EUREKA NR.5 2002

HÅKON STØDLE

Daglige oppvarmings-øvelser

for
klarinett

Daily Warm-Up-Routine

For
Clarinet

Høgskolen i Tromsø
EUREKA FORLAG

Håkon Stødle

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Forord

Oppvarmingsøvelser er en nødvendig første del av den daglige øvingen. Kropp og sinn skal settes i stand til å gjennomføre innøving av skalaer, etyder og verker på en utbytterik måte. Gjennom daglig fokusering på spillingens grunnleggende elementer - pust, tonedanning, klang, egalitet, intonasjon - vil øvingen totalt sett gi gode resultater.

De daglige oppvarmingsøvelsene må spilles svært langsomt for at vi skal være i stand til ovenfornevnte fokusering. At øvelsene er notert i sekstendeler betyr ikke at de er hurtighetsøvelser. Når ikke annet er oppgitt, spilles øvelsene en gang legato og en gang stakkato. Den daglige oppvarmingsrutinen tar mellom 45 og 60 minutter. Her er et forslag til øvingsopplegg.

Dag 1 Kromatiske øvelser
Dag 2 Diatoniske øvelser i C-dur
Dag 3 Diatoniske øvelser i a-moll
Dag 4 Kromatiske øvelser
Dag 5 Diatoniske øvelser i G-dur
Dag 6 Diatoniske øvelser i e-moll
Dag 7 Kromatiske øvelser
Og så videre.

Men oppvarmingsøvelser er ikke trylleformularer. De må utføres med den dypeste konsentrasjon og hengivelse og med kunnskaper om de gode spillemåter. Da legges grunnlaget for fremgangsrik utvikling.

Lykke til!

Tromsø september 2002
Håkon Stødle

Foreword

Warm-up-exercises are essential to the success of our daily practice. We need to use scales, studies and exercises to get our minds and bodies functioning properly in order that we can produce the desired results in our playing. Through a process of focusing daily on the fundamentals of performance - breath control, tone production, sound, evenness of playing and intonation - we will succeed in producing the best possible results in the time we have available for practicing.

The daily warm-up-exercises are to be played very slowly, in order to enable us to focus on the aforementioned fundamentals. Do not think that the fact that the exercises are written in sixteenths means that they are exercises in rapid playing. Unless otherwise instructed the exercises should be played once legato and once staccato. The following is a suggestion as to how the practice routine could be organized. This will take from 45 minutes to an hour.

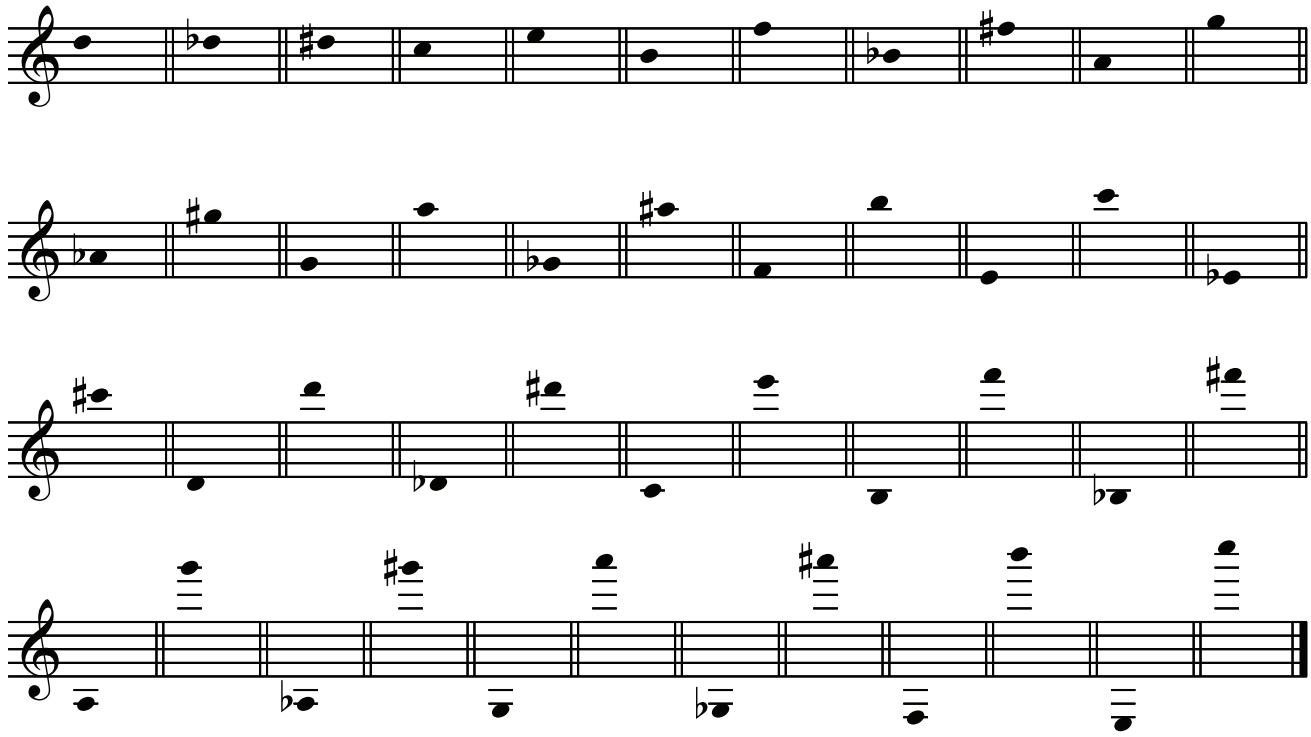
Day 1 Chromatic exercises
Day 2 Diatonic exercises in C Major
Day 3 Diatonic exercises in A Minor
Day 4 Chromatic exercises
Day 5 Diatonic exercises in G Major
Day 6 Diatonic exercises in E Minor
Day 7 Chromatic exercises
And so on.

However, the warm-up-exercises are not a magic formula. The routine must be performed with total concentration, based on a sound knowledge of the correct principles of clarinet playing. Only then will we lay the foundation for successful development.

Good Luck!

