

ENDURANCE EXERCISE #1

This exercise should be played twice: 1st time slur all the notes, 2nd time tongue each note, but keep a Legato style, i.e. no break between the notes - it should sound almost the same as slurring. It's marked *Pianissimo*, so play it softly, and try to get to *PP* if you can.

Some things to keep in mind:

- 1) Pay attention to the Metronome Mark - if you don't have a metronome, look at a clock or your watch, as each beat is 1 second. Don't cheat on the 6 beat notes at the end of each phrase!
- 2) Don't skip the rests! It's very important that you give your chops a chance to re-group between phrases, so take the horn off your face during the rests.

BASS

$\text{♩} = 60$

9

17

25

33

41