



# Total Tone Mastery Syllabus

## Module 0: Introduction (5 videos)

A welcome to the course, introduction to the material, orientation with the navigation and housekeeping, a bit about me and some info on how to get the best out of the program.

## Module 1: A Success Mindset (5 videos)

How it takes time and patience to build your dream sound, how to practice effectively and consistently, how the sound has to come from your imagination FIRST, how to radiate your sound out and project, and an inspirational message of how important saxophone playing (and music in general) is and what a deep joy it brings to you and the world.

## Module 2: Master Your Breathing (6 videos)

Why correct breathing is so important, not just for your sax playing, but for your overall health and well being, why almost everyone is breathing with a “reverse” dysfunctional pattern, the physical mechanics of how breathing actually works and what laws of physics govern it, breathing myths busted, how to activate your diaphragm and why what everyone thinks about the diaphragm is backwards, expanding your chest, forming your complete breath and many exercises to systematically re-train your breathing to improve your playing, and your overall health and mental state.

## Module 3: The Science Lab (3 videos)

How a saxophone actually works, how the sound is produced, the “AC” air and the “DC” air, the tract/reed/bore system, acoustic impedance, why high notes are hard, what you can do to affect your sound, why everyone is too concerned with gear and not concerned enough about themselves, why the vocal tract is so important, and a myth buster exposing common misconceptions about air speed and direction.

## Module 4: Master Your Embouchure (4 videos)

How different approaches work for different people and how we’re all unique, the anatomy of a great embouchure in detail (top teeth, jaw pressure, lower lip, chin, mouthpiece angle, teeth alignment), many embouchure exercises, a video gallery of great embouchures and a printable cheat sheet embouchure reminder for your practice room.



# TOTAL TONE MASTERY



## **Module 5: Your Vocal Tract (Where The Magic Happens)** **(6 videos)**

The anatomy of your vocal tract, why mouthpiece pitch bending is important, the key components of vocal tract control (the tongue, the larynx, the glottis), the mouthpiece pitches controversy and pitch bending exercises for the vocal tract.

## **Module 6: Spread The love With Long Notes** **(5 videos)**

Why you're probably doing more harm than good with your current long notes practice, a new approach to long notes from the French classical flute school, how to even out your sound across the full range of the horn, the mindset for long tones, progressive exercises to progressively "Spread The Love" of your tone across the instrument, how to vary your tone with control (change your sax "EQ") and how you develop and nurture your own unique voice on the instrument.

## **Module 7: Overtones (The Mothership)** **(4 videos)**

An introduction to overtones and harmonics and why they are so important, a detailed breakdown of exactly what to do to be able to produce overtones, how to "dial in" your tone to get richness and focus, how to stop fluffing notes (in the wrong octave, not speaking, squeaking, camel noises etc), many progressive overtone exercises, including playing scales without fingering any of the original notes.

## **Module 8: Practice Roadmaps (What To Practice Each Day)** **(1 video)**

How to create your own personalised roadmap for success, the tock sheet course map, the difference between "prep and study" and "practice", how to gauge your level of ability and different practice plans that spell out EXACTLY what exercises to practice each day to create the sound you've always imagined.

## **Module 9: Course Wrap Up And Further Resources** **(1 video, 1 list)**

Where to go from here, a summary of the whole course, useful PDF resources (finger chart and note naming, overtone fingerings, course map etc) and a list of some great resources for further study.