Kromatiske øvelser Chromatic Routine

Notemønster / Note pattern



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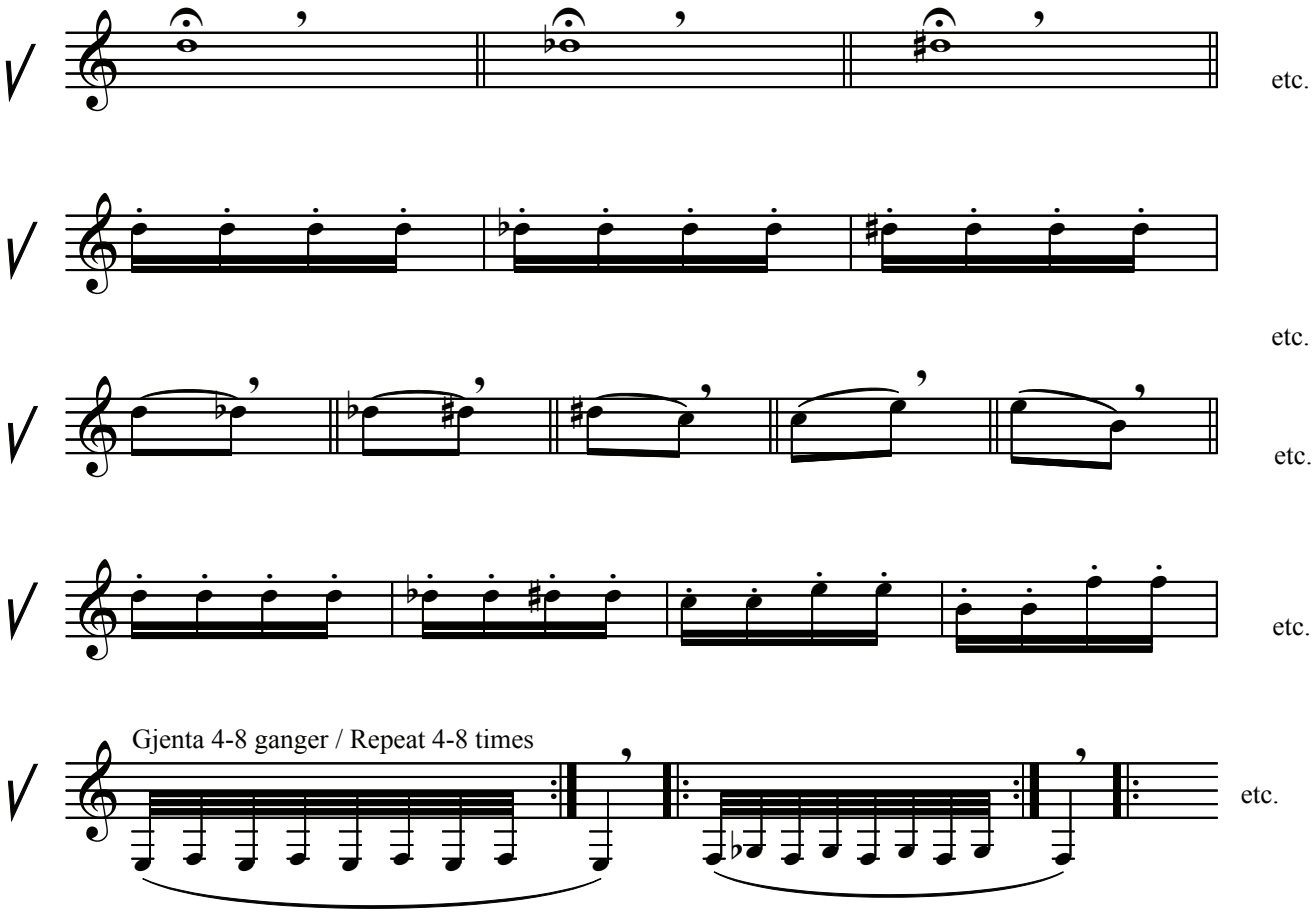
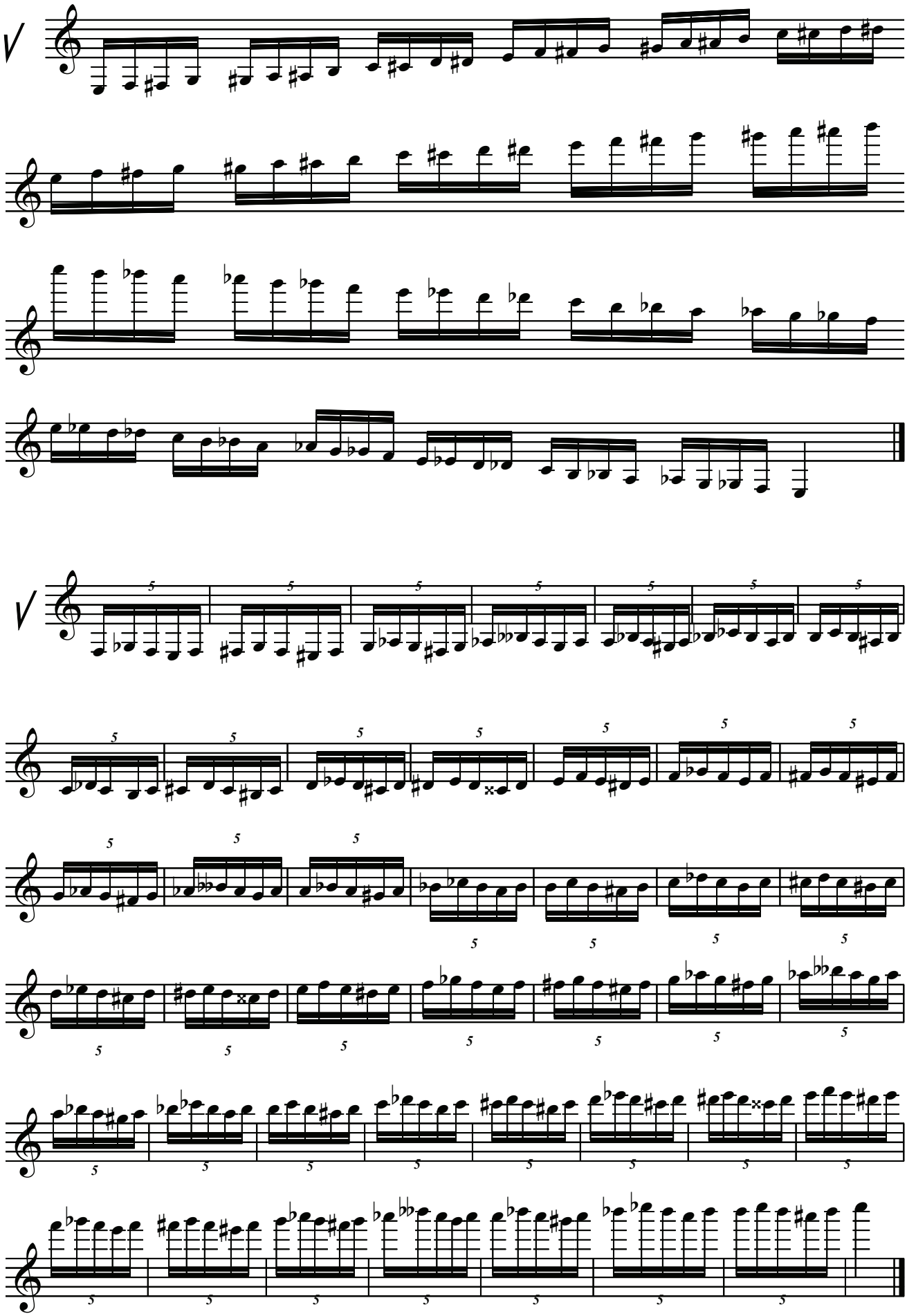
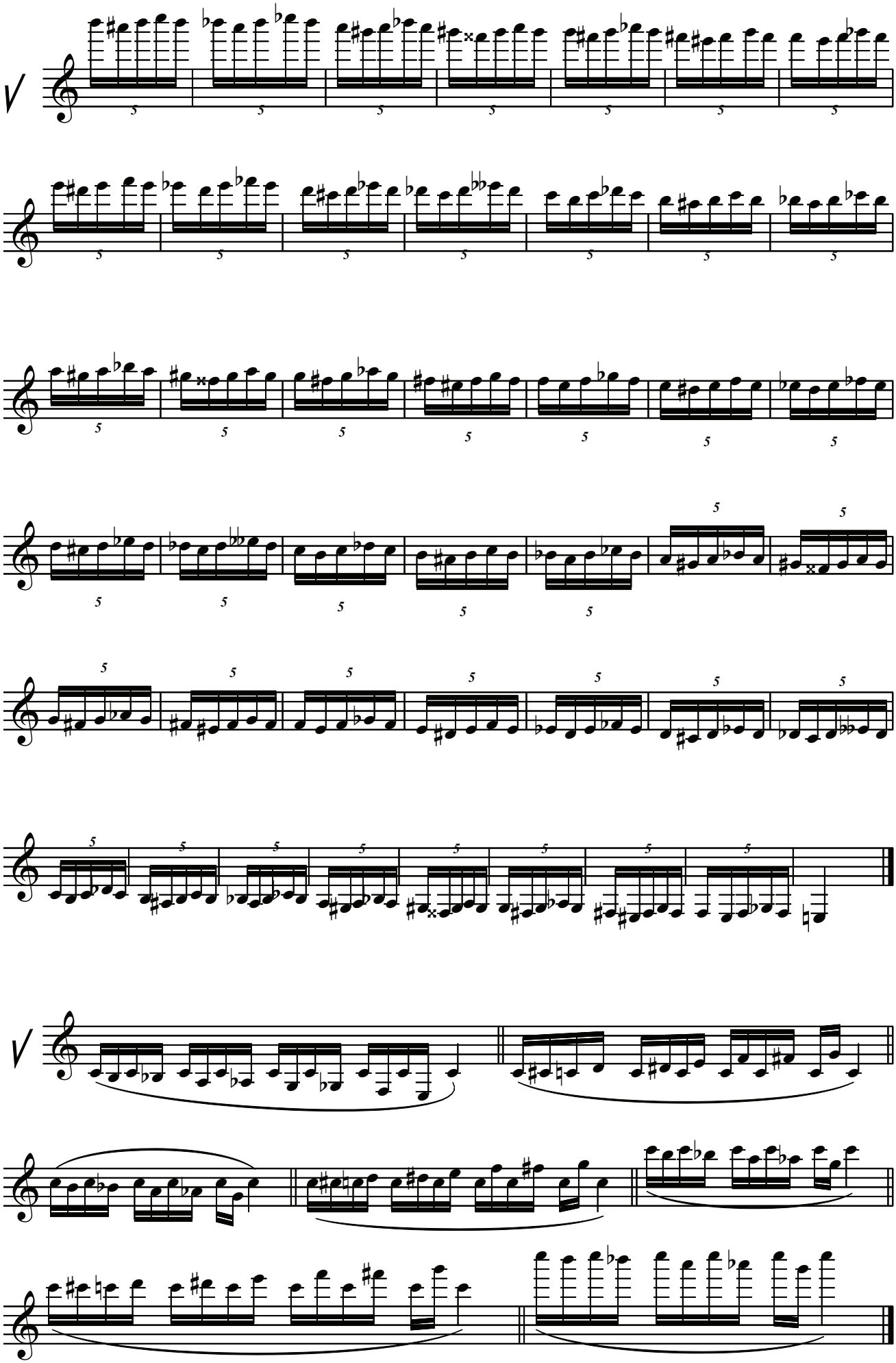
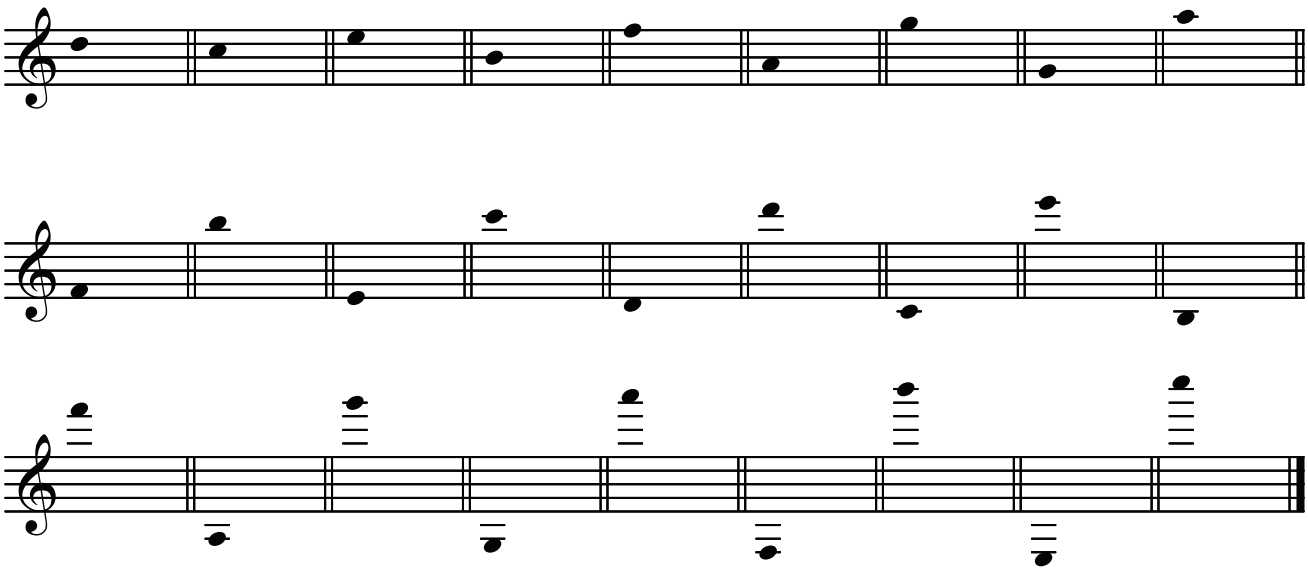






