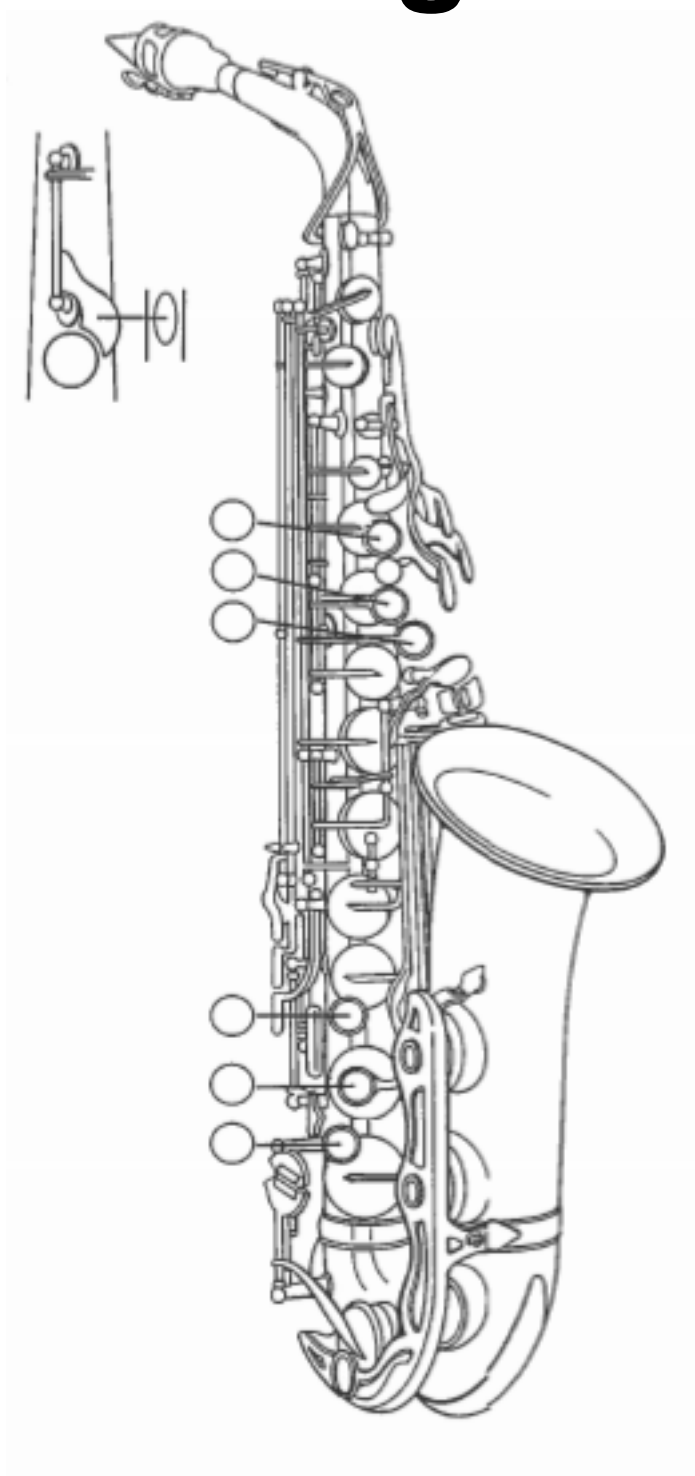
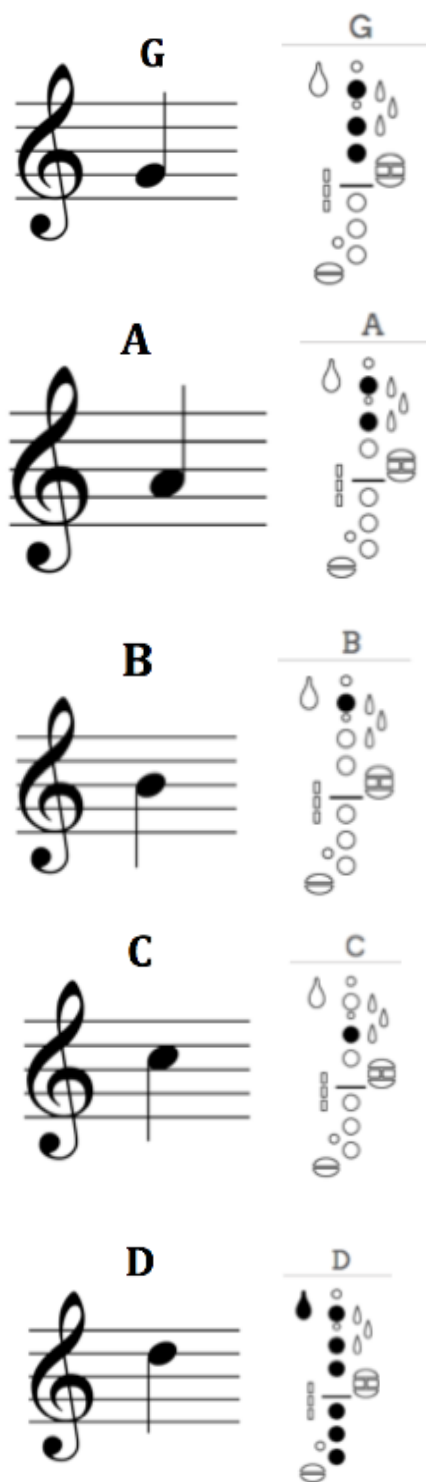
42. Jingle Bells



