



Long Tone Fundamentals

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Long Tone Objectives and Guidelines

Objectives:

- Build sound stability from the low register
- Simplify long tones to maximize growth
- Develop better intonation understanding
- Develop dynamic contrast and control effectively

General Guidelines:

- Avoid using vibrato
- Take it slow
- Allow for plenty of time for observation of your playing
- Slowly add the other exercises once stability is found
- Consistency is key!
- Overall practice time: >30 minutes!



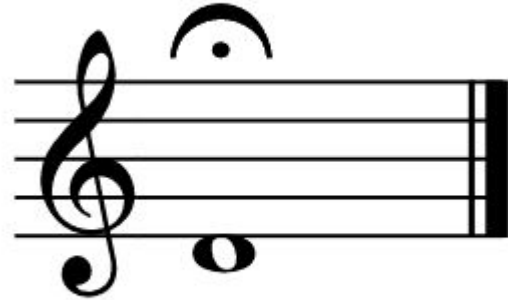
Long Tones (5 min.)

Objective:

- Listen and observe what your sound is
- Pick one aspect to focus on at a time

Method:

- 5 minutes everyday
- Start on Low D (or lowest note comfortable below Low G)
- Breathe as necessary
- Observe and Listen—use what you like to guide you
- Repeat your long tone
 - Try to start where you liked your sound best!





Split Hairpins (5-8 min.)

Objective:

- Focus on one dynamic shift at a time
- Observe what changes and if that is what you like
- Focus on one aspect you'd like to improve one

Decrescendo Hairpin:

- Diminuendo slowly and observe
- Repeat with focused aspect



Crescendo Hairpin:

- Try to start where your diminuendo ended
- Practice just starting the note several times on it's one
- Repeat with focused aspect





Ascending (5-8 min.)

- Apply the last two exercises to other ranges after you feel comfortable with your low register stability!

Recommendations:

- Consistency through the range
 - Slowly ascend chromatically–this will be like Moyses’s *De La Sonorite* but ascending rather than descending
- Start with octaves
 - If starting on Low D, begin with Middle D to start working on the middle register. For the high register start with High D.
 - Harmonics can be a helpful tool to use for octaves!
- Tendency Notes
 - Use these methods to develop troublesome notes like Middle C#
 - You can use surround notes, such as Middle D, to help reference your tendency notes.