Diatoniske øvelser Diatonic Routine

Notemønster for tonearter med kryss og med én b
/ Note pattern for keys with sharps and with one flat



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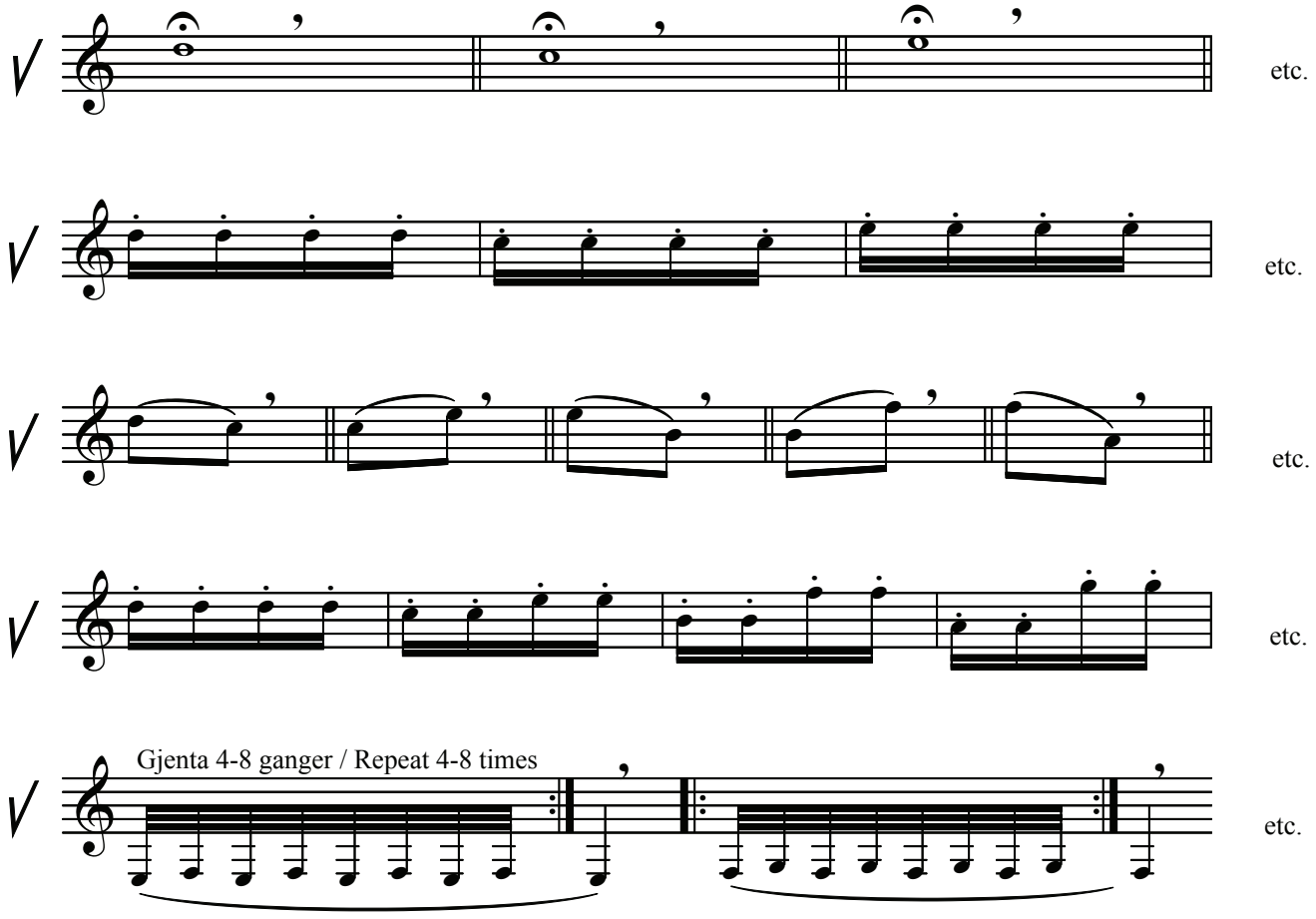
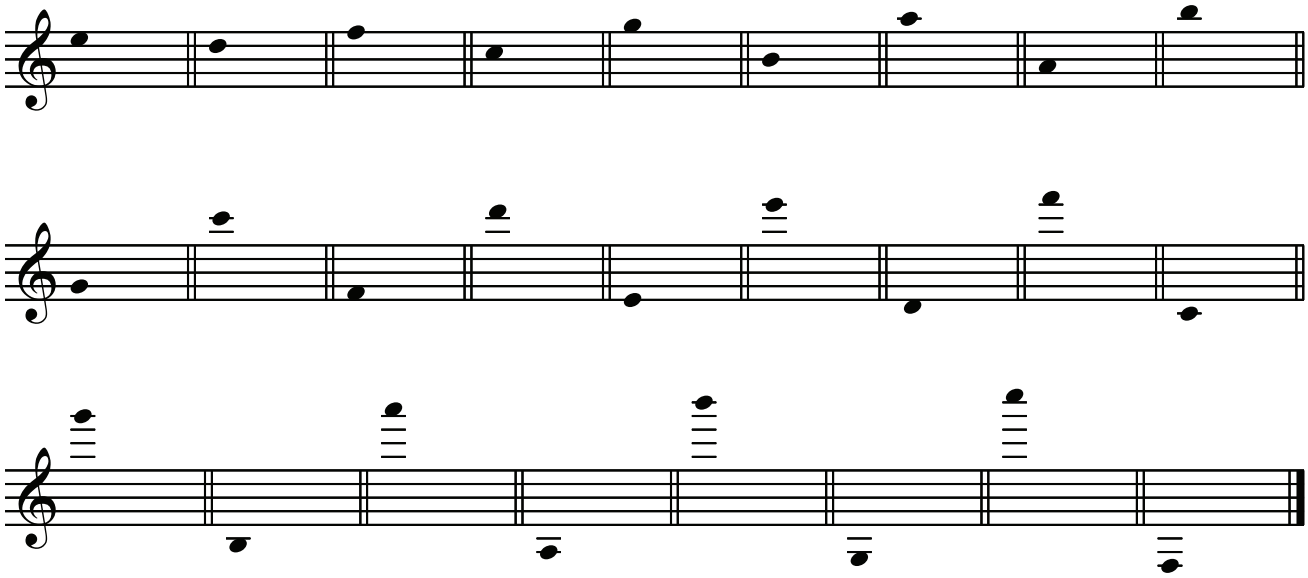


Notemønster for tonearter / Note pattern for keys
med med mer enn en b / with more than one flat