43. Good King Wenceslas



Reference Page


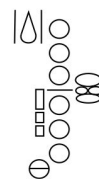
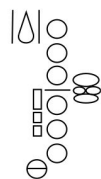
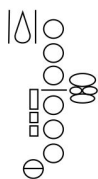
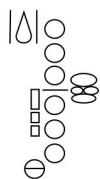
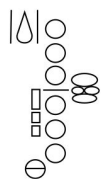


44. Five Note Review

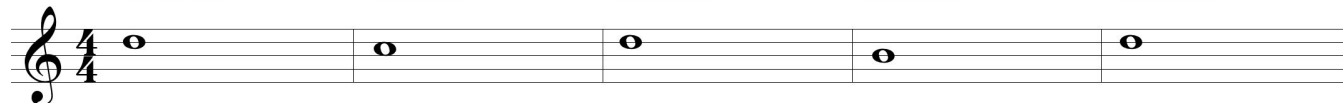
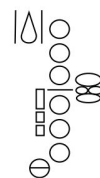
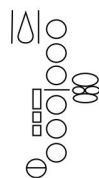
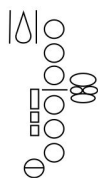
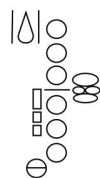
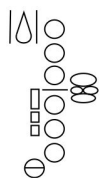
Fill in the fingering and write the note name.

Play each note on your alto sax.

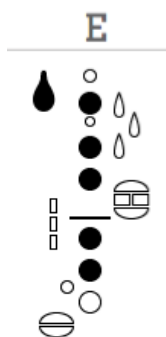
1. _____ 2. _____ 3. _____ 4. _____ 5. _____

