

INSIDE THE CIRCLE:

A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

HORN IN F PART

2nd edition

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Breathing Exercises

Breathing Exercise #1: Smooth and Slow

Inhale 8-Exhale 8 (repeats), Inhale 6-Exhale 6 (repeats), Inhale 4-Exhale 4 (repeats)

Breathing Exercise #2: Slow to Fast

Inhale 8-Exhale 8 (repeats), Inhale 7-Exhale 7 (repeats), Inhale 6-Exhale 6 (repeats), 5, 4, 3, 2, 1

Breathing Exercise #3: Fast to Slow

Inhale 1-Exhale 1 (repeats), Inhale 2-Exhale 2 (repeats), Inhale 3-Exhale 3 (repeats), 4, 5, 6, 7, 8

Breathing Exercise #4: Expand In/Contract Out

Inhale 8 Counts, Hold 10 seconds and sip small breaths, Exhale 1 count,
Hiss 10 seconds, Inhale 1 Count, Exhale 1 Count, Relax

Breathing Exercise #5: Dynamic Breathing

Sustain a piano Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Mezzo Forte Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Fortissimo Dynamic level for 4-8 counts, Rest for 4 counts (repeats)

Breathing Exercise #6: Long Tone Exercise

Perform any of the Long Tone Exercises as a breathing exercise.

Breathing Exercise #7: Note Length/Shape Exercise

Perform any of the Note Length/Shape Exercises as a breathing exercise.

Breathing Exercise #8: Show Excerpts

Choose an excerpt from your show and perform it as a breathing exercise.

Long Tones

9 Count Tones on F Concert

Two staves of musical notation for 9 count tones on F concert. The first staff shows a sequence of notes: F4, G4, A4, B4, C5, B4, A4, G4, F4. The second staff shows the same sequence with a fermata over the final F4 note.

9 Count Tones on Bb Concert

Two staves of musical notation for 9 count tones on Bb concert. The first staff shows a sequence of notes: Bb3, C4, D4, Eb4, F4, Eb4, D4, C4, Bb3. The second staff shows the same sequence with a fermata over the final Bb3 note.

8 Count Tones on F Concert

Two staves of musical notation for 8 count tones on F concert. The first staff shows a sequence of notes: F4, G4, A4, B4, C5, B4, A4, G4. The second staff shows the same sequence with a fermata over the final G4 note.

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Long Tones

8 Count Tones on Bb Concert

Two staves of musical notation for an 8-count exercise. The first staff contains four measures, each with a half note and a quarter rest, with a slur over the half note. The notes are Bb, Ab, Gb, and F. The second staff contains four measures, each with a half note and a quarter rest, with a slur over the half note. The notes are Eb, D, C, and Bb. The key signature has two flats (Bb and Eb).

Release Exercise on F Concert

A single staff of musical notation for a release exercise. It consists of eight measures. The first four measures each contain a half note and a quarter rest, with a slur over the half note. The notes are F, Eb, D, and C. The last four measures each contain a half note. The notes are Bb, Ab, Gb, and F. The key signature has two flats (Bb and Eb).

Stagger Breathing Exercises

Exercise 1A TEMPO: FAST

Musical notation for Exercise 1A in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat (F major). The exercise is marked 'TEMPO: FAST'. The notation shows a sequence of notes: a quarter note (mp), a quarter note (f), a quarter note (mp), and a quarter rest. A slur covers the first two notes, with '4-8 times' written above it. A 'Breathe' instruction is placed above the third note. The exercise ends with a repeat sign and a final note.

Exercise 1B

Musical notation for Exercise 1B in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat. The exercise is marked 'TEMPO: FAST'. The notation shows a sequence of notes: a quarter note (f), a quarter note (mp), a quarter note (f), and a quarter rest. A slur covers the first two notes, with '4-8 times' written above it. A 'Breathe' instruction is placed above the third note. The exercise ends with a repeat sign and a final note.