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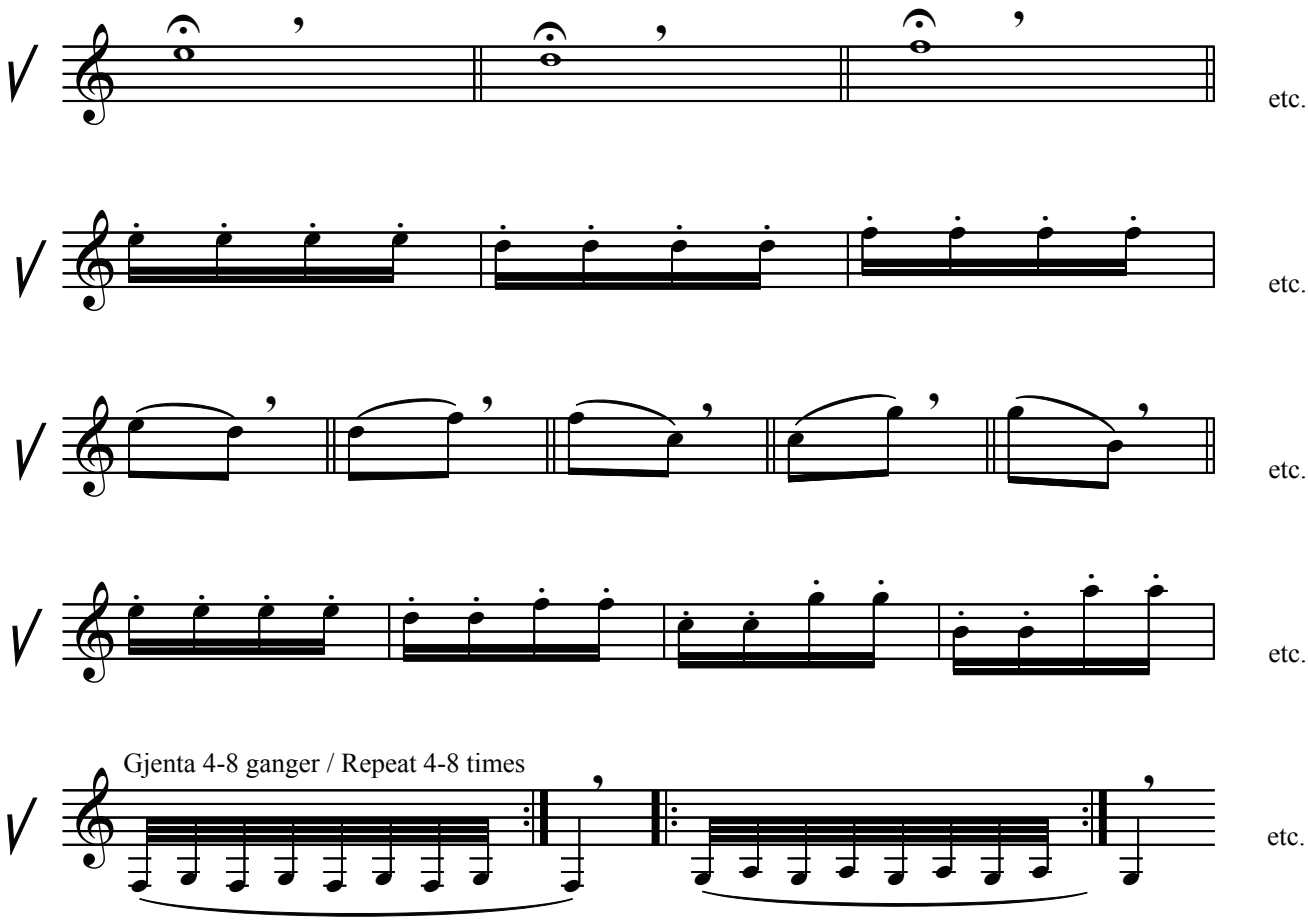
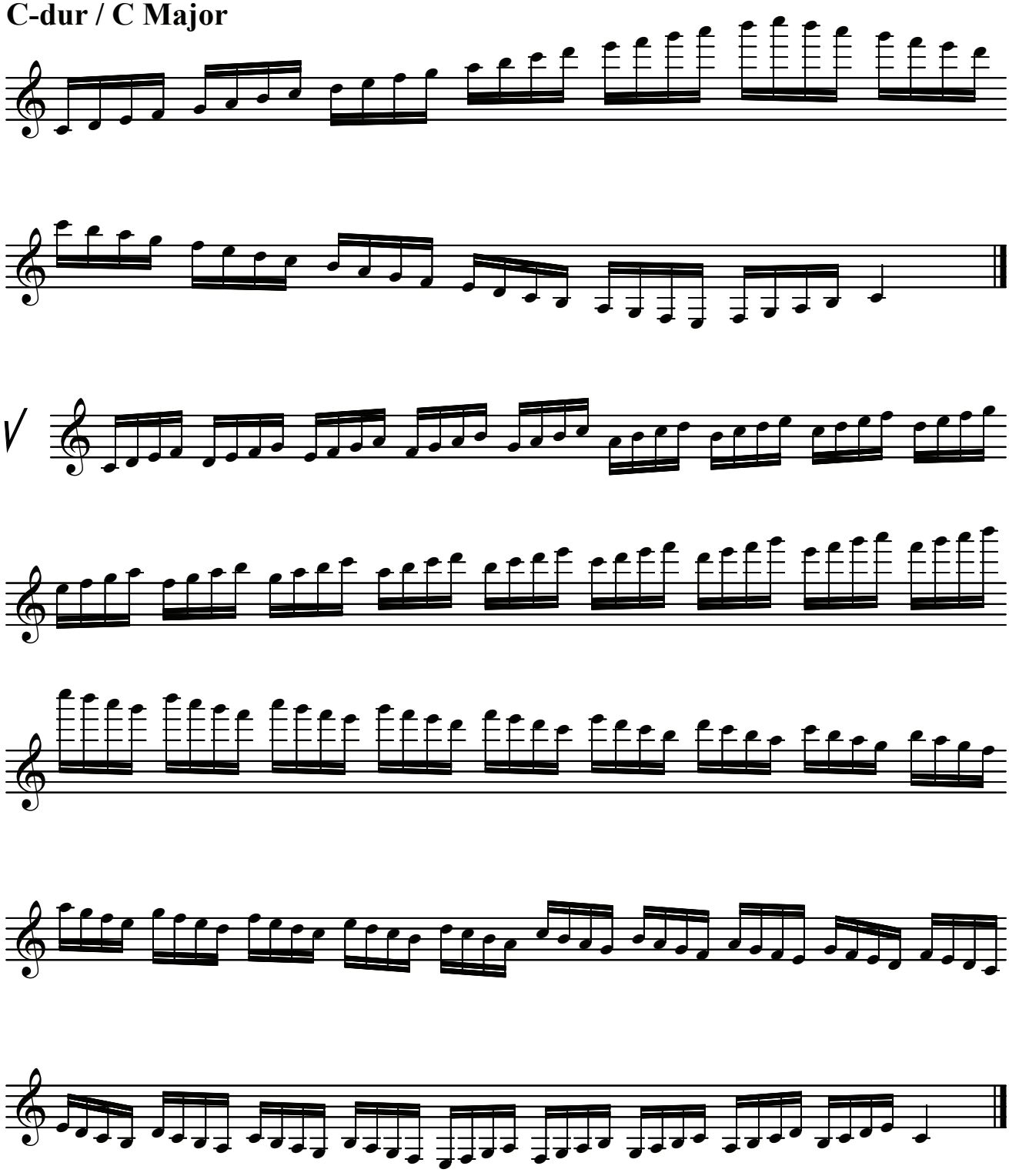
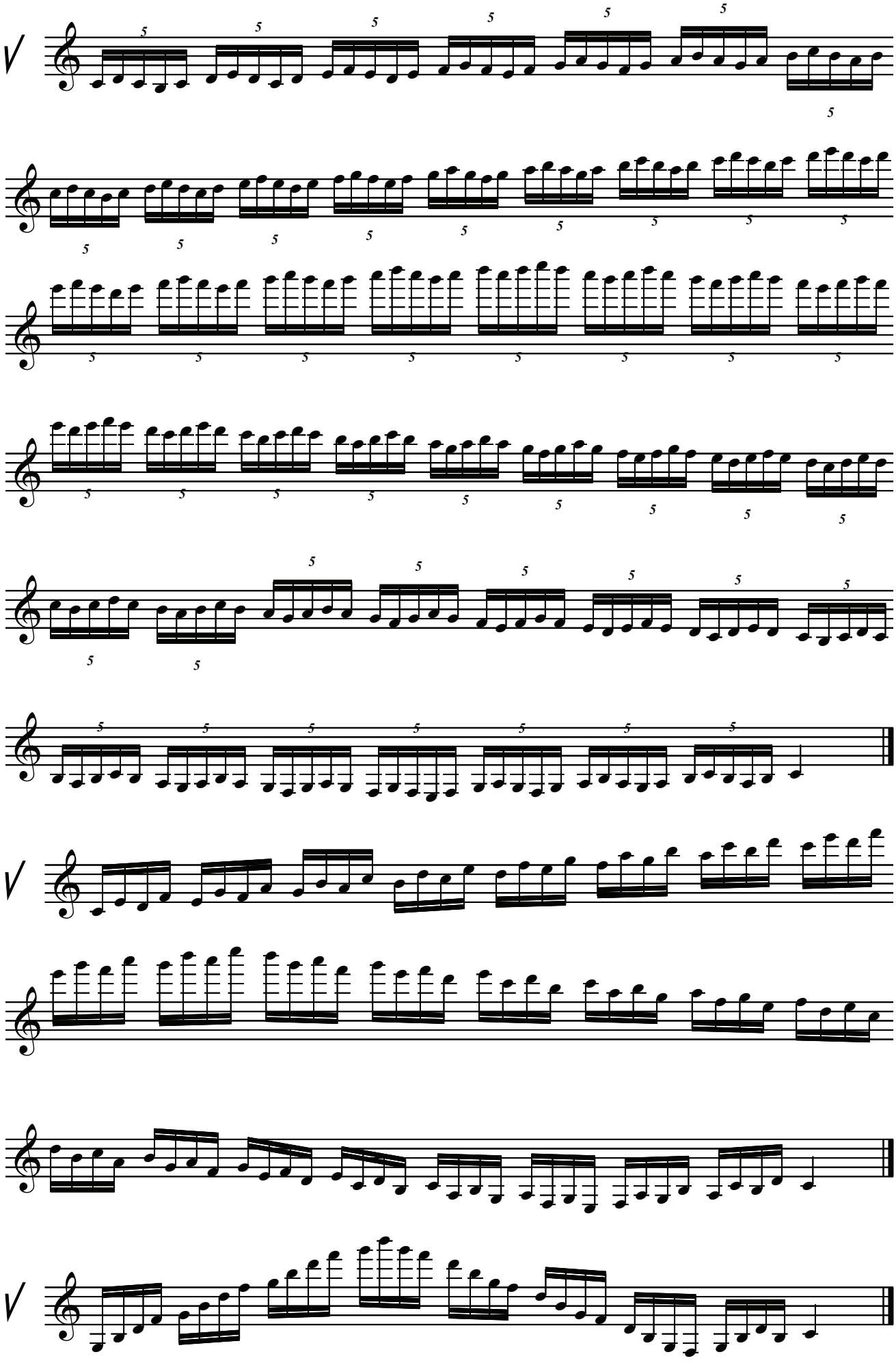
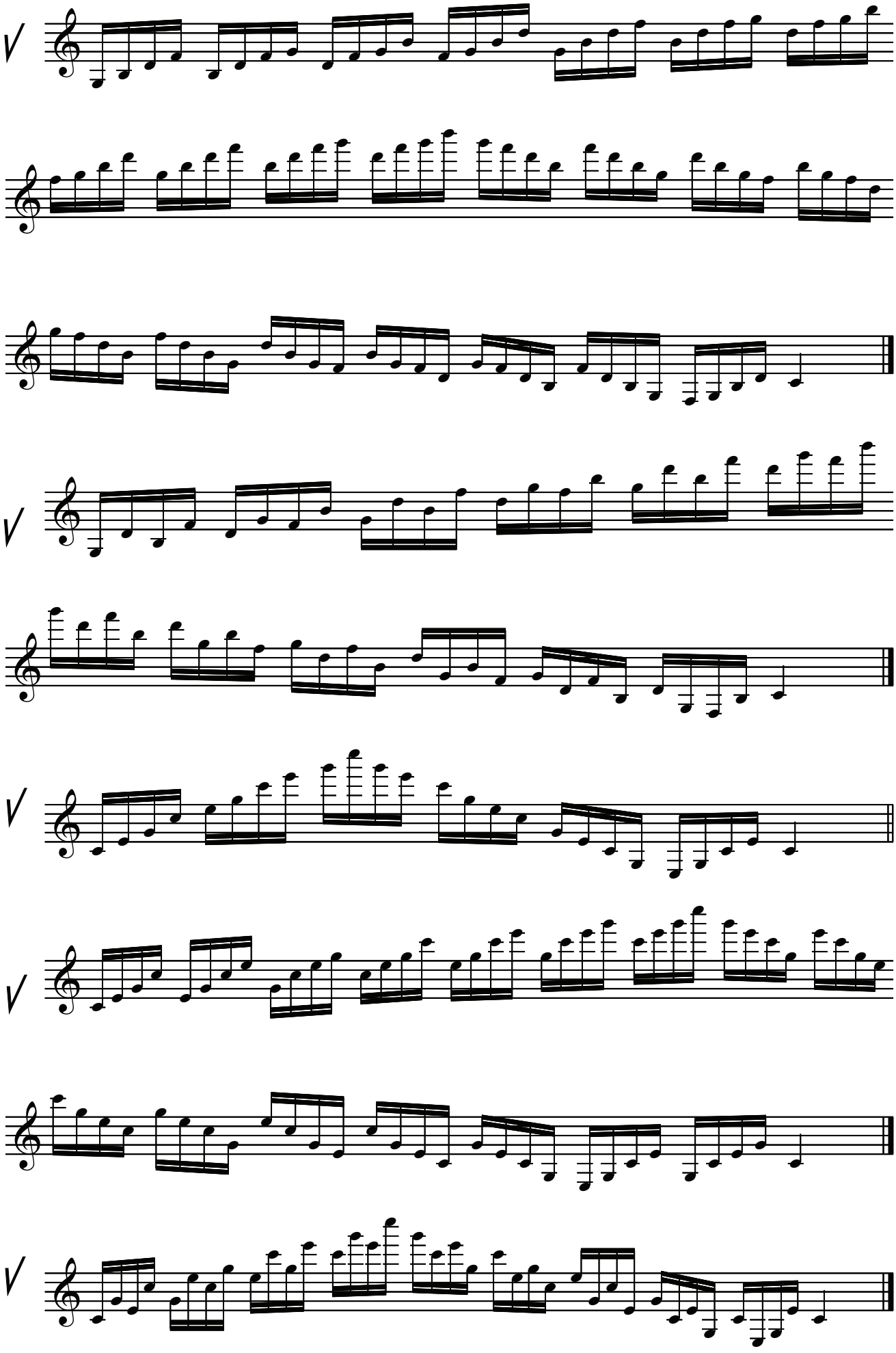


