Effective and Efficient Warm-Up Techniques for Marching Band

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Pre-Rehearsal Planning

- Staff Meeting Assignments
- “End Product in Mind” Meeting
- Know Your Band
- Know Your Staff/Situation/Environment
- Why Are They In Your Band?
- Goals for Rehearsal
- Components of a Rehearsal
- Mechanism/Techniques Available
- “Entire” Ensemble! - Instruments, Guard, Dancers, Twirlers, Percussion
- Attire of Band and Staff
Warm-Ups

- **Purpose:** Physical, Psychological, Emotional
- **System/Routine**
- **Motivation**
- **Evaluation**
- **Prescribe**
- **Reinforce**
Physical - Posture and Carriage

**Purpose**
- Body alignment, maximizes breathing and circulation of body fluids.
- Conveys self-confidence, attentiveness, interest.

**Posture Check-List**
- Feet - center weight on platform
- Knees - straight, not locked
- Hips - rotation
- Shoulders - Load the Toaster!
- Separate the Blocks
- Bring the horn to your mouth, not your mouth to your horn!
Physical - Posture and Carriage

Posture for Laterals - The “Screw Up”

- $0^\circ - 30^\circ - 60^\circ - 90^\circ$
- $0^\circ = \text{toes move in direction}$
- $30^\circ = \text{twist of knees}$
- $60^\circ = \text{twist of hips}$
- $90^\circ = \text{twist of shoulders}$
Physical - Posture and Carriage

- **Posture Quick Fixes** -
  - Phrases - “Check your 5”, “Load the Toaster”, “Separate the Blocks”
  - Stretching Activities
  - Hold instrument above the head
  - Freeze! Visual inspection for a grade or by SL/DM
  - Take still photos for them to see

- **Horn Carriage**
  - No Tension!
  - 10° above parallel
  - SL responsibility
Physical - Breathing and Relaxation

- **Breathing Gym**
- **Tension and Release**
  - Tension kills all sound and hinders all movement
- **Trunk Twist**
- **Flow Study**
  - Equal breaths for all dynamics
- **Dynamics and Air**
  - Fortissimo - Bow and Arrow
  - Mezzo Forte - Dart
  - Mezzo Piano - Airplane
Physical - Breathing and Relaxation

**Stretching -**

- **Keep loose**
- **If you feel they are tensing up, take a moment to stretch or do some tension and release exercises.**

- **Two Way Stretch**
- **Shoulder**
- **Elbow**
- **Lungs - The SIP**
Physical - Breathing and Relaxation

- The Routine
  - Rehearsals
  - Sectionals
  - Pre-Game

- Be Consistent!!!
Physical - Legs

- **Focus on the Basics**
  - Prepare for motion - Crosswalk, “And One!”
  - Low Mark Time - One inch
  - Still Upper Body
  - Fluid Motion

- **Low Step Marching**
  - TOES UP
  - Squeeze the toothpaste
  - Why?
Physical - Legs

- **High Step Marching** - Mark Time and Marching
  - Knees 90° angle
  - Pull legs up
  - Ride a bike

- **Backwards Marching**
  - Prep the Motion - Up-and-go!
  - Toes, Toes, Toes - Safety, Style, Muscles
Musical - Warm-Ups

- **Percussion** -
  - 15 minutes before rehearsal
  - Smooth and level drums
  - Right face, left face, and about faces
  - Crab-stepping
  - Arcs

- **Ensemble** -
  - Set warm-up
  - Multi-techniques
  - Step-offs
“Marriage of Two”

- Yo-yos
- Hip Shifts
- Scale Patterns
The Rehearsal

- Marching Techniques
- Playing Techniques
- *Tools, Props, Toys, Etc…*

Macro

↓

Micro

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Macro

- **End Strong and High!**
The Final Product
Kansas State University Bands

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