

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”*

- $0^\circ - 30^\circ - 60^\circ - 90^\circ$
- $0^\circ =$ *toes move in direction*
- $30^\circ =$ *twist of knees*
- $60^\circ =$ *twist of hips*
- $90^\circ =$ *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



Macro

- *End Strong and High!*

The Final Product



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