Exercise 1C

Musical notation for Exercise 1C in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat. The exercise is marked 'TEMPO: FAST'. The notation shows a sequence of notes: a quarter note (f), a quarter note (mp), a quarter note (f), and a quarter rest. A slur covers the first two notes, with '4-8 times' written above it. A 'Breathe' instruction is placed above the third note. The exercise ends with a repeat sign and a final note.

Exercise 1D

Musical notation for Exercise 1D in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat. The exercise is marked 'TEMPO: FAST'. The notation shows a sequence of notes: a quarter rest, a quarter note (mp), a quarter note (f), a quarter note (mp), and a quarter rest. A slur covers the last three notes, with '4-8 times' written above it. A 'Breathe' instruction is placed above the first note. The exercise ends with a repeat sign and a final note.

Exercise 2A TEMPO: MODERATE-SLOW

Musical notation for Exercise 2A in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat. The exercise is marked 'TEMPO: MODERATE-SLOW'. The notation shows a sequence of notes: a quarter note (f), a quarter note (mp), a quarter note (f), a quarter rest, a quarter note (mp), a quarter note (f), a quarter rest, and a quarter note (mp). A slur covers the first two notes, with '4-8 times' written above it. 'Breathe' instructions are placed above the third and seventh notes. The exercise ends with a repeat sign and a final note.

Exercise 2B

Musical notation for Exercise 2B in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat. The exercise is marked 'TEMPO: MODERATE-SLOW'. The notation shows a sequence of notes: a quarter note (f), a quarter note (mp), a quarter note (f), a quarter rest, a quarter note (mp), a quarter note (f), a quarter rest, and a quarter note (mp). A slur covers the first two notes, with '4-8 times' written above it. 'Breathe' instructions are placed above the third and seventh notes. The exercise ends with a repeat sign and a final note.

Exercise 2C

Musical notation for Exercise 2C in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat. The exercise is marked 'TEMPO: MODERATE-SLOW'. The notation shows a sequence of notes: a quarter note (f), a quarter note (mp), a quarter note (f), a quarter rest, a quarter note (mp), a quarter note (f), a quarter rest, and a quarter note (mp). A slur covers the first two notes, with '4-8 times' written above it. 'Breathe' instructions are placed above the third and seventh notes. The exercise ends with a repeat sign and a final note.

Exercise 2D

Musical notation for Exercise 2D in 4/4 time. It consists of a single staff with a treble clef and a key signature of one flat. The exercise is marked 'TEMPO: MODERATE-SLOW'. The notation shows a sequence of notes: a quarter rest, a quarter note (mp), a quarter note (f), a quarter note (mp), a quarter note (f), a quarter rest, a quarter note (mp), a quarter note (f), a quarter rest, and a quarter note (mp). A slur covers the last three notes, with '4-8 times' written above it. 'Breathe' instructions are placed above the first and fifth notes. The exercise ends with a repeat sign and a final note.

Flexibility / Scales

Flexibility Exercise #1

Flexibility Exercise #1 consists of three staves of music in F major (one flat) and 4/4 time. The first staff contains a sequence of notes: F4 (half), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (half). The second staff contains: F4 (half), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (half). The third staff contains: F4 (half), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (half). Slurs and ties are used to connect notes across measures.

Flexibility Exercise #2

Flexibility Exercise #2 consists of four staves of music in F major (one flat) and 4/4 time. The first staff contains a sequence of notes: F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter). The second staff contains: F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter). The third staff contains: F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter). The fourth staff contains: F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter), G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F4 (quarter). Slurs and ties are used to connect notes across measures.

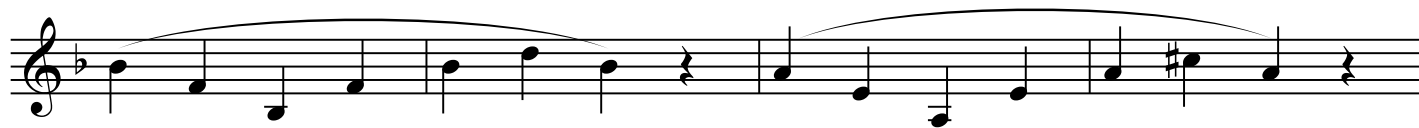
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Flexibility / Scales

