

Welcome to Mr Blackwoods

Brass Players Gym

The aim of this Gym is to help players maintain a purposeful daily routine resulting in improvement while hopefully, explaining clearly the whys, wherefores and outcomes of each group of exercises.

Exercises are daily routines practised by all players from beginners to advanced.

LET'S GET STARTED

To me, I try and think of a piece of music as a set of ingredients and I practise those ingredients before putting it all together. (What do you mean, I hear you say)

A piece of music is like baking a **cake**. You must have all the ingredients and a good idea of how to use them and what they are about before you start, then your cake will turn out well.

For example. Flour, eggs. Milk, butter etc. icing, chocolate. An oven, bowls ladle, spoon etc. all go into making a cake

NOW

If you don't understand some of the ingredients, or you skip on some and miss them out or aren't sure how to use them etc. then your end result is not going to be good.

Let's use a sporting example (to help run off the effects of our cake). A **sprinter**.

Some of the ingredients in sprinting might be, correct diet, Gym work, work on the start of race. Reaction times, blocks position, when to go to full height from crouching, when to dip at end of race, stamina training and so on

It is exactly the same with learning a piece of music.

Ingredients that the music/piece/tune that you are trying to play might contain and require are,

Good Sound (above all), High/low notes, fast/slow notes, loud/quiet notes, intervals, slurs, stamina, etc. plus all of the previous have to be played correctly i.e. pitch, note length, fingering etc...

A lot of ingredients to try and learn...

I shall try to add more exercise pages over the next wee while

So, let us begin

Some pages feature a famous Musician/Composer for you to look up and learn about. On this page it one of my horn playing heroes---the Great-- Denis Brain.