

# Single Tongue Enhancement

This is an exercise in single tongue velocity. It needs to be approached as if you were training for a sprinting event, not an endurance event.

Directions: Start in a comfortable key (not always C) at a tempo which matches your maximum single tongue speed. Vary the keys which you play this exercise from day to day. Play this exercise. Repeat a fourth lower.

When this begins to feel easy (after at least a week) you may increase your starting tempo by 4 beats per minute.

Example: If your starting key is F minor, then your ending key should be C minor.

100% 50%

5 100% 60%

9 100% 70%

13 100% 80%

17 100% 90%

21 100% 104%

Play 4 times

The image shows a musical score for a single tongue enhancement exercise in 4/4 time. It consists of six rows of music, each with two measures. The first measure of each row is marked '100%' and the second measure is marked with a percentage indicating the tempo increase. The percentages are 50%, 60%, 70%, 80%, 90%, and 104% respectively. The first measure of each row contains a series of eighth notes with a single tongue stroke, and the second measure contains a series of eighth notes with a single tongue stroke. The first measure of the sixth row is marked 'Play 4 times'.

Tips: Maintain a smooth, legato tongue. If you begin to feel tired, take a break and come back to the exercise. ALWAYS USE A METRONOME during this exercise.