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

45. New Note- E

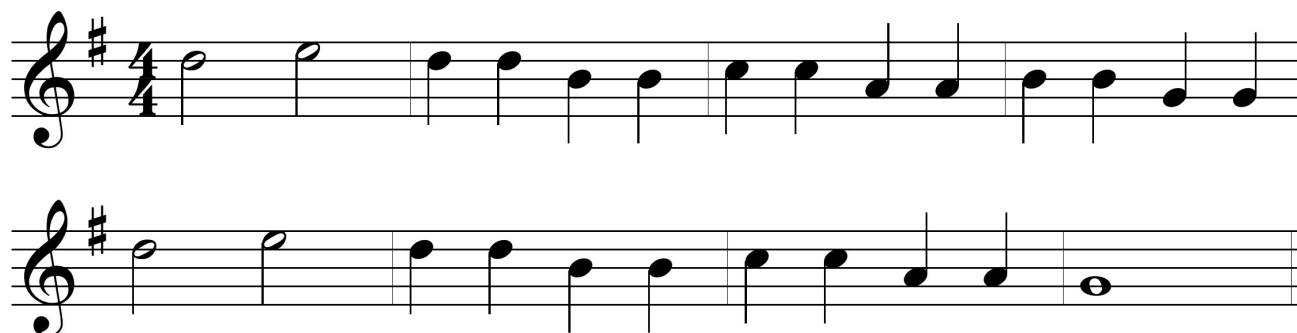


The note E is written on the fourth space on the staff

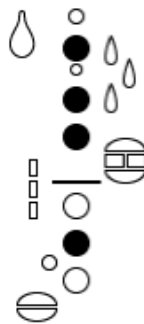
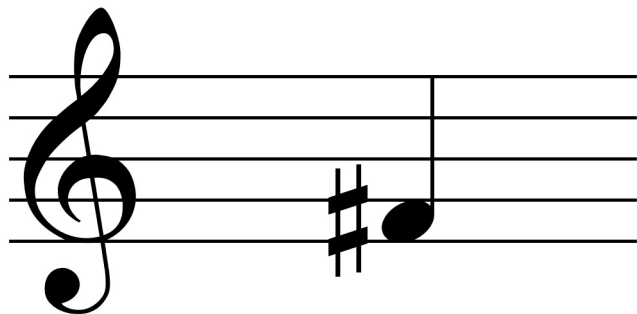
46. Twinkle, Twinkle Little Star



47. Grand March

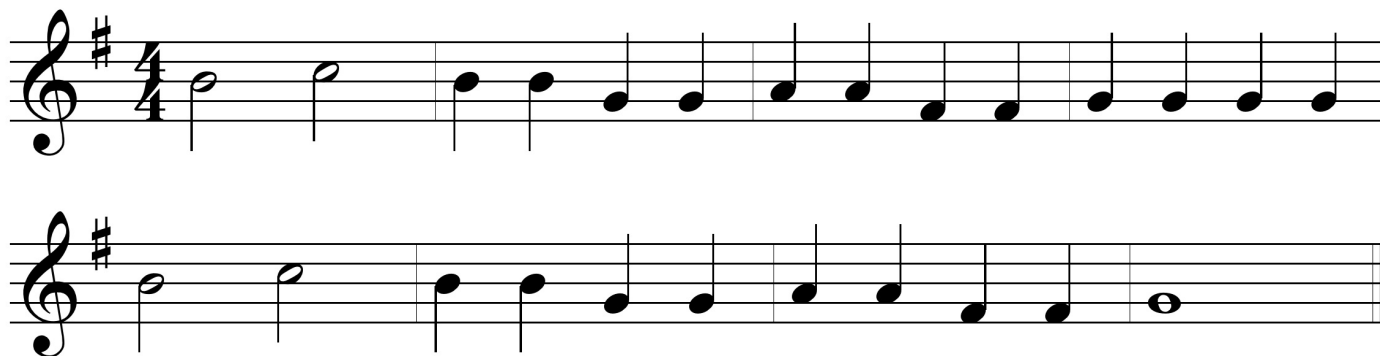


48. New Note- Low F-Sharp



The note F# is written on the first space of the staff.

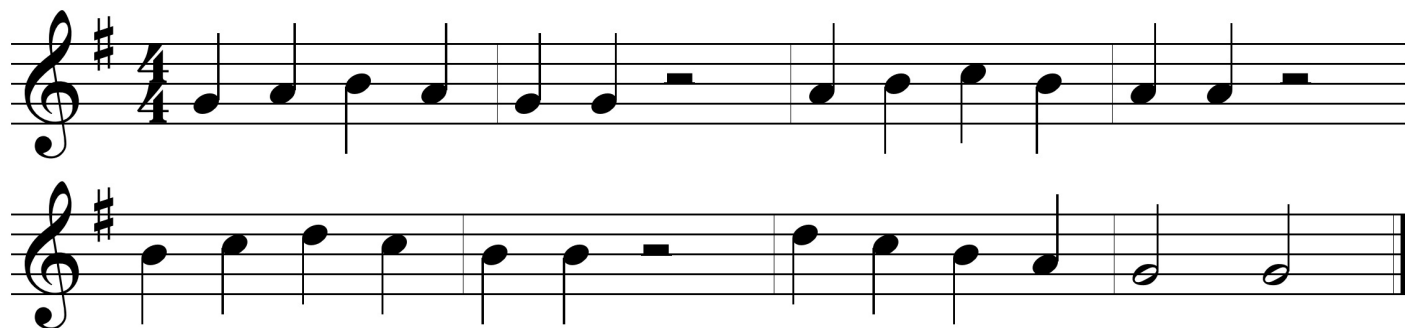
49. Grand March (Harmony)



