

**Category:** Articulation

**Title:** Muehl Endurance Exercise

**Source:** Muehl

**Execution:**

- 1) Find a pattern of four notes. (A different set each day)
- 2) Follow instructions notated.
- 3) Play as fast as YOU can clearly. Do not worry about speed at first. It will get faster and faster on its own over time.
- 4) Repeat the exercise in all octaves of your instrument.
- 5) When you feel comfortable, extending all patterns and repetitions is encouraged.



Single and Double Articulation



### Triple Articulation

The image displays three staves of musical notation, each containing a sequence of 20 groups of triplets. Each group consists of three eighth notes beamed together, with a '3' written below them. The notes are arranged in a chromatic scale across the three staves. The first staff starts on a treble clef with a key signature of one flat (B-flat) and a common time signature. The second staff continues the chromatic scale. The third staff continues the chromatic scale and ends with a double bar line and repeat dots. Dashed lines are drawn above the notes in each staff, arching over groups of three notes to indicate the articulation points for each triplet.

### Tips for Success:

- Do AFTER you have done some sort of articulation efficiency exercise for the day.
- Keep track of what you have done on the Warmup Tracking Sheet
- Set the bar high for yourself.

**Notes :** Several books have patterns of notes that can be used with this exercise.