

Train Your Tongue to Trounce Tonguing

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Although you may not have the time to play all of the exercises at every practice session, it is important to play **through an exercise at least TWICE per session**: Once very slowly, so that you can focus on moving your tongue as little and efficiently as possible, another time faster, but still focusing on efficiency. It is also useful to think the solfeggio in your head, especially when playing slowly.

THE FIRST THREE PAGES CAN BE USED FOR SINGLE OR DOUBLE TONGUING AND THE THE FOURTH PAGE FOR SINGLE OR TRIPLE TONGUING. **ALWAYS USE A METRONOME!!!!**



Do ti la sol fa mi re do ti ti la sol fa mi re do ti la la sol fa me re do ti la sol



sol fa mi re do ti la sol fa fa mi re do ti la sol fa mi mi re do ti la sol fa mi re



re do ti la sol fa mi re do do ti la sol fa mi re do ti ti la sol fa mi re do ti Do



Do re mi fa sol la ti do re re mi fa sol la ti do ti mi mi fa sol la ti do re mi fa



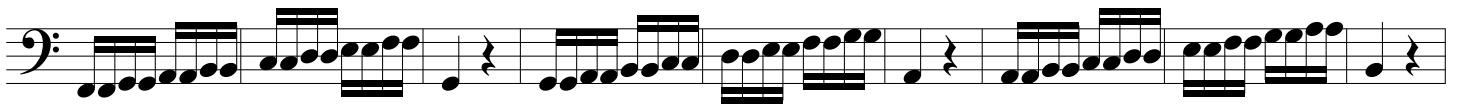
fa sol la ti do re mi fa sol sol la ti do re mi fa sol la la ti do re mi fa sol la ti



ti do re mi fa sol la ti do Do re mi fa sol la ti do re re mi fa sol la ti do re Do

Any of these exercises can of course be played in different keys, but as the main focus is tonguing, I think it's best to keep the fingering simple.

ARE YOU STILL USING YOUR METRONOME? YOU BETTER BE!!!



Do you find yourself thinking, "Hey, I could easily play these from memory!" What a great idea! This will allow you to focus even more closely on efficient movement of your tongue.

Remember,

SLOW PRACTICE IS JUST AS IMPORTANT, IF NOT MORE SO, THAN FAST PRACTICE!!!!

Two staves of musical notation in bass clef, 2/4 time signature. The first staff contains four measures of eighth-note patterns. The second staff contains four measures of eighth-note patterns, ending with a double bar line and a repeat sign.

Say, what a LOVELY metronome you have! I'm so glad you are still using it!!!

Two staves of musical notation in bass clef, 2/4 time signature. The first staff contains four measures of eighth-note patterns. The second staff contains four measures of eighth-note patterns, ending with a double bar line and a repeat sign.

This page is also good for single tonguing and triple tonguing (ta ga da). It is not recommended for double tonguing.

Four staves of musical notation in bass clef, 2/4 time. Each staff contains a sequence of eighth notes grouped into triplets, indicated by a '3' above the group. The first staff has 12 triplet groups. The second staff has 12 triplet groups. The third staff has 12 triplet groups. The fourth staff has 12 triplet groups. The notation includes rests and slurs to indicate the phrasing of the triplets.

Oh, but hey, you know what else I recommend? USE A METRONOME!!!

Four staves of musical notation in bass clef, 2/4 time. Each staff contains a sequence of eighth notes grouped into triplets, indicated by a '3' above the group. The first staff has 12 triplet groups. The second staff has 12 triplet groups. The third staff has 12 triplet groups. The fourth staff has 12 triplet groups. The notation includes rests and slurs to indicate the phrasing of the triplets.