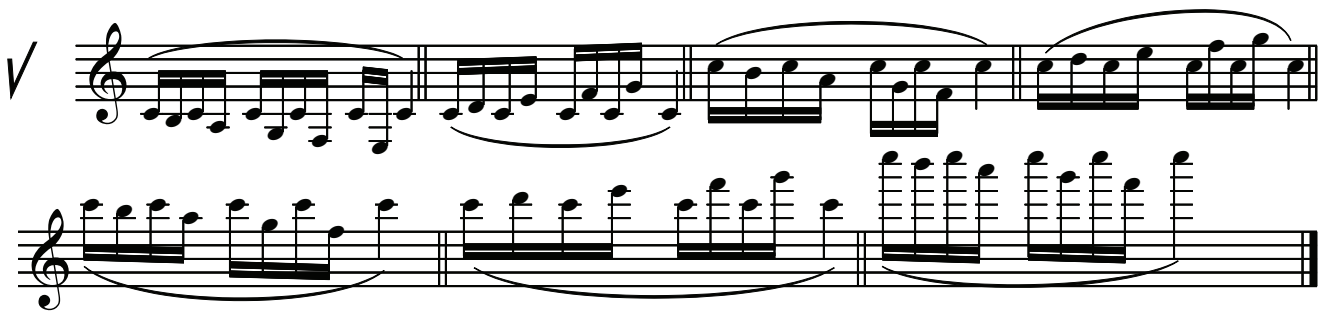
Dur- og mollskalaer, terser, tonika- og dominantseptimakkorder /
Major and Minor Scales, Thirds, Tonic and Dominant Seventh Chords