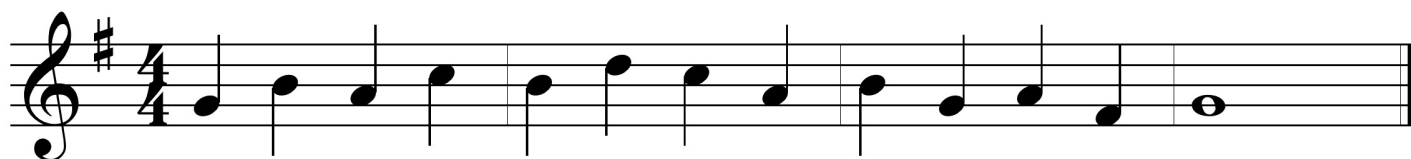
50. Rain Rain, Stay Away



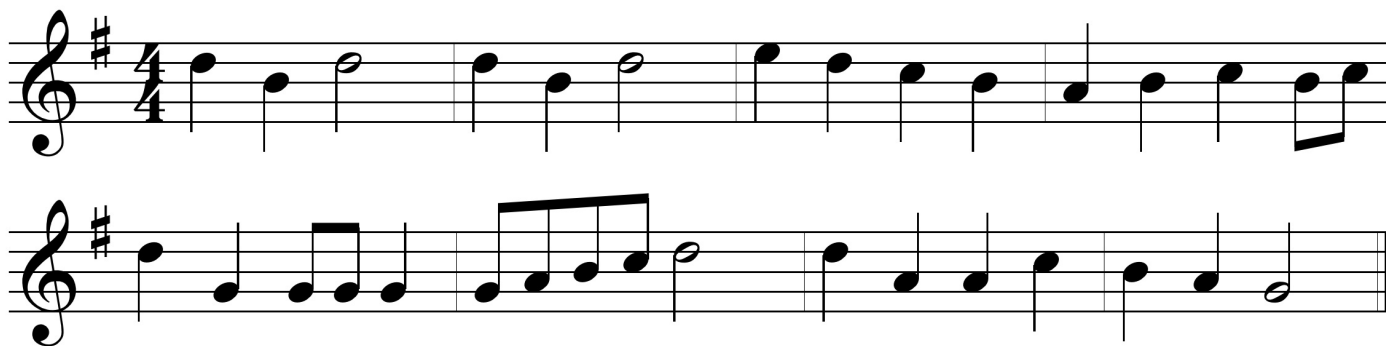
51. Five Note March



52. Skips



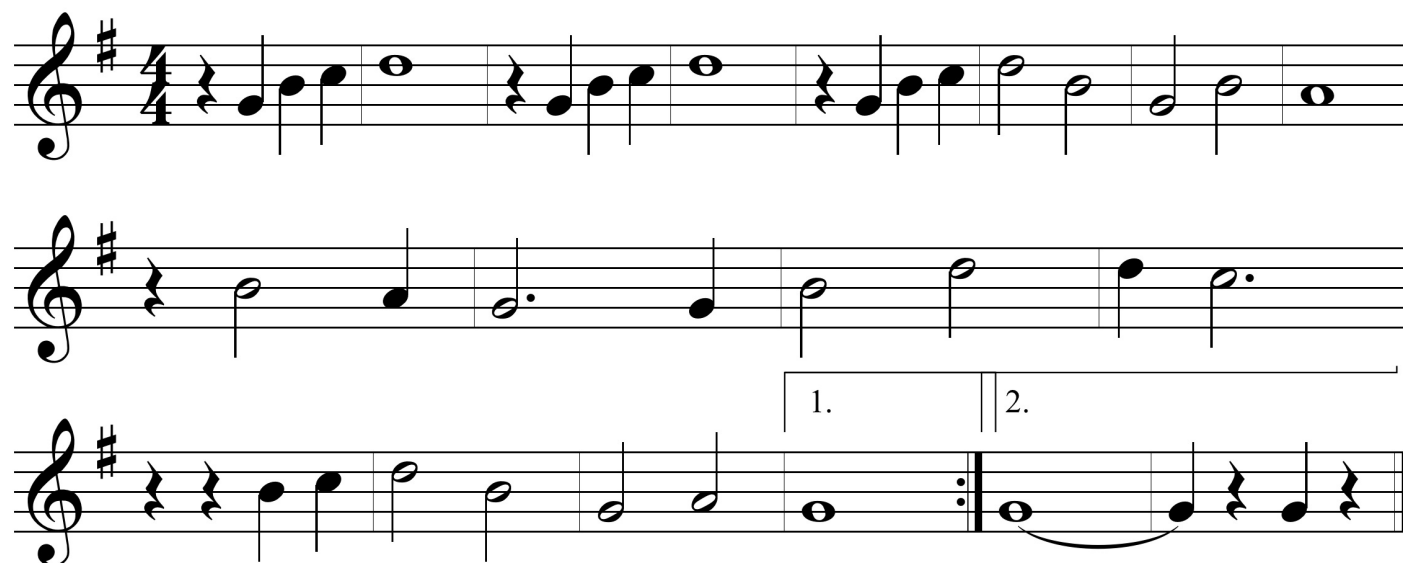
53. This Old Man



54. Ode to Joy



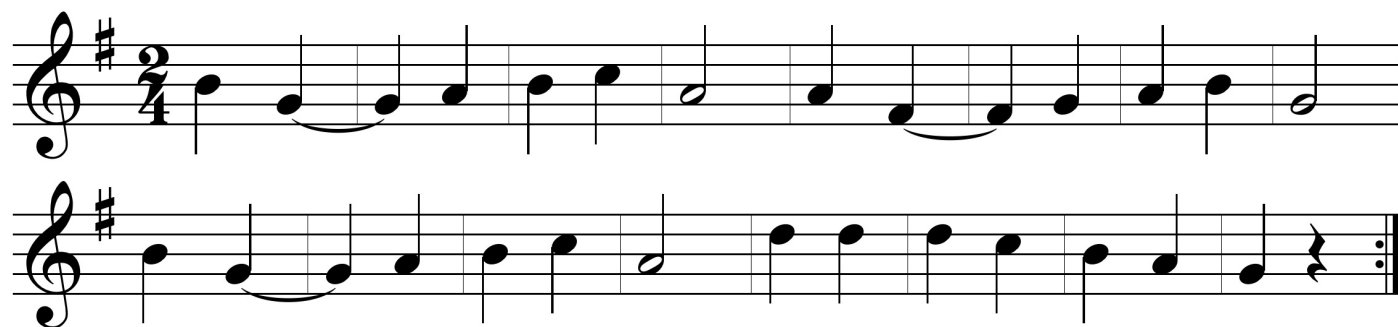
55. When the Saints Go Marching In



56. Mary Ann



57. Shoo Fly



