

The Beast Versatility Routine 1 - Extended Length

Approximately 3 hours (7-29-21):

1. Book 1, pp. 2-3 - Waking the Beast #1 - alternate mouthpiece alone and full horn (5 mins)
2. Book 1, pp. 4-7 - Warm-Up/Set-Up Exercise #1 or #2 - alternate mouthpiece alone and full horn (8 minutes)
3. Book 1, pp. 8-13 - Long Tones/Ear Training Exercise #1 or #2 - alternate mouthpiece alone and full horn (8 mins)
- REST 5 MINUTES**
4. Book 1, pp. 14-16 - Instant Response/Dynamic Control Exercise (4 mins)
5. Book 1, pp. 24-32 - Choose any one of the Controlled Slur Exercises (4 minutes)
6. Book 1, pp. 33-40 - Choose any one of the Controlled Facility Ex's (4 minutes)
7. Pick one Dynamic Focus Ex. from Book 1, pp. 41-47; Book 3, pp. 24-27 or pp. 28-32; or Book 4, pp.14-19 (5-8 mins)
8. Book 1, p. 48 - The Beast Etude #1 (2 minutes)
9. Book 4, pp. 5-6 - Range Extender Flex Exercise - play a few pedal tones after each set of valve combinations (18 mins)
10. Book 4, pp. 3-4 - The Beast Pedal Tone Exercise - play any three lines (1 minute)
- REST 15 MINUTES**
11. Book 2, pp. 9-10 - Third Finger Drills - work for 5 minutes (3 minutes)
12. Book 2, pp. 11-16 - Single-Tonguing Exercise #1 - on repeats, play the key of the following segment, then skip over it (9 mins)
13. Book 2, pp. 20-32 - Double- & Triple-Tong. Drills - 10 mins, use KK, KT, & TK; & TTK, TKT, & TKTKTK. Vary tempi & dyn. (10 mins)
15. Book 2, p. 62 - The Beast Etude #2 (2 minutes)
16. Book 3, pp. 12-18 - Expanding Intervals Exercise #1 or #2 - no repeats (6 minutes)
17. Book 3, pp. 19-23, Power Accuracy Exercise - run every other segment (4 minutes)
18. Book 3, pp. 41-46 - Interval Flex Ex - run every other segment (3 mins) **OR** Book 2, pp. 37-43 - Finger Twister Ex #2 (5+ mins)
19. Book 4, pp. 3-4 - The Beast Pedal Tone Exercise - play any three lines (1 minute)
- REST 10 MINUTES**
20. Book 1, pp. 17-18 - Fluidity exercise - every other segment (3 minutes)
21. Book 3, pp.4-11 - Major Pentatonic Flexibility Exercise #1 or #2 (5 minutes)
21. Book 3, p. 47 - The Beast Etude #3 (2 minutes)
22. Book 4, pp. 33-34 - High Accuracy Drill -play the final two measures 3 times (8 minutes)
- PLAY A FEW PEDAL TONES AND REST 10 MINUTES**
23. Book 2, pp. 33-36 - Finger Twister Exercise #1 - run four segments at a soft dynamic (3 minutes)
24. **Option a)** Book 4, pp. 52-55 - Sustained Upper Register Flexibility Drill - play every other segment (6 minutes)
Option b) Book 4, p. 56 - The Beast Etude #4 - **run through, then rest 3-4 minutes** (6 minutes)
25. **Option a)** Book 3, pp. 48-49 - Single-tonguing Endurance Exercise - play Day One or Day two (10 minutes)
Option b) Book 1, pp. 19-23 - Long Tone/Isometric Endurance Exercise #1 or #2 (6-8 minutes)
26. Book 4, pp. 3-4 - The Beast Pedal Tone Exercise - play any four lines (1 minute)