

The Beast Versatility Routine 1 - Medium Length

Approximately 2 hours (7-21-21):

1. Book 1, pp. 2-3 - Waking the Beast #1 - *alternate mouthpiece alone and full horn* (5 minutes)
2. Book 1, pp. 14-16 - Instant Response/Dynamic Control Exercise (4 minutes)
3. **Option a)**
Book 1, pp. 4-5 - Warm-Up/Set-Up Exercise #1 **or** #2 - *alternate mouthpiece alone and full horn* (8 minutes)
Option b)
Book 1, pp. 8-13 - LongTones/Ear Training Exercises #1 **or** #2 - *alternate mouthpiece alone and full horn* (8 minutes)
Option c)
Book 1, pp. 19-23 - Long Tone/Isometric Endurance Exercise #1 **or** #2 (6-8 minutes)
IF YOU PLAYED OPTIONS B OR C, REST 5 MINUTES HERE
4. Book 1, pp. 24-32 - Spend 4 minutes on Controlled Slur Exercises #1, #2, #2 alt, and/or #3 (4 minutes)
5. Book 1, pp. 33-40 - Spend 4 minutes on Controlled Facility Exercises #1, #2, and/or #3 (4 minutes)
6. Book 2, pp. 11-19 - Single-Tonguing Exercises #1 **or** #2 - *run a few in different registers for 3 minutes* (3 minutes)
7. Any one of the Dynamic Focus Exercises: 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 3, pp. 19-23, Power Accuracy Exercise - *run every other segment* (4 minutes)
9. Book 1, p. 48 - The Beast Etude #1 - *run through* (1 minute)
10. Book 4, pp. 35-46 - Interval Flex Range Ex. - *with shortcuts* (15 minutes)
PLAY A FEW PEDAL TONES AND REST AT LEAST 10 MINUTES
11. **Option a)**
Book 1, pp. 17-18 - Fluidity exercise - *every other segment* (3 minutes)
Option b)
Book 2, pp. 4-8 - Finger Warm-up - *any four segments* (3 minutes)
Option c)
Book 2, pp. 9-10 - Third Finger Drills - *work on a few for 3 minutes* (3 minutes)
12. Book 2, pp. 20-32 - Double-Tonguing & Triple-Tonguing Drills for 7 min. Vary speeds & dynamics (7 minutes)
13. Book 2, p. 62 - The Beast Etude #2 **and/or** Book 3, p. 47 - The Beast Etude #3 - *run through* (3 minutes)
14. **Option a)**
Book 4, pp. 33-34 - High Accuracy Drill - *play the final two measures 3 times* (8 minutes)
Option b)
Book 4, pp. 47-51 - Tonguing Into the Upper Register (5+ minutes)
Option c)
Book 2, pp.44-61 - Arpeggiated Scales section - *Pick a few over a wide range for 8 mins, rest periodically* (8 mins)
PLAY A FEW PEDAL TONES AND REST 15 MINUTES
15. **Option a)**
Book 3, pp. 41-46 - Interval Flex Exercise (5 minutes)
Book 3, pp. 48-49 - Single-Tong. Endur. - Day One **or** Two (to extend range, add 7th at end of each line) (10 mins)
Option b)
Book 3, pp. 12-18 - Expanding Intervals Exercise #1 **or** #2 - *no repeats* (6 minutes)
Book 4, pp. 52-55 - Sustained Upper Register Flexibility Drill - *play every other segment* (6 minutes)
Option c)
Book 4, p. 56 - Six mins on The Beast Etude #4 - *work endurance, rest & play pedals periodically. (More off than on.)* (7 mins)
*Rest three minutes, then play Book 3, p. 4-11 - Major Pentatonic Flexibility Exercise #1 **or** #2 **or half of each*** (8 minutes)
Option d)
Book 3, pp. 50-51 - Endurance Exercise (Ravel's Bolero) (15 minutes)
16. Book 4, pp. 3-4 - The Beast Pedal Tone Exercise - *play any four lines* (1 minute)