



MICKEY SMITH JR.  
*— See The Sound. —*



## First Lesson Resources for Beginning Band

flute | clarinet | alto sax | trumpet | trombone | tuba

Building confidence one note at a time

presented by

**HAPCO**  
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# FIRST FLUTE LESSON

KEEP ON GOING • BEGINNING BAND RESOUROCES

**1**

## FIND A GOOD PRACTICE SPACE

Find somewhere quiet and well lit where you can practice. Always sit correctly!  
Feet Flat, Fanny Front!

**2**

## MOUTHPIECE PRACTICE

- Take just the mouthpiece out of your case.
- Think "mmmmmmmm" before placing the mouthpiece.
- Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then...

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)

BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

**3**

## BREATHING EXERCISES

- Make sure you are sitting correctly (Sit Tall. Feet Flat, Front!).
- Put your hands on your head (I know it looks silly, but it's pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

take a mini-break, then...

**4**

## TIZZLE EXERCISES

(A sizzling sound we make to prepare us to play.)

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breath in for 1 count, tizzle out for 7 counts (4 times)

Breath in for 1 count, tizzle out for 15 counts (2 times)

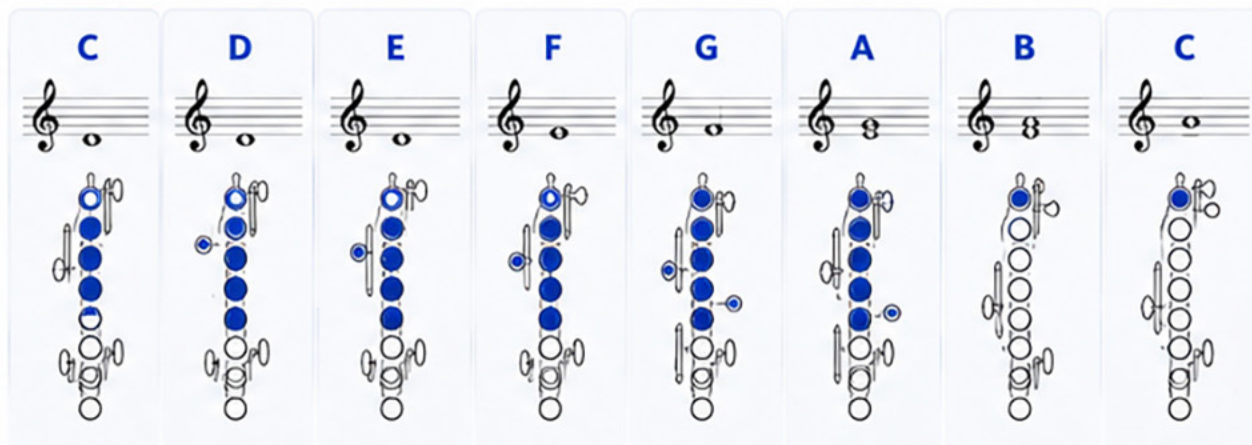


KEEP ON GOING | SEE YOUR SOUND

# FIRST FLUTE LESSON

## 1 LEARN THE FINGERINGS

Use the fingerings below for low-register notes on a concert C flute.



Filled / colored keys = press that key.  
Open / white keys = do not press.

## 2 PLAY THESE NOTES

Say each note name, then play it with a steady sound.



## 3 PLAY THE NOTE PATTERNS

Say each note name, then play it with a steady foot tap.

|          |                                     |
|----------|-------------------------------------|
| <b>A</b> | C - D - E - F - G - A - B - C - - - |
| <b>B</b> | C - E - G - A - G - F - E - D - - - |
| <b>C</b> | C C C C G G G G C C C C             |
| <b>D</b> | C - G - E - C - D - F - A - G - - - |

Fingerings are for a standard concert C flute. Some flutes (e.g., with a B footjoint) may have additional keys or alternate fingerings. Ask your teacher if your flute is a different model.



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# FIRST CLARINET LESSON

KEEP ON GOING • BEGINNING BAND RESOURCES

**1**

## FIND A GOOD PRACTICE SPACE

Find somewhere quiet and well lit where you can practice. Always sit correctly!  
Feet Flat, Fanny Front!

**2**

## MOUTHPIECE PRACTICE

- Take just the mouthpiece out of your case.
- Think "mmmmmmmm" before placing the mouthpiece.
- Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then...

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)

BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

**3**

## BREATHING EXERCISES

- Make sure you are sitting correctly (Sit Tall. Feet Flat, Front!).
- Put your hands on your head (I know it looks silly, but it's pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

take a mini-break, then...

**4**

## TIZZLE EXERCISES

(A sizzling sound we make to prepare us to play.)

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breath in for 1 count, tizzle out for 7 counts (4 times)

Breath in for 1 count, tizzle out for 15 counts (2 times)



KEEP ON GOING | SEE YOUR SOUND

# FIRST CLARINET LESSON

## 1 LEARN THE FINGERINGS

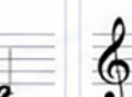
Use the fingerings below for low-register notes on a Bb clarinet.

| E                                                                                 | F                                                                                 | G                                                                                 | A                                                                                 | B                                                                                 | C                                                                                   | D                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| E                                                                                 | F                                                                                 | G                                                                                 | A                                                                                 | B                                                                                 | C                                                                                   | D                                                                                   |

Filled / colored keys = press that key.  
Open / white keys = do not press.

