THE UNITED STATES ARMY OLD GUARD FIFE AND DRUM CORPS



FIFE BOOK 2

www.fifeanddrum.army.mil

PRACTICE FOR SUCCESS

CONSISTENCY PAYS OFF

Practice in a space free of distractions.

Schedule 20 to 30-minute sessions at-least 5-days a week to ensure steady progress.

You will develop a strong foundation when you begin your practice session with warm-ups, scales, and technical exercises.

KEEP A PRACTICE LOG AND SET GOALS

Keep a log and write down your practice goals. You will be more focused and motivated in your practice sessions if you have a goal to accomplish.

Examples of goals include: achieving a clear and supported sound, playing scales and technical exercises evenly, mastering flexibility exercises, building confidence with your music selections, becoming a good sight reader, and memorizing music etc.

Isolate and slow down tricky parts in your music. While working on a difficult part, use a metronome and gradually increase your speed until you can play it with ease.

WRITE ON YOUR MUSIC

Always have a pencil handy.

Mark places in your music where you repeatedly make mistakes.

RECORD YOURSELF

By recording yourself (audio and/or video) – you can listen back and identify things you want to work on.

ENJOY LISTENING TO AND PLAYING WITH OTHERS

Listen to live performances and recordings of other accomplished players for learning and inspiration.

Playing in a group or corps is fun and encouraging. You can progress faster as a player when you make positive connections and have "healthy competition" with other players.

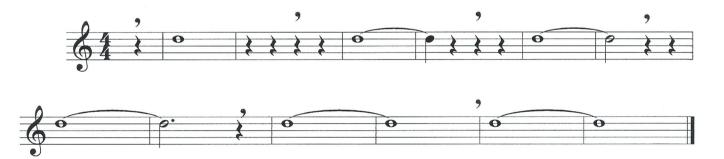
FUNDAMENTALS FOR GOOD TONE

Breathing and Support Exercise:

- Maintain upright posture
- Exhale to release all your air
- Open your mouth to inhale deeply, feeling your waist, chest, and back expand while keeping your shoulders down and relaxed
- Saying "HISSSSS" gradually expel your air using firm support from your abdominal muscles
- At the point you need to breathe, release the contraction on your abdominal muscles resulting in a full and immediate return breath

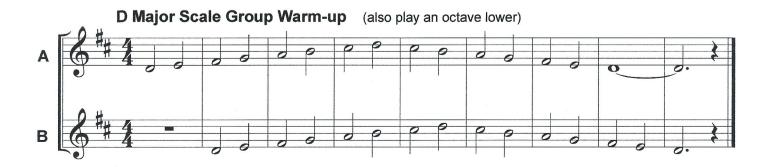
Quick and Full Breathing Exercise:

- Continue a consistant and supported air stream all the way until it is time to breathe

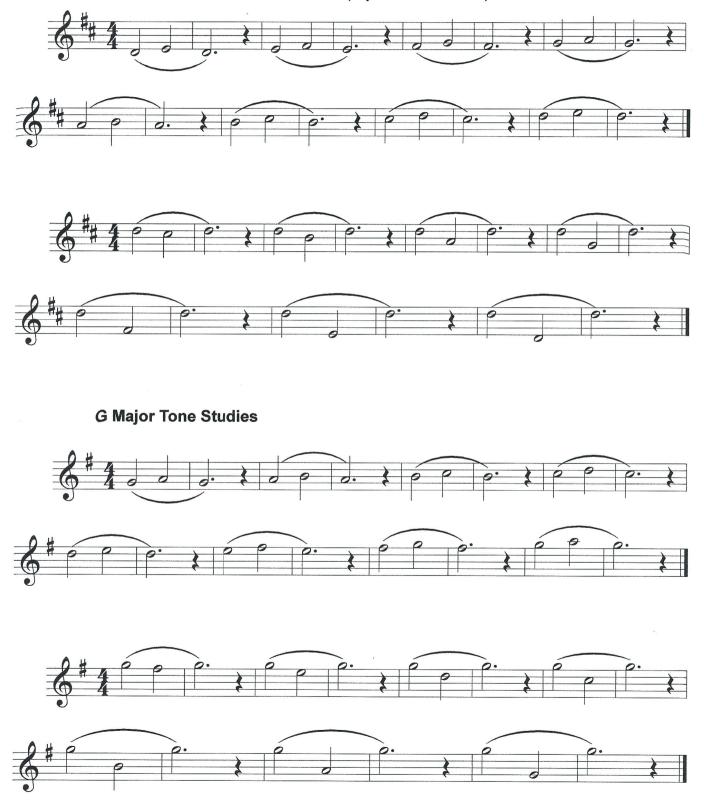


Tone (Sound):

