

THE COURSE CALENDER



UNLEASHING THE DRAGON



By Andrew D. ...

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Week 1 (Starting phase)

Continue your old practice ritual with these editions:

- I have gotten myself a neck strap that helps me to hold the horn in the most natural position comfortably.
- I created a way to exercise my back and stamina every day.
- I exercise my back and stamina every day.
- I take 2 to 4 minutes before and after every gig or practice session to perfect my posture consciously and position my saxophone optimally.
- I try to get and maintain the feeling of playing freely without a strap (while playing with a strap).



Check a day off after every practice session.

1	2	3	4	5	6	7
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There are two mistakes one can make along the road to truth
...not going all the way, and not starting. (Budha)

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Week 2 (Starting phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I have a neck strap that helps me hold the horn in the most natural position comfortably.
- I do weighted breathing for 5 minutes.
- I'm take 2 to 4 minutes before and after every gig or practice session to perfect my posture consciously and position my saxophone optimally.
- I try to get and maintain the feeling of playing freely without a strap (while playing with a strap).
- I do the exhale - inhale check (5 minutes), and combine it with long notes for 5 - 10 minutes.



Check the day off after every practice session.

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Week 3 (Starting phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I'm perfecting my posture consciously and I'm positioning my saxophone optimally.
- I maintain the feeling of playing freely without a strap.
- I do weighted breathing for 5 minutes.
- I practice long notes (10 minutes).
- I do the "exhale - inhale" check (3 minutes), and combine it with long notes (first two minutes).
- I practice the various tongue positions "AE" & "AW" during long notes (3 minutes).
- I experiment and practice with rolling my lower lip during long notes (2 minutes).



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Week 4

(Adjusting phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I'm perfecting my posture consciously and I'm positioning my saxophone optimally.
- I maintain the feeling of playing freely without a strap.
- I do weighted breathing for 5 minutes.
- I practice long notes (10 minutes).
- I'm keeping my upper lip relaxed (during long notes).
- I do the Exhale - inhale check (3 minutes), and combine it with long notes (first 2 minutes).
- I practice the various tongue positions "AE" & "AW" during long notes (3 minutes).
- I experiment and practice with rolling my lower lip during long notes (2 - 10 minutes).



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Week 5

(Adjustment phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I'm keeping my upper lip relaxed (long notes).
- I do weighted breathing for 5 minutes.
- I practice long notes (10 minutes).
- I do the exhale - inhale check (3 minutes), and combine it with long notes (first 2 minutes).
- I practice the various tongue positions "AE" & "AW" during long notes (3 minutes).
- I practice with rolling my lower lip during long notes (3 minutes).
- I practice all major, scales across the whole instrument for 10-15 minutes (regular & swing time, clean articulation).



Check the day off after every practise session.

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Week 6

(Adjustment / getting comfortable phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I'm keeping my upper lip relaxed (long notes).
- I do weighted breathing for 5 minutes.
- I practice long notes (10 minutes).
- I do the exhale - inhale check (3 minutes), and combine it with long notes (first 2 minutes).
- I practice the various tongue positions "AE" & "AW" during long notes (3 minutes).
- I practice with rolling my lower lip during long notes (3 minutes).
- I practice all major, scales across the whole instrument for 10-15 minutes (regular & swing time, clean articulation).



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Week 7

(Adjustment / getting comfortable phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I'm keeping my upper lip relaxed (long notes).
- I do weighted breathing for 5 minutes.
- I practice long notes (10 minutes).
- I do the exhale - inhale check (3 minutes), and combine it with long notes (first 2 minutes).
- I practice the various tongue positions "AE" & "AW" during long notes (3 minutes).
- I practice with rolling my lower lip during long notes (3 minutes).
- I practice all major, scales across the whole instrument for 10-15 minutes (regular & swing time, clean articulation).



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Week 8

(Getting comfortable phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice with rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I'm starting to incorporate the alternative fingerings.



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Week 9

(Getting comfortable phase)

Continue your old practice ritual with these editions:

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice with rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I incorporate the alternative fingerings.
- I play etudes for 10-15 minutes.



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Week 10

(Getting comfortable phase)

Keep only the parts of your old practice ritual that you feel are a good edition to these.

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice with rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I incorporate the alternative fingerings.
- I play etudes for 10-15 minutes.
- I practice playing by numbers for 10 -15 minutes.



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Week 11

(Getting comfortable phase)

Keep only the parts of your old practice ritual that you feel are a good edition to these.

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I incorporate the alternative fingerings.
- I play etudes for 10-15 minutes.
- I practice playing by numbers for 10 -15 minutes.
- I play by ear whenever I can (with TV or Radio, etc).



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Week 12

(Comfortable / Gaining momentum phase)

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I incorporate the alternative fingerings.
- I play etudes for 10-15 minutes.
- I practice playing by numbers for 10 -15 minutes.
- I play by ear whenever I can (with TV or Radio, etc).
- I do mouth piece pitch exercises (scales, simple tunes, long notes) on just the mouthpiece. 10 minutes.



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Week 13

(Comfortable / Gaining momentum phase)

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I incorporate the alternative fingerings.
- I play etudes for 10-15 minutes.
- I practice playing by numbers, and try to switch keys during for 10 -15 minutes.
- I play by ear whenever I can (with TV or Radio, etc).
- I do mouthpiece pitch exercises (pitch, scales, simple tunes, long notes) on just the mouthpiece for 10 minutes.
- I practice overtone matching (5 minutes).
- I practice high long notes (high C - F#). I focus on relaxing and controlling my throat (3 minutes).



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Week 14

(Comfortable / Gaining momentum phase)

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I incorporate the alternative fingerings.
- I play etudes for 10-15 minutes.
- I practice playing by numbers, and try to switch keys during for 10 -15 minutes.
- I play by ear whenever I can (with TV or Radio, etc).
- I do mouthpiece pitch exercises (pitch, scales, simple tunes, long notes) on just the mouthpiece. 10 minutes.
- I practice overtone matching & try altissimo notes (7 minutes)
- I practice high long notes (high C - F#). I focus on relaxing and controlling my throat (7 minutes).



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Week 15

(Almost there / You have momentum!)

- I exercise my back and stamina every day.
- I'm perfecting my posture and positioning my sax optimally.
- I maintain the feeling of playing freely without a strap.
- I play long notes (lips relaxed, breathing, tongue AE/AW).
- I do weighted breathing for 5 minutes.
- I practice rolling my lower lip during long notes (3 minutes).
- I practice all major, and minor (Dorian) scales across the whole instrument for 10-15 minutes. (regular & swing time, clean articulation). I incorporate the alternative fingerings.
- I play etudes for 10-15 minutes.
- I practice playing by numbers, and try to switch keys during for 10 -15 minutes.
- I play by ear whenever I can (with TV or Radio, etc).
- I do mouthpiece pitch exercises (pitch, scales, simple tunes, long notes) on just the mouthpiece. 10 minutes.
- I practice overtone matching & try altissimo notes (7 minutes)
- I practice high long notes (high C - F#). I focus on relaxing and controlling my throat (7 minutes).



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Unleashing the Dragon Certificate

YOU DID IT!

Congratulations! You now have a sturdy and effective practice regime. If you have done all the exercises you will have improved your sound, creative capacity, and playing comfort by a very large amount.

Now have fun with your new abilities! Get out there and join a band, or go play at a local session or workshop. You know what you need to know! All you need now is huge amounts of experience.

Well done! Keep at it! and enjoy the ride!



James Dóxx

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