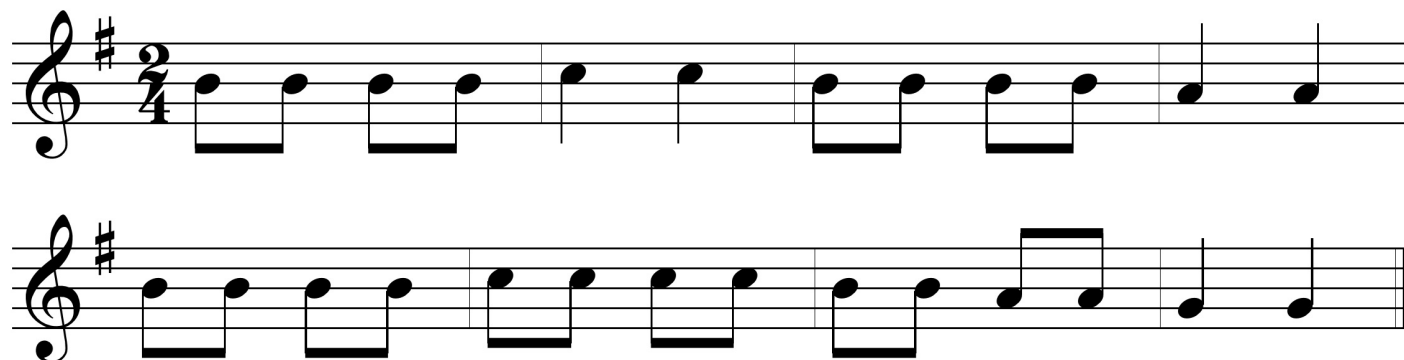
58. On the Bridge of Avignon



59. Lightly Row

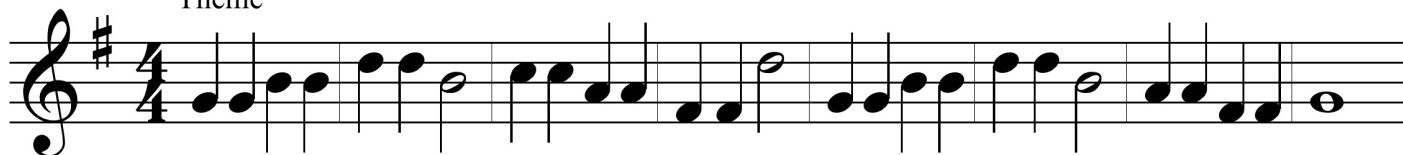


60. Bile Them Cabbage Down

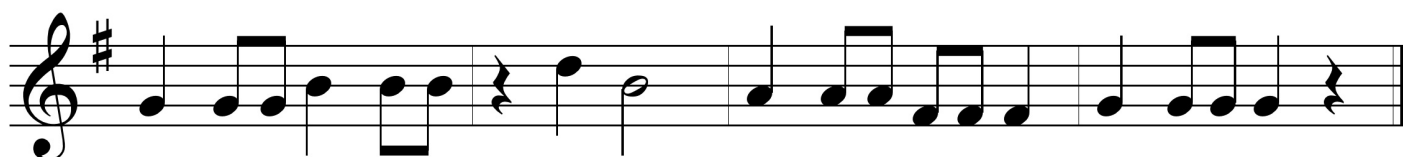


61. Surprise Symphony

Theme



Variation



62. B-flat Five Note Scale Exercise



63. London Bridge (duet)

A

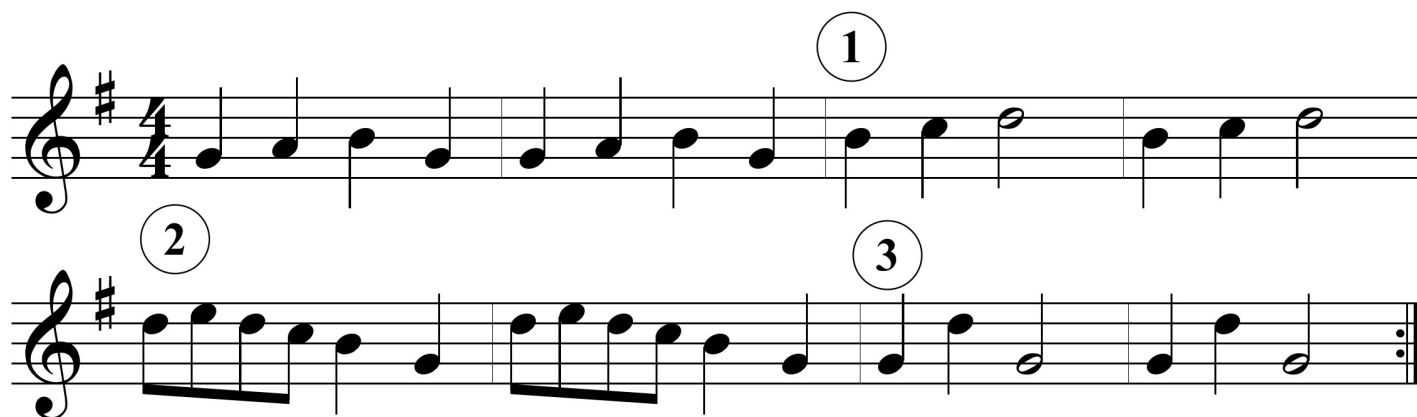
B

Musical notation for the duet of London Bridge. It consists of two staves, A and B, in treble clef, key of D major, and 4/4 time. Part A starts with a whole note rest, followed by a melody of eighth and quarter notes. Part B starts with a whole note rest, followed by a melody of eighth and quarter notes. Both parts end with a double bar line.