Flexibility Exercise #3



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Flexibility / Scales

Flexibility Exercise #4

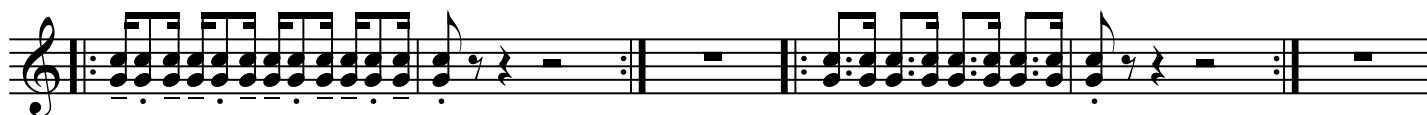
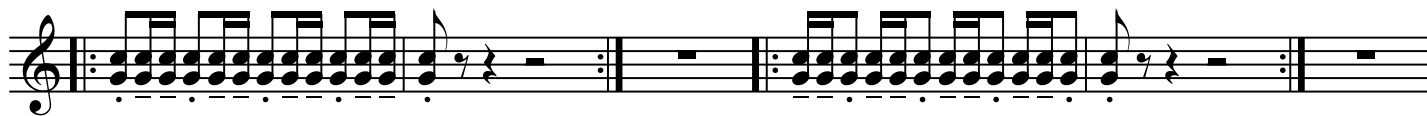


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Note Length / Shape Exercise



Show Articulation Examples

Basic 8 Staccato Eighth Notes

Four staves of music demonstrating basic 8 staccato eighth notes. Each staff consists of two measures. The first measure contains eight eighth notes, and the second measure contains a whole rest. The keys and patterns are as follows:

- Staff 1: C major, notes G4, A4, B4, C5, B4, A4, G4.
- Staff 2: C major, notes G4, A4, B4, C5, B4, A4, G4.
- Staff 3: B-flat major, notes F4, G4, A4, Bb4, A4, G4, F4.
- Staff 4: C major, notes G4, A4, B4, C5, B4, A4, G4, followed by a whole note chord of G4 and B4.

Show Articulation Example 1

Four staves of music demonstrating articulation examples. Each staff consists of two measures. The first measure contains eight eighth notes with accents (>) under each note. The second measure contains a whole rest. The keys and patterns are as follows:

- Staff 1: C major, notes G4, A4, B4, C5, B4, A4, G4.
- Staff 2: C major, notes G4, A4, B4, C5, B4, A4, G4.
- Staff 3: B-flat major, notes F4, G4, A4, Bb4, A4, G4, F4.
- Staff 4: C major, notes G4, A4, B4, C5, B4, A4, G4, followed by a whole note chord of G4 and B4.

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Show Articulation Examples

Show Articulation Example 2

Four staves of musical notation for Show Articulation Example 2. The first three staves are in treble clef with a key signature of one flat (Bb). The first staff contains a sequence of eighth notes with accents, followed by a quarter rest. The second and third staves continue this pattern with various articulation marks. The fourth staff concludes the example with a final chord and a double bar line.

Show Articulation Example 3

Three staves of musical notation for Show Articulation Example 3. The first staff is in treble clef with a key signature of one flat (Bb). The second staff is in treble clef with a key signature of two sharps (F#C#). The third staff is in treble clef with a key signature of one flat (Bb). The music features eighth notes with accents and triplets, indicated by a '3' above the notes and a bracket. The first staff ends with a quarter rest, and the second and third staves continue the pattern.

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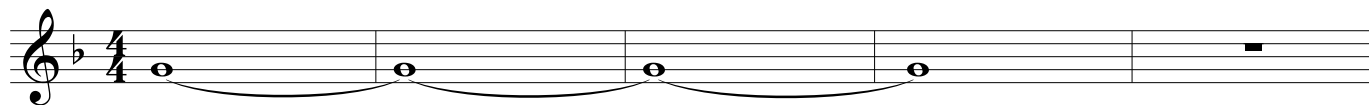
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Show Articulation Examples

The image displays four staves of musical notation, each illustrating articulation examples for the Horn in F Part. Each staff begins with a sequence of eighth notes with stems down, followed by a triplet of eighth notes with stems down, and concludes with a quarter rest. The first three staves are in different key signatures: C major, B-flat major, and F major, respectively. The fourth staff is in C major and ends with a final double bar line. The notation includes various articulation marks such as accents and slurs, and the triplet notes are clearly marked with a '3' and a bracket.

