

# Vocal Warmups

1.2

1  
Doh Reh Me Fah Soh Lah Tee Doh Aah \_\_\_\_\_ aah aah

2  
Doh Reh Mee Fah Soh Lah Tee Doh Aah \_\_\_\_\_ aah

3  
Doh Reh Mee Fah Soh Lah Tee Doh Aah \_\_\_\_\_ aah

4  
Doo Reh Mee Fah Soh Lah Tee Doh Aah \_\_\_\_\_ aah

2.2 ultimately sing on Lah

1  
Doh Soh Soh Lah Tee Doh Mee May Mah Moh Moo

2  
Doh Soh Soh \_\_\_\_\_ Mee May Mah Moh Moo

3  
Doh Soh Fah \_\_\_\_\_ Mee May Mah Moh Moo

4  
Doh Soh Fah Mee Reh Doh Mee May Mah Moh Moo

3.2

1  
Ee \_\_\_\_\_ Aah \_\_\_\_\_ Oh \_\_\_\_\_ Ay Ee Ah

2  
Ee \_\_\_\_\_ Aah \_\_\_\_\_ Oh \_\_\_\_\_ Ay Ee Ah

3  
Ee \_\_\_\_\_ Aah \_\_\_\_\_ Oh \_\_\_\_\_ Ay Ee Ah

4  
Ee \_\_\_\_\_ Aah \_\_\_\_\_ Oh \_\_\_\_\_ Ay Ee Ah

# Zenith Exercises 2013-14

**BREATHE!**

1.1 Exhale with Wind Stream Intensity through embouchure without buzz

**SING!**

See pg. 76 for detail

**PLAY!**



Zenith Exercises 2013-14

**BREATHE!**

2.1

Exhale with Wind Stream Intensity through embouchure without buzz

**SING!**

See pg. 76 for detail

2.2

ultimately sing on Lah

2.3

St. Anne (10)

2.4

**PLAY!**

2.5

2.6







**MICHIGAN SCHOOL BAND and ORCHESTRA ASSOCIATION**  
**SOLO and ENSEMBLE PROFICIENCY SCALES**  
**WIND and MELODY PERCUSSION INSTRUMENTS**

Required Scale Rhythm:



Chromatic: Even Rhythm – Such as even eighth notes or triplets  
 Tempo: maximum controlled speed  
 Articulation: All slurred or all tongued (adjudicator's choice)

**Note:** Proficiency examinations are cumulative, i.e., Proficiency II includes all scales listed in both I and II and Proficiency III includes scales listed for I, II, and III. **All Scales must be memorized.** You are allowed 60 seconds to look over music for the sight reading part of the examination. Upper case (B) indicate major scales, lower case (b) indicated melodic minor, and chr. indicated chromatic. Number after scale indicates number of octaves.

**SCALES**

	Proficiency I	Proficiency II	Proficiency III
Piccolo	Bb2, Eb2, F2, C1 g2, c1, d2, a2, Eb chr. 2	Ab2, G2, D2 f2, bb2, e2, b2, G chr. 2	A2, E2, B2, Gb2 f#2, g#2, eb2, C chr. 2
Flute	Bb2, Eb2, F2, C2 g2, c2, d2, a2, Eb chr. 2	Ab2, Db2, G2, D2 f2, bb2, e2, b2, G chr. 2	A2, E2, B2, Gb2 f#2, c#2, g#2, eb2, C chr. 3
Oboe	Bb1, F1, C2, G1 g1, d1, a1, e1, C chr. 2	Eb1, Ab1, D2, A1 c2, f1, b2, f#1, D chr. 2	Db2, Gb1, E2, B2 bb1, eb2, c#2, g#1, E chr. 2
Bb Clarinet (Eb Soprano)	C2, F3, Bb2, G3 a2, d2, g3, e3, E chr. 3	Eb2, Ab2, D2, A2 c2, f3, b2, f#3, F chr. 3,	Db2, Gb3, E3, B2 bb2, eb2, c#2, g#2, G chr. 3
Alto and Bass (Contra.) Clar	C2, F2, Bb2, G2 a2, d2, g2, e2, E chr. 2	Eb1, Ab2, D1, A2 c2, f2, b2, f#2, F chr. 2	Db2, Gb2, E3, B2 bb2, eb1, c#1, g#2, G chr. 2
Bassoon	Bb2, F2, C2, G2 g2, d2, a2, e2, A chr. 2	Eb2, Ab2, D2, A2 c2, f2, b2, f#2, Bb chr. 2	Db2, Gb2, E2, B2 bb2, eb2, c#2, g#2, Bb chr. 3
Saxophone (Alto, Tenor, Bari)	G1, C2, F2, Bb2 e2, a1, d2, g1, C chr. 2	D2, A1, Eb2, Ab1 b2, f#1, c2, f2, Bb chr. 2	E2, B2, Db2, F#2 c#2, g#1, bb2, d#2, F chr. 2
Cornet Trumpet	C1, F1, Bb2, G2 a2, d1, g2, e1, G chr. 2	Eb1, Ab2, D1, A2 c2, f1, b2, f#2, Bb chr. 2	E1, B2, Gb2, Db2 c#2, g#2, eb1, bb2, C chr. 2
French Horn	F2, Bb1, Eb1, C1 d1, g2, c1, a1, F chr. 2	Ab2, Db1, G2, D1 f2, bb1, b1, e2, G chr. 2	A2, E2, B2, Gb2 f#2, c#1, g#2, eb2, C chr. 3
Trombone	Bb1, Eb1, Ab2, F2 g2, c1, f2, d1, F chr. 2	Db1, Gb2, C1, G2 bb2, eb1, e2, a2, Ab chr. 2	D1, A2, E2, B2 b2, f#2, c#1, g#2, Bb chr. 2
Baritone Bass Clef	Bb1, Eb1, Ab2, F2 g2, c1, f2, d1, F chr. 2	Db1, Gb2, C1, G2 bb2, eb1, a2, e2, Ab chr. 2	D1, A2, E2, B2 b2, f#2, c#1, g#2, Bb chr. 2
Baritone Treble Clef	C1, F1, Bb2, G2 a2, d1, g2, e1, G chr. 2	Eb1, Ab2, D1, A2 c2, f1, b2, f#2, Bb chr. 2	E1, B2, Gb2, Db2 c#2, G#2, eb1, bb2, C chr. 2
Tuba	Bb1, Eb1, Ab2, F2 g2, c1, f2, d1, F chr. 2	Db1, Gb2, C1, G2 bb2, eb1, a2, e2, Ab chr. 2	D1, A2, E2, B2 b2, f#2, c#1, g#2, Bb chr. 2
Melody Percussion	C2, F2, Bb2, Eb2 a2, d2, g2, c2, Bb chr. 2	Ab2, Db2, G2, D2 f2, bb2, e2, b2, G chr. 2 Chord pro. C & F I, IV, V, I	A2, E2, B2, F#2 f#2, c#2, g#2, d#2, C chr. 3 Chord pro. G & Bb I, IV, V, I

**NOTE:** Sight Reading contains some alternate clefs.  
 There are Horn – bass clef, Bassoon – tenor clef, Trombone - alto/tenor clef

corrected 1/31/01