64. Stodola Pumpa



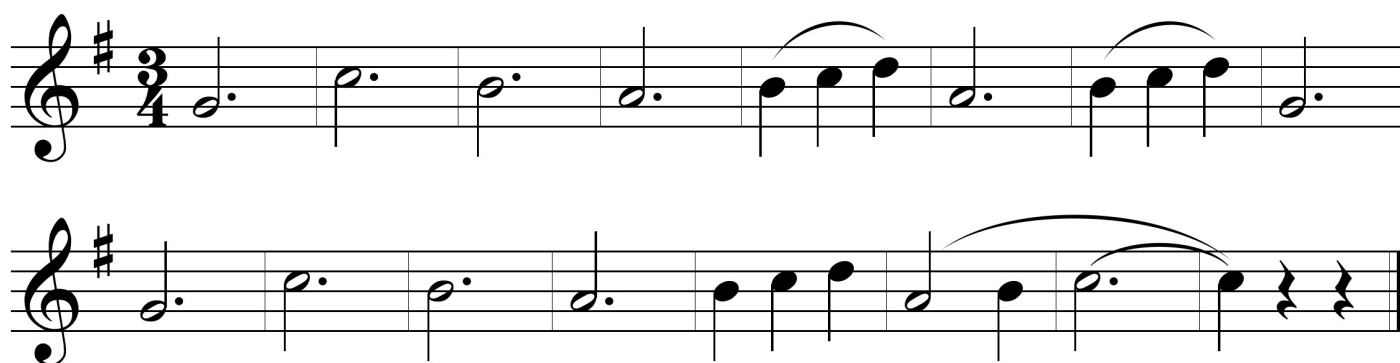
65. Frere Jacques

































66. Mexican Jumping Beans



67. Southern Roses






































Musical Symbols We Know

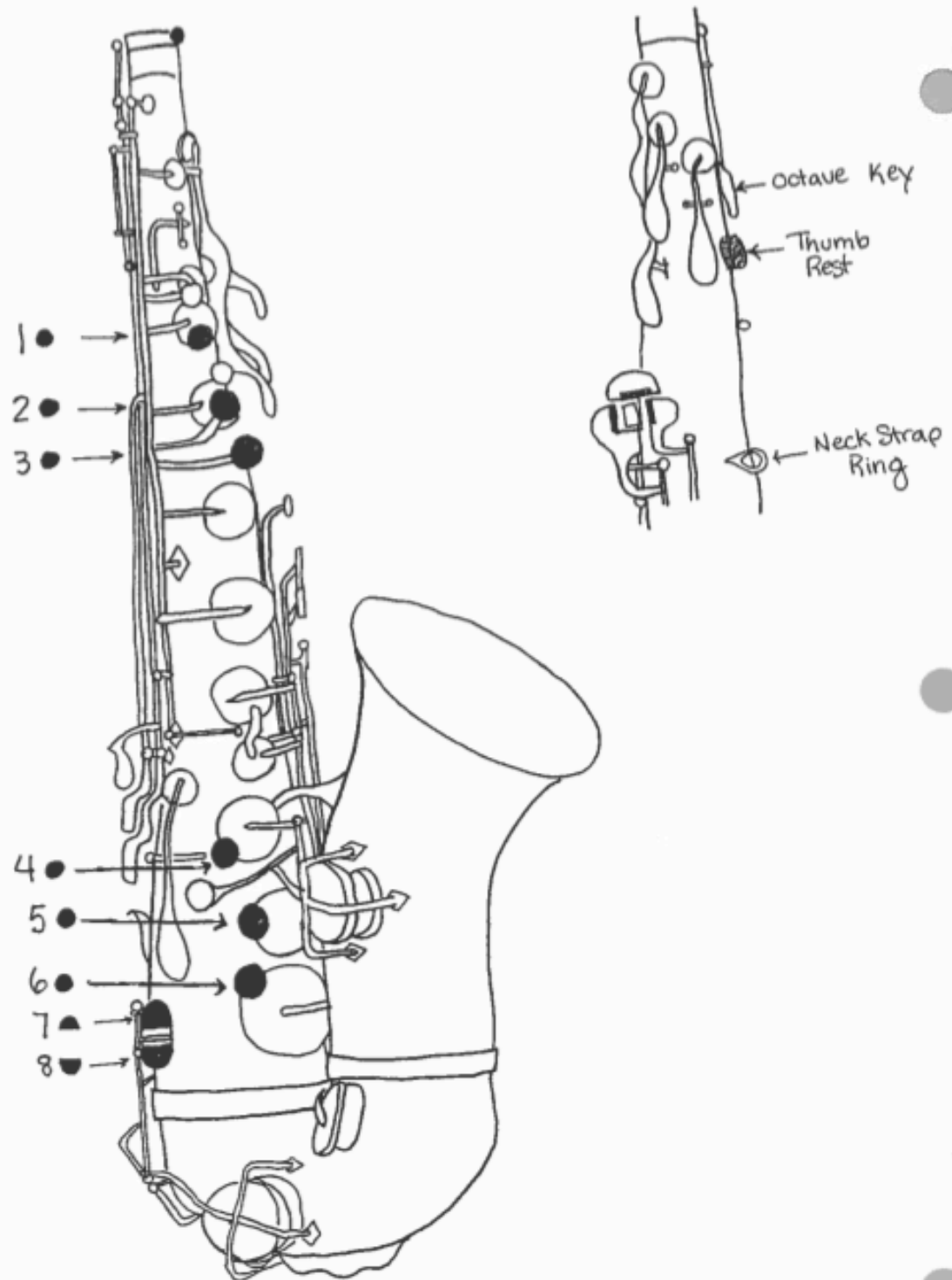
			
			
			
			
		<i>p</i>	
		<i>f</i>	
		<i>mp</i>	
		<i>mf</i>	
			
			
			
			
			
			
			
		<i>C</i>	
			
			
			

Treble Clef: Band

Musical Symbols We Know

	Whole note: Four beats of sound.		Treble Clef
	Half note: Two beats of sound.		Natural Sign
	Quarter note: One beat of sound.		Flat Sign: Lowers a pitch a half step.
	Eighth note: One half beat of sound.		Sharp Sign: Raises a pitch a half step.
	Pair of eighth notes: One half beat of sound each.		<i>piano</i> : Play softly.
	Dotted half note: Three beats of sound.		<i>forte</i> : Play loudly
	Dotted quarter note: One and one half beats of sound.		<i>mezzo-piano</i> : Medium-soft
	Half rest: Two beats of silence.		<i>mezzo-forte</i> : Medium-loud
	Whole rest: Four beats of silence.		Staccato: Short and separated.
	Quarter rest: One beat of silence.		Accent: Attack the note stronger.
	Eighth rest: One half beat of silence.		Tenuto/Legato: Full value, smooth and connected.
	Five-line musical staff.		Crescendo: Gradually get louder.
	Measure		Decrescendo: Gradually get softer.
	Barline: divides staf into measures.		Fermata: Hold the note longer than its original value.
	Final barline: Ends a piece of music.		Slur: Curved line that connects two or more notes of different pitches.
	Repeat sign: Repeat a piece or section.		Common Time: Shorthand for $\frac{4}{4}$
	Tie: Curved line that connects two or more notes of the same pitch.		
	Multi-Measure Rest: Rest for the number of measures indicated.		
	Breath Mark		

Treble Clef: Band



©1995 SLB Publications

Saxophone Fingering Chart