Ensemble Fundamental Tuning Exercise

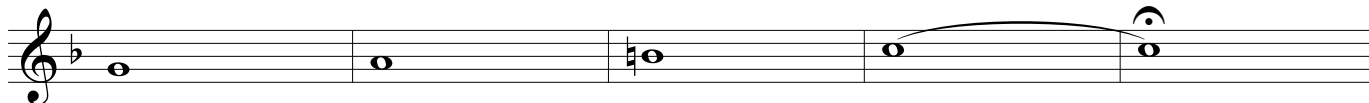
♩ = 92



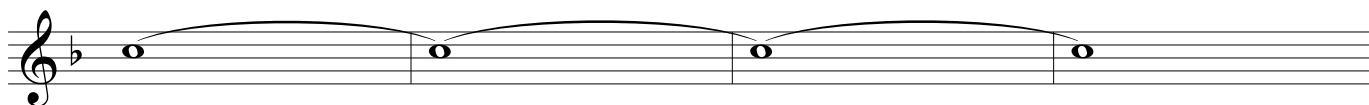
A



B



C



D



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Just Intonation Tuning Exercises

Bb Major Scale

Hn A

Hn B

Bb Major Chord

Hn A

Hn B

F Major Chord

Hn A

Hn B

C Major Chord

Hn A

Hn B

Eb Major Chord

Hn A

Hn B

Ab Major Chord

Hn A

Hn B

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Just Intonation Tuning Exercises

G Minor Scale

Hn A

Hn B

G Minor Chord

Hn A

Hn B

D Minor Chord

Hn A

Hn B

A Minor Chord

Hn A

Hn B

C Minor Chord

Hn A

Hn B

F Minor Chord

Hn A

Hn B

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Tuning Chart

Materials: Instrument, tuner and patience.

Tuning Steps:

Step 1: Tune your fundamental pitch to get the instrument in tune. For F-Horn: C on the staff.

Step 2: Tune the note at a piano dynamic. Write down how many cents out of tune.

Step 3: Tune the note at a mezzo forte. Write down how many cents out of tune.

Step 4: Tune the note at a fortissimo. Write down how many cents out of tune.

Step 5: Experiment how to fix the intonation. Write down ways to place the note in tune.

Repeat Steps 2 through 4 all the way to the highest pitch.

***Ways to adjust tuning: Pull out slide. Push in slide. Lip up. Lip down. Alternate Fingering.

Tips:

*Start the chart with the lowest note.

*When tuning each note, do not adjust the pitch to play in tune. Play the note as natural as possible.

This way you will be receiving your most accurate tendency on each pitch.

*Each dynamic may have a different pitch tendency. Be patient with each dynamic to get the most accurate tendency.

*Write +13 if you are sharp 13 cents. Write -10 if you are flat 10 cents. Write 0 if you are in tune.

*Fix?: On the "Fix?" line write down what you need to do to adjust the pitch and play it in tune. You may want to fill out the entire chart come back later to fill in the "Fix?" line.

*This sheet may take some time. You may have to complete the full chart in a couple of practice sessions.

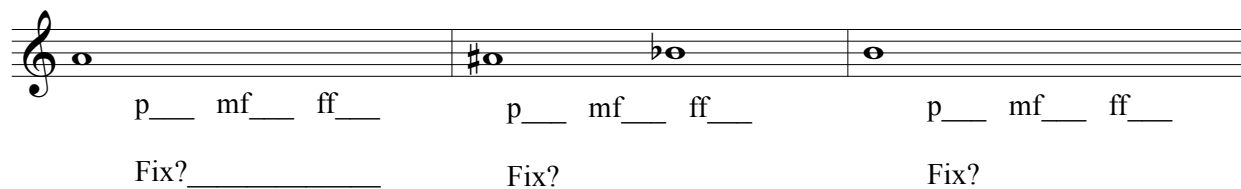
The chart consists of five staves of music, each with three measures. The notes are: Staff 1: C4, C4, C4; Staff 2: D4, D4, D4; Staff 3: E4, E4, E4; Staff 4: F4, F4, F4; Staff 5: G4, G4, G4. Each measure includes dynamic markings (p, mf, ff) and a 'Fix?' line for notes.

