



## The Brass Gym for Euphonium (Bass Clef)

*By Focus on Music*



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**The Brass Gym for Euphonium (Bass Clef)** By Focus on Music

*A Comprehensive Daily Workout for Brass Players.*

Authors: Sam Pilafian and Patrick Sheridan.

The Brass Gym contains a daily basics routine developed from a synthesis of more than 50 years combined experience of touring as performers and educators through the world. The workout consists of exercises that cover comprehensively the basic aspects of wind playing. It can also be used as a warm-up activity as the exercises are ordered in a gentle "ramp up" with demand increasing through the workout.

The Brass Gym is the cornerstone to a healthy and ever improving musical life!

The Brass Gym includes a 100+ page book and 78 minute play-along CD featuring the two authors.

Contents include:

Introduction & Overview

Pre-Workout

Working Out With a Partner or Group

Glossary of Terms

Mouthpiece Workout

Chromatics

Soft Touch

Smooth Air Movement

Tongue Coordination

Shwarmaaaaa!

Beautiful Sounds

Brruummmm!

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Bugle: Last Lines

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