C-dur / C Major

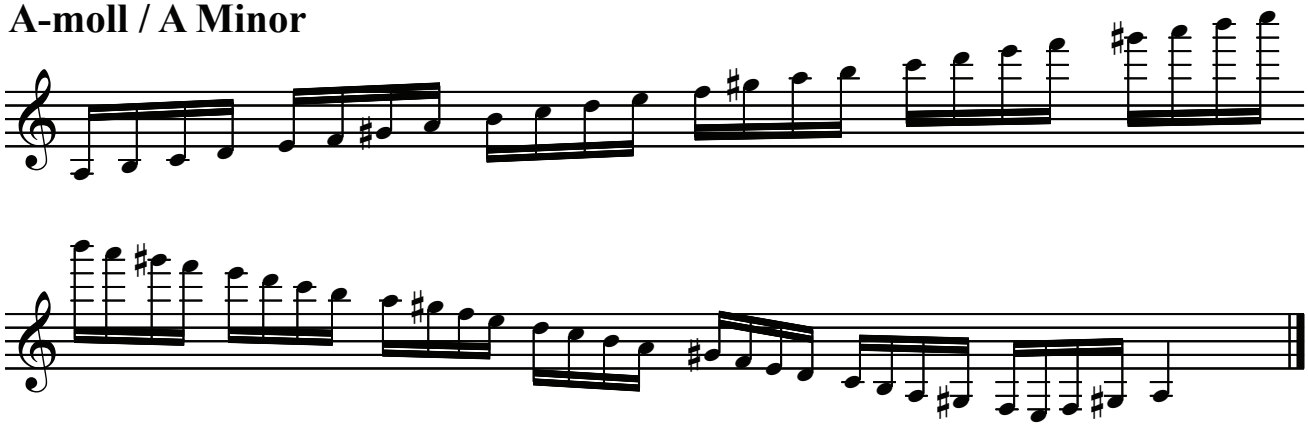


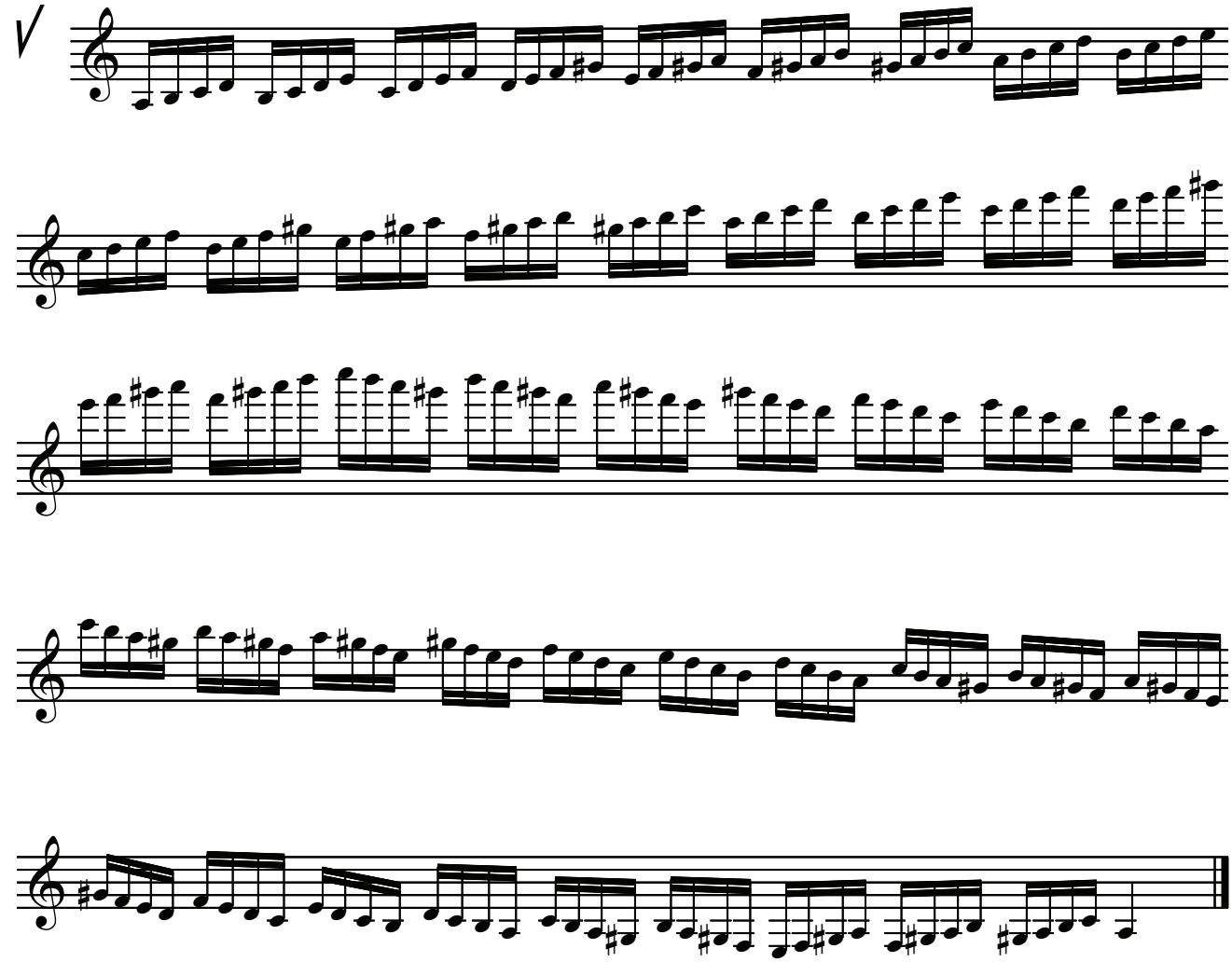


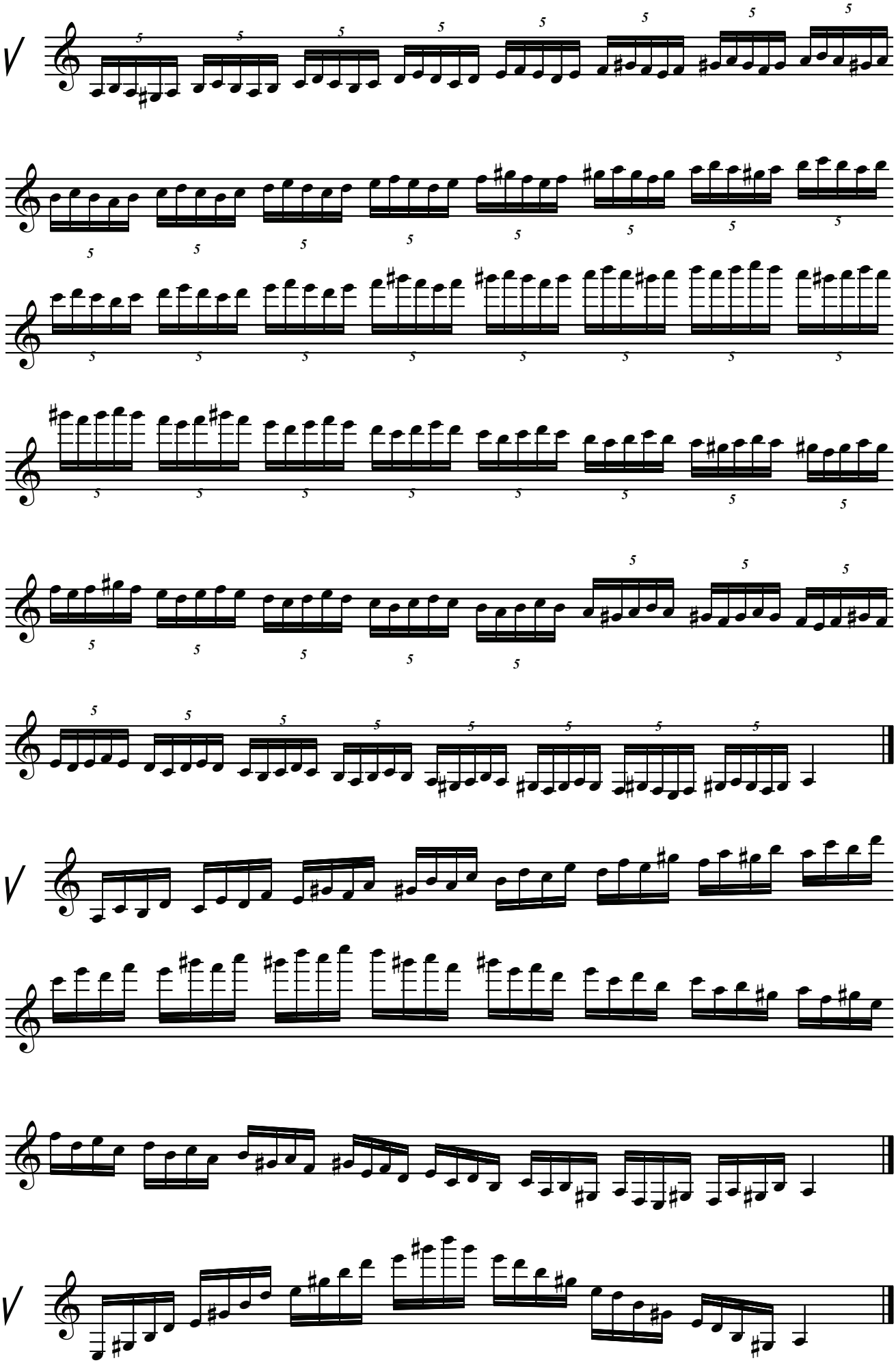