- Make a clear sound for every note on the fife
- Find the right air direction and speed for the low, middle, and high registers
- Warm-up with long notes and flexibility exercises

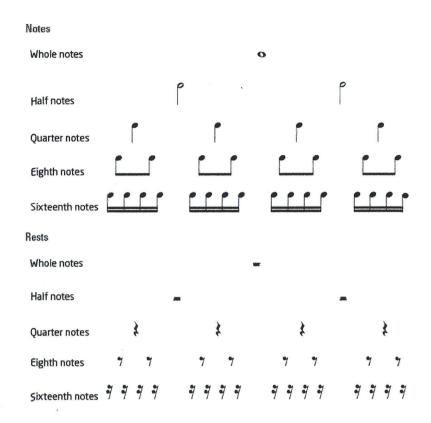


D Major Tone Studies (begin by tonguing each note, add slurs when comfortable also can be played an octave lower)

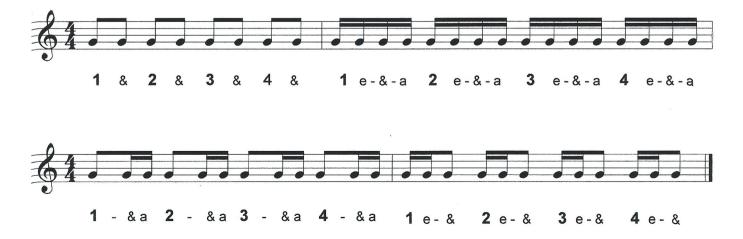


READING RHYTHM - 16th NOTES

16th Notes and Rests: A note or rest having the value of 1/16th of a whole note.



Clap and Count



D and **G** MAJOR TECHNICAL EXERCISES

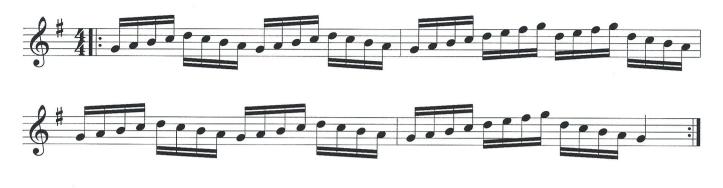
MANUAL DEXTERITY I:

from Core Technique and Exercises by John J. Benoit

- Work on the full range by also playing an octave lower
- Add varied slurring patterns in your practice sessions



G Major #1



G Major #2

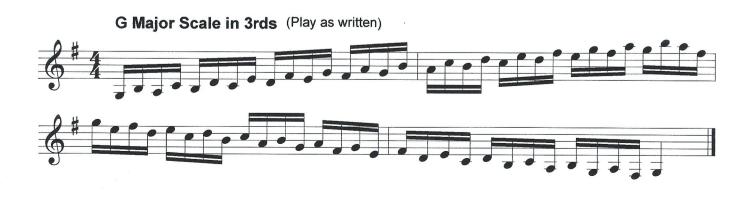


G Major #3









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The Harriott





<u>Dotted 8th Note</u>: has the value of an 8th + 16th note or three 16th notes.



or

A dotted 8th is usually paired with a 16th note.



PLAYING HARMONY and D.C. al FINE

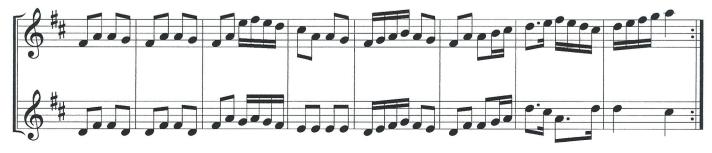
Harmony: Two or more notes played at the same time that produce a desirable sound.

<u>Da Capo (D.C.) al Fine</u>: Repeat from the beginning of the song and end at the word Fine. On Da Capo or return to the beginning, play through only one time.



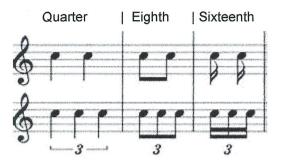


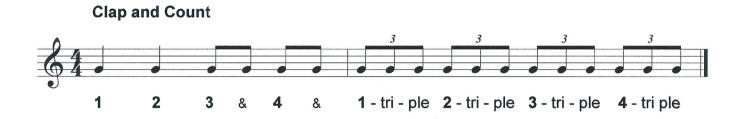
D.C. al Fine



READING RHYTHM - TRIPLETS

Triplet: A rhythm playing three even notes in the space of two notes. The most common is an 8th note triplet in the space of two 8th notes.