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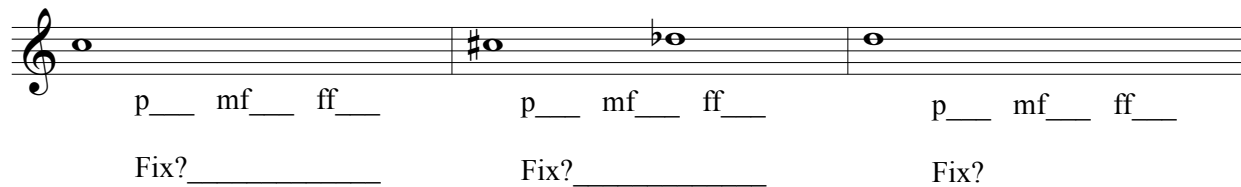
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Tuning Chart



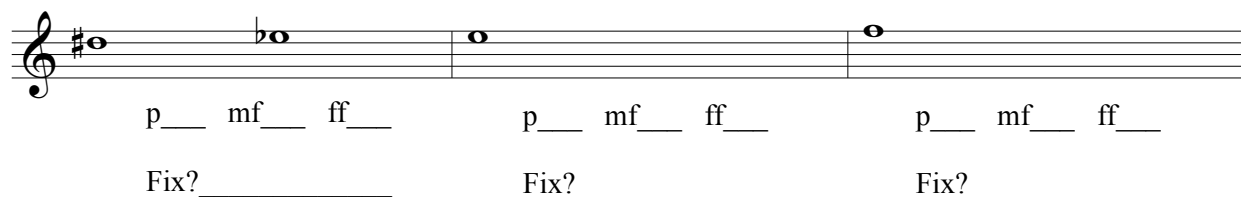
p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__

Fix? _____ Fix? _____ Fix? _____



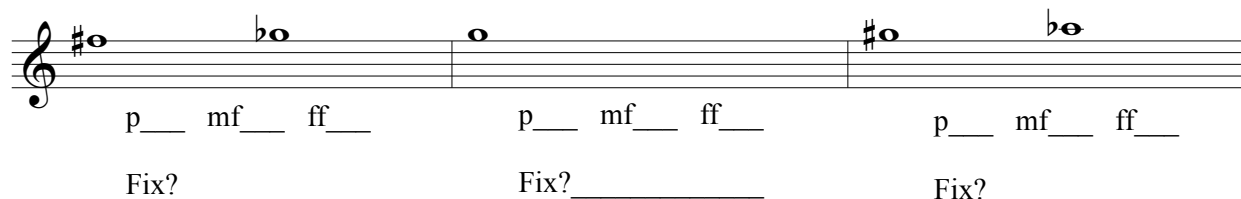
p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__

Fix? _____ Fix? _____ Fix? _____



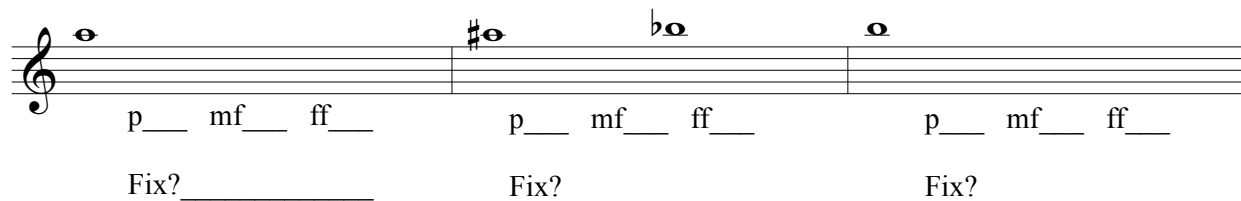
p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__