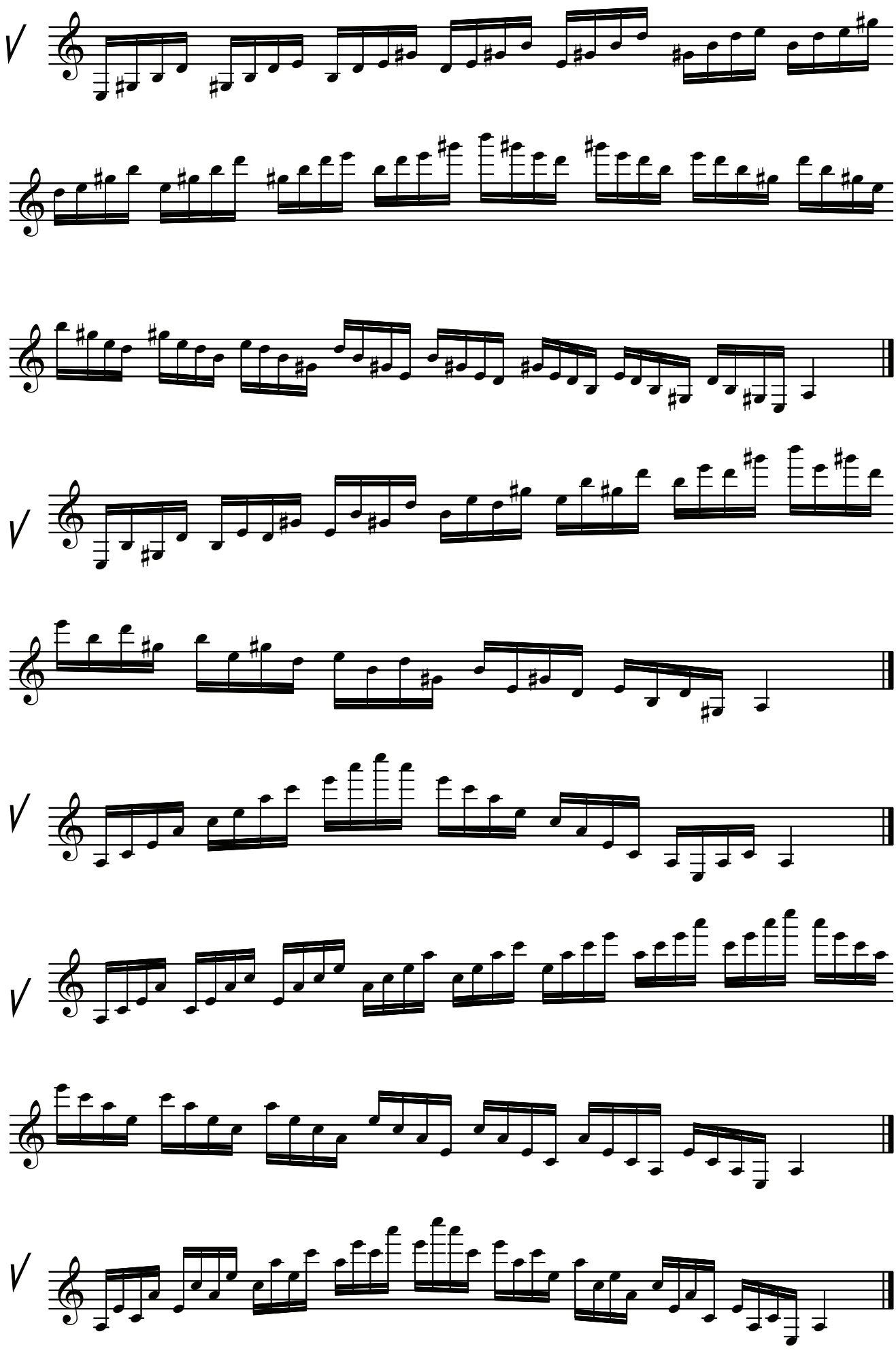


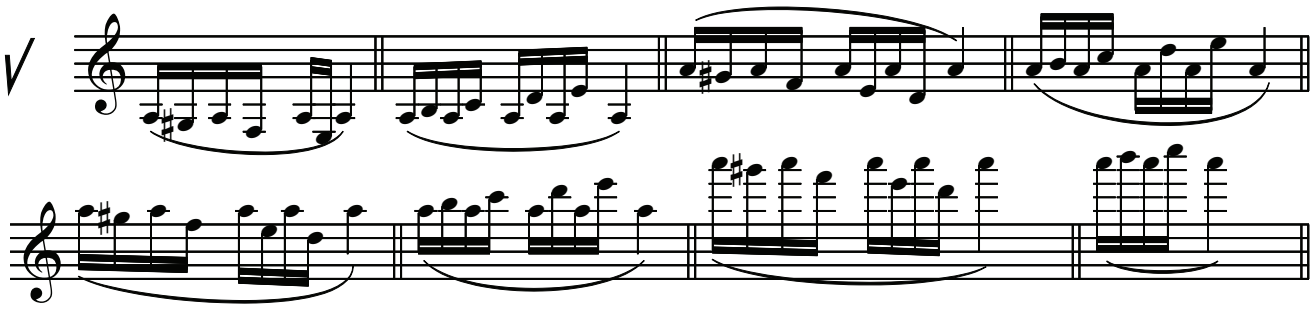
A-moll / A Minor



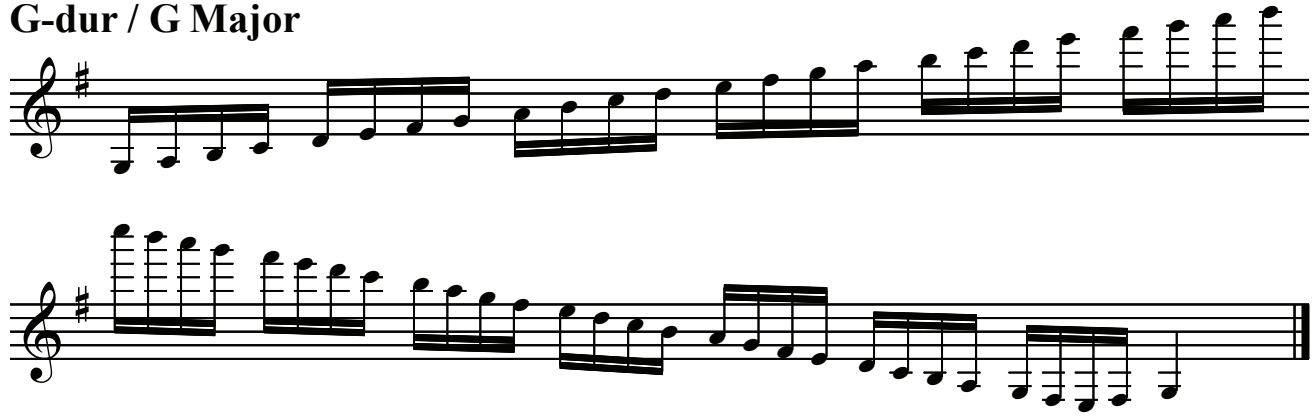


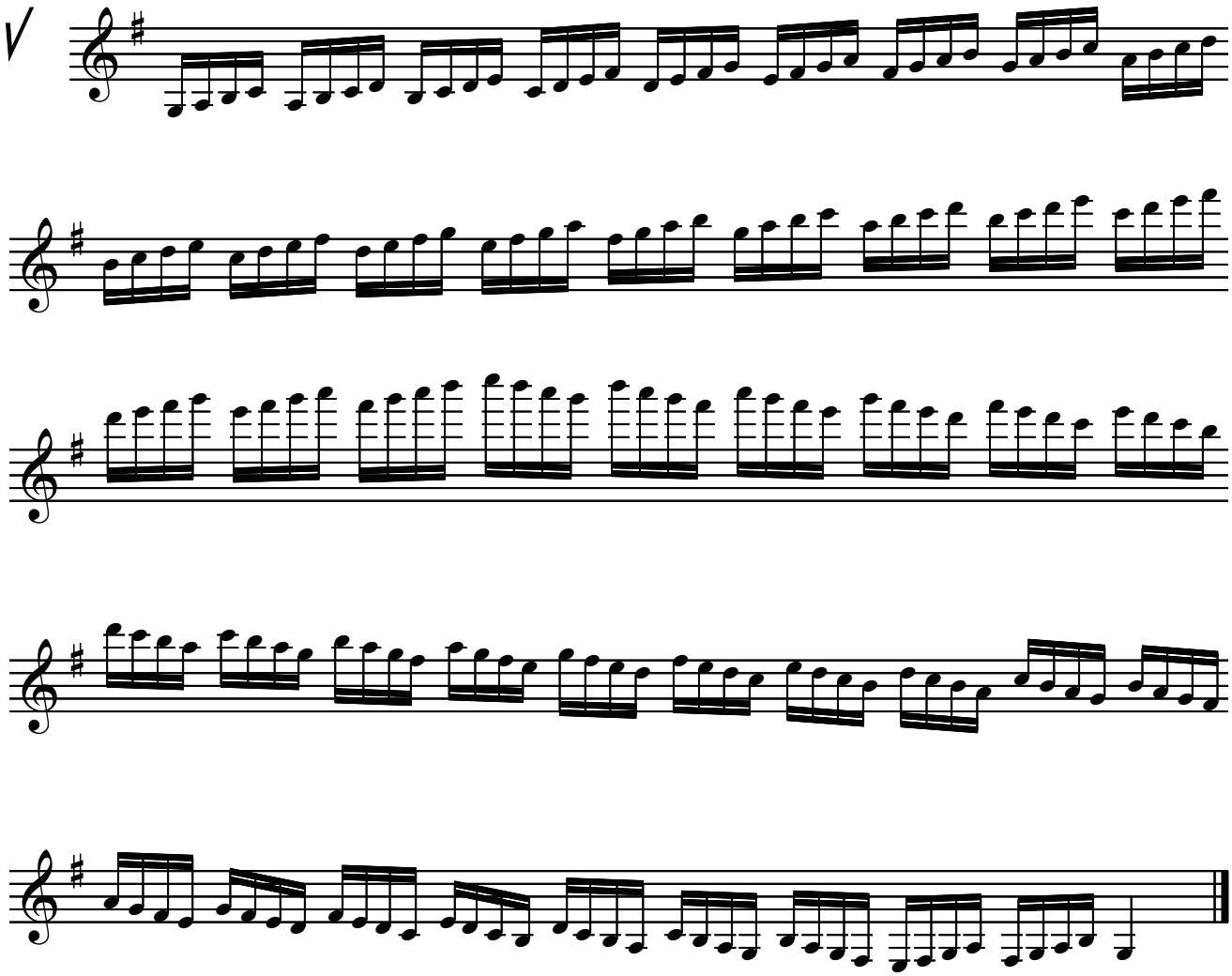