"New" Yankee Doodle



Pigeon on the Gate



<u>Staccatto</u>: Play in a manner that is separated or detatched



<u>**Tenuto</u>:** Play the note for it's full value</u>



Washington's Grand March

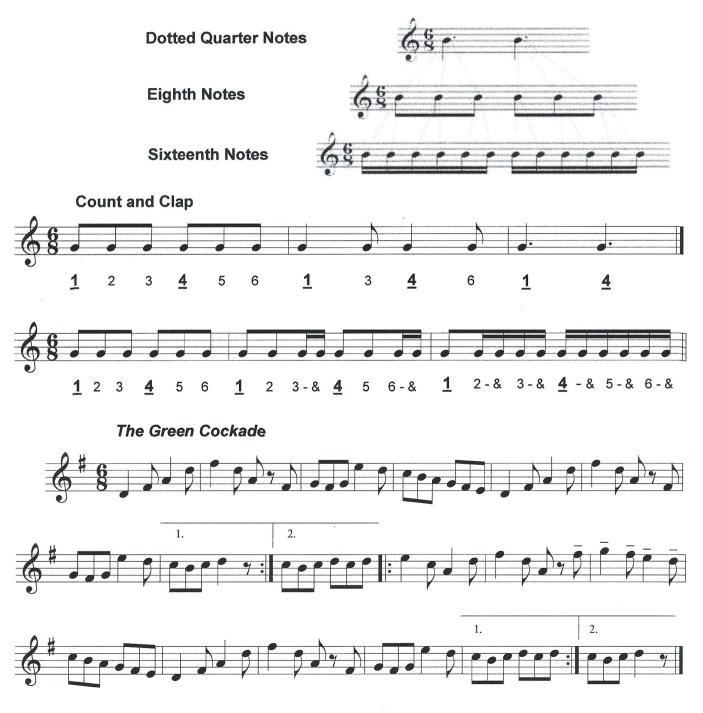




PLAYING IN 6/8 TIME

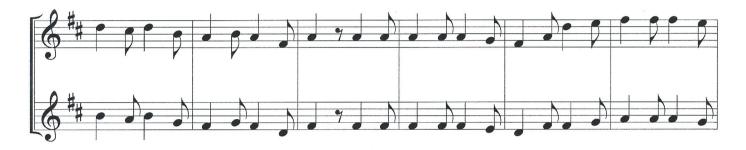


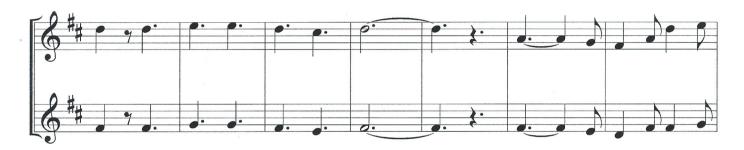
<u>6/8 Time:</u> The top number indicates there are 6 beats per measure, while the bottom number indicates the 8th note gets the beat. A strong pulse usually falls on beat 1 and 4 of the measure which gives the feeling of two larger three 8th note groupings.



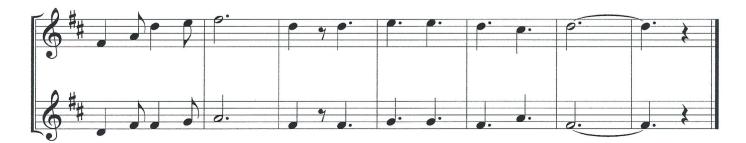
Battle Hymn of the Republic





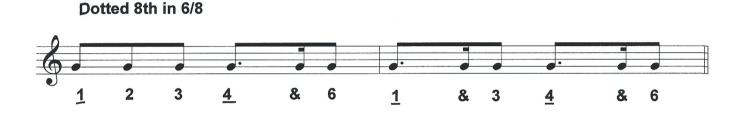




















B MINOR SCALE

- Each major scale is associated with a minor scale.
- The Minor Scale begins on the 6th note of the relative major scale.
- The note "B" is the 6th note of a D Major scale.
- The **<u>B Natural Minor Scale</u>** has the key signature of two sharps with no added accidentals.



Harmonic Minor Scale: has a raised 7th note of the scale both ascending and decending.





<u>Melodic Minor Scale</u>: has the 6th and 7th notes raised ascending with no added accidentals while decending.



When Johnny Comes Marching Home



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E MINOR SCALE

- The note "E" is the 6th note of the G Major Scale

E Natural Minor

