



YOUR
INDISPENSABLE
PRACTICE
GUIDE

FOR BRASS & WOODWIND PLAYERS

BY ROLF BECKER

YOUR



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Whether you are a beginner or an advanced player, this booklet provides a clear, step-by-step framework that helps you build an effective daily practice routine designed around your personal goals and schedule.

You'll receive practical guidance, proven practice strategies, and carefully selected recommendations for high-quality learning resources and literature, enabling you to create a meaningful and sustainable practice plan that works for you.

Because mastering an instrument is not about finding more time.

It's about making the most of the time you already have.

Let's create something beautiful together.

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A structured practice routine,
tailored to the time available
to each individual musician.

PROLOGUE

Every musician dreams of playing with greater confidence, freedom, and expression.

Yet the journey toward mastery is often clouded by an overwhelming amount of information, endless exercises, and the feeling that there is never enough time to practice.

After more than three decades of performing and working with musicians of all ages and abilities, I have discovered a simple truth:

Progress is not determined by the amount of time you have, but by how effectively you use it.

This book was created to help you develop a structured, practical, and sustainable approach to practice - one that fits your personal goals, your lifestyle, and the time available to you.

Inside these pages, you will find proven strategies, clear guidance, and practical tools designed to help you practice with purpose, build lasting habits, and unlock your full musical potential.

No matter where you are on your musical journey, remember:

Small, consistent steps lead to extraordinary results.

Now, let's begin - and create something beautiful together.

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1.

HOLD THE NOTE

The most overlooked practice routine in music.

The First Step to Effective Practice

Many musicians make the same mistake: They skip this essential first step and immediately jump into scales, arpeggios, technical patterns, or challenging exercises.

Yet one of the most powerful ways to begin a practice session is surprisingly simple:

Hold a single note.

While long-tone practice is well known for developing the sound and tone quality of your instrument, its benefits go far beyond that.

Why Hold the Note?

1. Establish a Connection with Your Instrument

The moment you assemble your instrument and play your first note, you begin a conversation with your musical voice.

Listen carefully to the sound you are producing. Does it reflect the sound you hear in your imagination? Does it represent the musical voice you want to share with others?

Long tones help you focus on this connection from the very beginning of your practice session.

2. Prepare Your Body and Mind

After just a few minutes of relaxed long-tone practice, breathing becomes deeper and more controlled. Your heart rate settles into a calm, efficient rhythm, helping you prepare mentally and physically for the more demanding work ahead.

3. Build the Foundation of Great Technique

Long tones strengthen and stabilize the muscles involved in playing, particularly the embouchure, lips, and cheeks. They also promote efficient coordination between abdominal, chest, and shoulder breathing while developing smooth airflow supported by the diaphragm.

How to Practice

1. Take a slow, relaxed breath in and out.
2. Breathe in again and choose a note in a comfortable register.
3. Hold the note for approximately **5 seconds** while maintaining a steady, beautiful sound.
4. Breathe calmly and repeat several times.

Experiment with different dynamics:

- Start at a comfortable **mezzo-forte (mf)**.
- Then play a **crescendo** from **piano (p)** to **forte (f)**.
- Finally, play a **decrescendo** from **forte (f)** back to **piano (p)**.

After several days or weeks, gradually increase the duration of each note to **10, 15, or even 20 seconds**.

You will soon notice significant improvements in your tone quality, breath control, endurance, and overall playing comfort.

Remember

A beautiful sound is never an accident.
It is built on a foundation of relaxed breathing,
efficient airflow, and focused listening.

Hold the note, and let the sound teach you.

**Note: Lower notes - and especially higher notes - require efficient coordination of abdominal, chest, and shoulder breathing, supported by steady airflow controlled by the diaphragm.*

Click on the link below to receive an
MP3 & sheet music for
Alto-, Tenor-, Baritone Sax
Trumpet
Trombone & Bass Trombone

[Link](#)

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Your Indispensable Practice Guide

Learn how to build a personalised practice routine,
Based on your available time and musical goals.