## 2 PLAY THESE NOTES

Say each note name, then play it with a steady sound.

| E                                                                                   | F                                                                                   | G                                                                                   | A                                                                                   | B                                                                                   | C                                                                                     | D                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |

## 3 PLAY THE NOTE PATTERNS

Say each note name, then play it with a steady foot tap.

|          |                                     |
|----------|-------------------------------------|
| <b>A</b> | E - F - G - A - B - C - D - - -     |
| <b>B</b> | D - C - B - A - G - F - E - - -     |
| <b>C</b> | E E E E      G G G G      C C C C   |
| <b>D</b> | E - G - A - B - A - G - F - E - - - |

Fingerings are for a standard Bb clarinet. Some clarinets (e.g., with additional keys) may have alternate fingerings. Ask your teacher if your clarinet is a different model.



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# FIRST ALTO SAXOPHONE LESSON

KEEP ON GOING • BEGINNING BAND RESOUROCES

**1**

## FIND A GOOD PRACTICE SPACE

Find somewhere quiet and well lit where you can practice. Always sit correctly.  
Feet Flat, Fanny Front!

**2**

## MOUTHPIECE PRACTICE

- Take just the mouthpiece out of your case.
- Think "mmmmmmmm" before placing the mouthpiece.
- Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then...

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)

BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

**3**

## BREATHING EXERCISES

- Make sure you are sitting correctly (Sit Tall. Feet Flat, Front!).
- Put your hands on your head (I know it looks silly, but it's pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

take a mini-break, then...

**4**

## TIZZLE EXERCISES

(A sizzling sound we make to prepare us to play.)

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breath in for 1 count, tizzle out for 7 counts (4 times)

Breath in for 1 count, tizzle out for 15 counts (2 times)



KEEP ON GOING | SEE YOUR SOUND

# FIRST ALTO SAXOPHONE LESSON

## 1 LEARN THE FINGERINGS

Use the fingerings below for low-register notes on an Eb alto saxophone.

| Bb | A     | G         | F | E     | D         | C                    |
|----|-------|-----------|---|-------|-----------|----------------------|
|    |       |           |   |       |           |                      |
| 1  | 1 + 2 | 1 + 2 + 3 | 1 | 1 + 2 | 1 + 2 + 3 | 1 + 2 + 3 + side key |

Filled / colored keys = press that key.  
Open / white keys = do not press.

## 2 PLAY THESE NOTES

Say each note name, then play it with a steady sound.

| Bb | A | G | F | E | D | C |
|----|---|---|---|---|---|---|
|    |   |   |   |   |   |   |

## 3 PLAY THE NOTE PATTERNS

Say each note name, then play it with a steady foot tap.

|          |                                  |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |
|----------|----------------------------------|----|----|----|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>A</b> | Bb - A - G - F - E - D - C - - - |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>B</b> | C - D - E - F - G - A - Bb - - - |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>C</b> | Bb                               | Bb | Bb | Bb | A | A | A | A | G | G | G | G | F | F | F | F |
| <b>D</b> | Bb - A - G - F - E - D - C - - - |    |    |    |   |   |   |   |   |   |   |   |   |   |   |   |

Fingerings are for low-register notes on an Eb alto saxophone. There are additional notes and fingerings in most method books. Ask your teacher if your saxophone has a high F# key.



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# FIRST TRUMPET LESSON

KEEP ON GOING • BEGINNING BAND RESOUROCES

**1**

## FIND A GOOD PRACTICE SPACE

Find somewhere quiet and well lit where you can practice. Always sit correctly!  
Feet Flat, Fanny Front!

**2**

## MOUTHPIECE PRACTICE

- Take just the mouthpiece out of your case.
- Think "mmmmmmmm" before placing the mouthpiece.
- Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then...

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)

BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

**3**

## BREATHING EXERCISES

- Make sure you are sitting correctly (Sit Tall. Feet Flat, Front!).
- Put your hands on your head (I know it looks silly, but it's pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

take a mini-break, then...

**4**

## TIZZLE EXERCISES

(A sizzling sound we make to prepare us to play.)

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breath in for 1 count, tizzle out for 7 counts (4 times)

Breath in for 1 count, tizzle out for 15 counts (2 times)



KEEP ON GOING | SEE YOUR SOUND

# FIRST TRUMPET LESSON

## 1 LEARN THE VALVES

Common three-valve Bb trumpet • concert pitch

### VALVE BUTTONS



1



2



3

### PRESSED DOWN



1

Press with your  
right-hand fingers.

1 = index • 2 = middle  
3 = ring finger

Filled / lowered button  
means press that valve.

## 2 PLAY THESE NOTES

Press the valves shown, then make a steady sound.

Fingerings shown are for concert Bb trumpet (standard).