Fix? _____ Fix? _____ Fix? _____



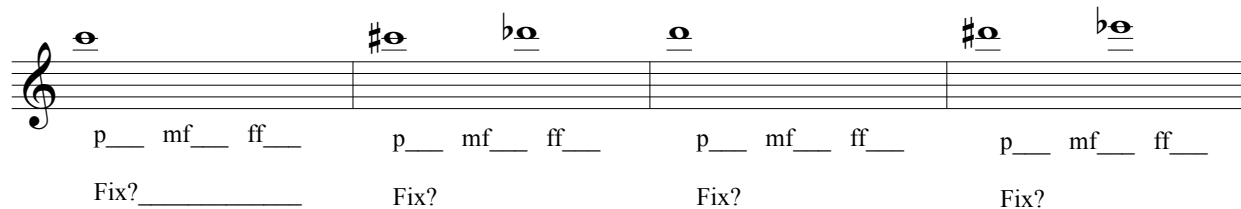
p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__

Fix? _____ Fix? _____ Fix? _____



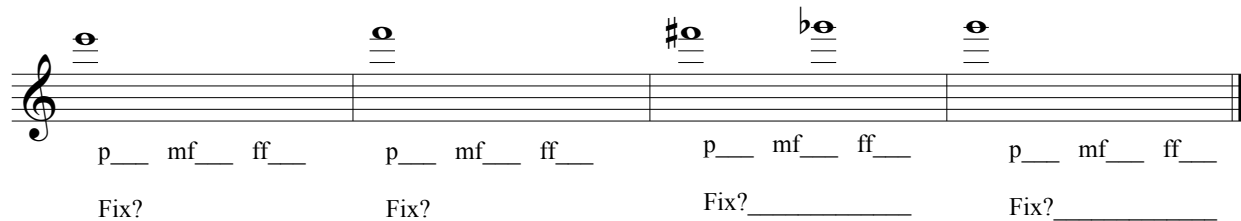
p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__

Fix? _____ Fix? _____ Fix? _____



p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__

Fix? _____ Fix? _____ Fix? _____ Fix? _____



p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__ p__ mf__ ff__

Fix? _____ Fix? _____ Fix? _____ Fix? _____

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Chorales

O Sacred Head Now Wounded by JS Bach

Two staves of musical notation for the chorale 'O Sacred Head Now Wounded' by JS Bach. The first staff contains the melody in treble clef, starting with a whole rest followed by a series of eighth and sixteenth notes. The second staff contains the accompaniment in treble clef, featuring a steady eighth-note accompaniment with some rests.

Be Thou My Vision

Two staves of musical notation for the chorale 'Be Thou My Vision'. The first staff contains the melody in treble clef, 3/4 time, consisting of a series of chords. The second staff contains the accompaniment in treble clef, also consisting of chords, with some notes beamed together.

Faith of Our Fathers by H Hemy

Two staves of musical notation for the chorale 'Faith of Our Fathers' by H Hemy. The first staff contains the melody in treble clef, featuring a series of quarter and eighth notes. The second staff contains the accompaniment in treble clef, consisting of chords and some eighth notes.

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Full Volume

Excerpt #1 ♩=86-92

Musical notation for Excerpt #1, measures 86-92. The excerpt is in 4/4 time and F major. It begins with a whole rest, followed by a series of chords with accents. The first chord is marked *fff*. A crescendo hairpin leads to a second chord marked *ffff*. The piece concludes with a quarter rest.

Excerpt #2 ♩=86-92

Musical notation for Excerpt #2, measures 86-92. The excerpt is in 4/4 time and F major. It begins with a whole rest, followed by a series of chords with accents. The first chord is marked *fff*. The piece concludes with a quarter rest.

Excerpt #3 ♩=92-100

Musical notation for Excerpt #3, measures 92-100. The excerpt is in 4/4 time and F major. It begins with a series of chords with accents, marked *fff*. The piece concludes with a quarter rest.