### G OPEN



1 2 3

### F 1



1 2 3

### E 1 + 2



1 2 3

### D 1 + 3



1 2 3

### C 1 + 2 + 3



1 2 3

## 3 PLAY THE NOTE PATTERNS

Say each note name, then play it with a steady foot tap.

A

G - F - E - D - C - - -

B

C - D - E - F - G - - -

C

G G G G F F F F E E E E

D

C - D - E - F - G - F - E - D - C - - -

Valve numbers are read from the player's perspective, with the mouthpiece toward you.

Fingerings checked against a standard Bb trumpet fingering chart. Ask your teacher if your trumpet is a different make or model.



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# FIRST TROMBONE LESSON

KEEP ON GOING • BEGINNING BAND RESOUROCES

**1**

## FIND A GOOD PRACTICE SPACE

Find somewhere quiet and well lit where you can practice. Always sit correctly!  
Feet Flat, Fanny Front!

**2**

## MOUTHPIECE PRACTICE

- Take just the mouthpiece out of your case.
- Think "mmmmmmm" before placing the mouthpiece.
- Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then...

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)

BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

**3**

## BREATHING EXERCISES

- Make sure you are sitting correctly (Sit Tall. Feet Flat, Front!).
- Put your hands on your head (I know it looks silly, but it's pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

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Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

take a mini-break, then...

**4**

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(A sizzling sound we make to prepare us to play.)

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breath in for 1 count, tizzle out for 7 counts (4 times)

Breath in for 1 count, tizzle out for 15 counts (2 times)



KEEP ON GOING | SEE YOUR SOUND

# FIRST TROMBONE LESSON

## 1 LEARN THE POSITIONS

Trombone positions change the length of the slide to make different notes.

1st Position  
(Closed)



2nd Position



3rd Position



4th Position



5th Position



6th Position



7th Position



## 2 PLAY THESE NOTES

Use the positions shown to play each note. Move the slide smoothly and make a steady sound.

**Bb**



1st Position

**A**



2nd Position

**G**



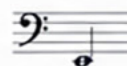
3rd Position

**F**



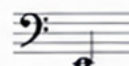
4th Position

**E**



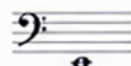
5th Position

**D**



6th Position

**C**



7th Position

## 3 PLAY THE NOTE PATTERNS

Say each note name, then play it with a steady foot tap.

**A**

Bb - A - G - F - E - D - C - -

**B**

C - D - E - F - G - A - Bb - -

**C**

Bb Bb Bb Bb    A A A A    G G G G    F F F F

**D**

Bb - A - G - F - E - F - G - A - Bb - -

Positions are numbered from the player's perspective with the mouthpiece toward you.

These are the most common positions for a tenor trombone. Some trombones (e.g., bass trombones) may have additional positions.



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# FIRST TUBA LESSON

KEEP ON GOING • BEGINNING BAND RESOURCES

**1**

## FIND A GOOD PRACTICE SPACE

Find somewhere quiet and well lit where you can practice. Always sit correctly!  
Feet Flat, Fanny Front!

**2**

## MOUHPICE PRACTICE

- Take just the mouthpiece out of your case.
- Think "mmmmmmmm" before placing the mouthpiece.
- Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)  
BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

then...

BUZZ (low note) for 8 counts, rest for 8 counts (4 times)  
BUZZ (high note) for 8 counts, rest for 8 counts (4 times)

**3**

## BREATHING EXERCISES

- Make sure you are sitting correctly (Sit Tall. Feet Flat, Front!).
- Put your hands on your head (I know it looks silly, but it's pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (4 times)  
Breathe in for 4 counts, out for 4 counts (4 times)  
Breathe in for 2 counts, out for 2 counts (4 times)  
Breathe in for 1 count, out for 1 count (4 times)  
take a mini-break, then...

**4**

## TIZZLE EXERCISES

(A sizzling sound we make to prepare us to play.)

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.  
Breath in for 1 count, tizzle out for 7 counts (4 times)  
Breath in for 1 count, tizzle out for 15 counts (2 times)



KEEP ON GOING | SEE YOUR SOUND

# FIRST TUBA LESSON

## 1 LEARN THE VALVES

Common three-valve BBb tuba • bass clef • concert pitch

VALVE BUTTONS



PRESSED DOWN



Press with your  
right-hand fingers.

1 = index • 2 = middle  
3 = ring finger

Filled / lowered button  
means press that valve.

## 2 PLAY THESE NOTES

Press the valves shown, then make a steady sound.

Fingerings shown are for low-register notes on a common 3-valve BBb tuba.

**D**

1 + 2



**C**

1 + 3



**Bb**

OPEN



## 3 PLAY THE NOTE PATTERNS

Say each note name, then play it with a steady foot tap.

**A**

**D - C - Bb - - -**

**B**

**D - C - Bb - - -**

**C**

**Bb Bb Bb Bb C C C C**

**D**

**D - C - Bb - - -**

Valve numbers are read from the player's perspective, with the mouthpiece toward you.

Fingerings checked against Bandworld's BBb Tuba Fingering Chart. Ask your teacher if your tuba has a 4th valve.