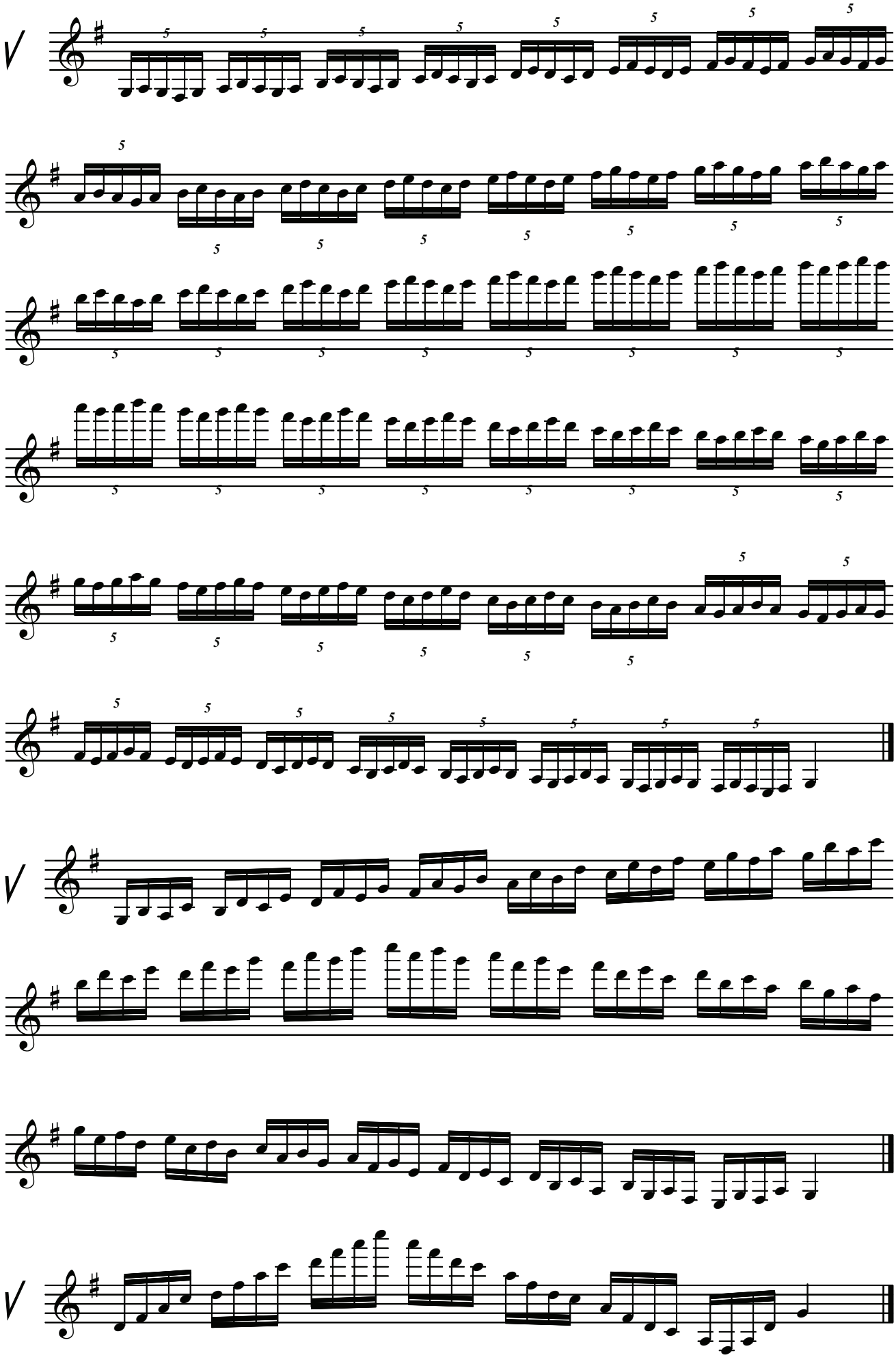


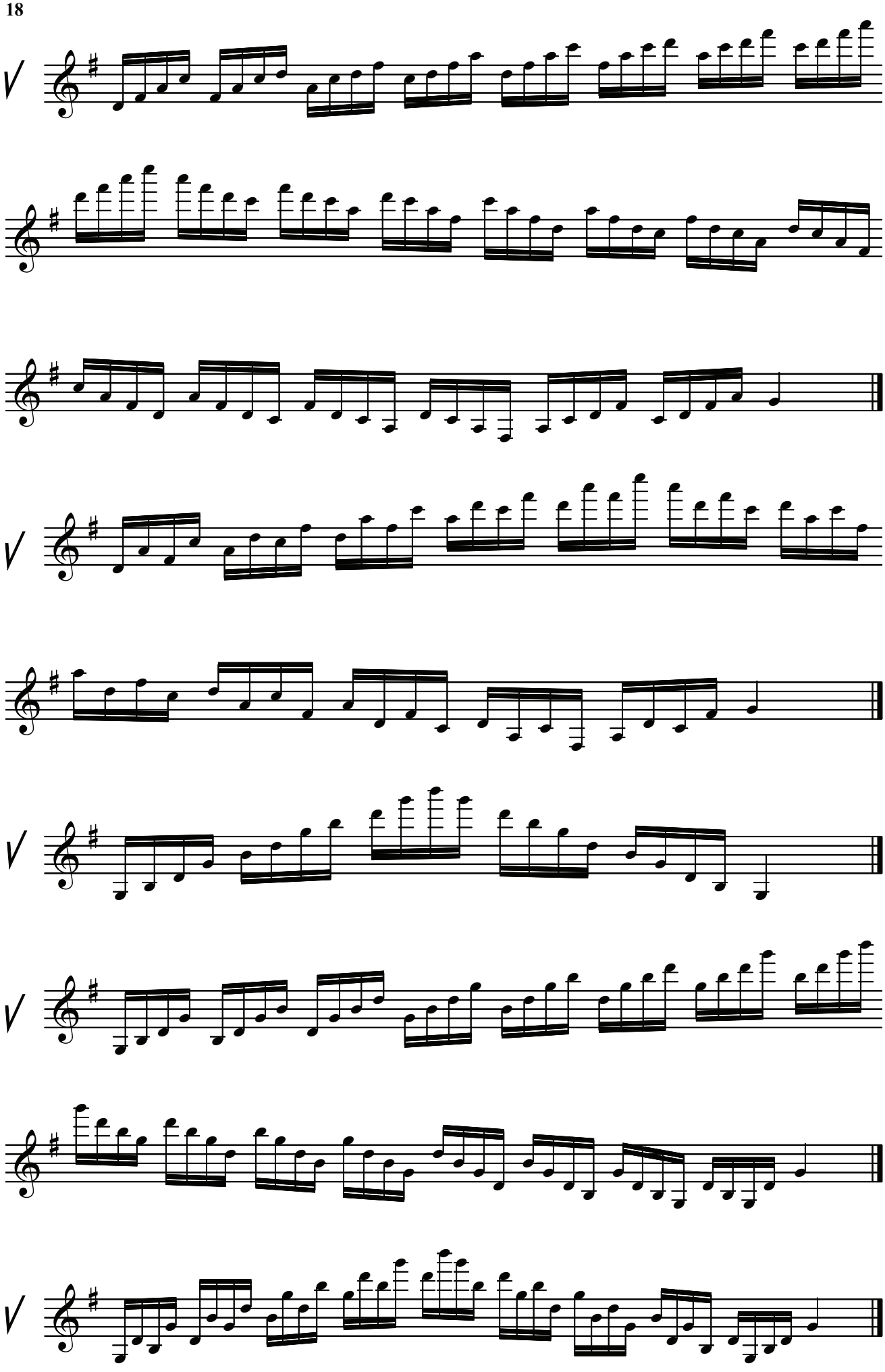


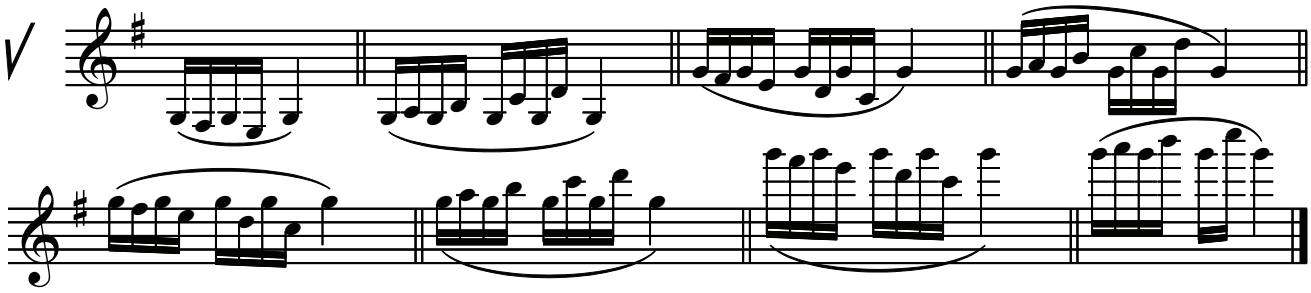
G-dur / G Major



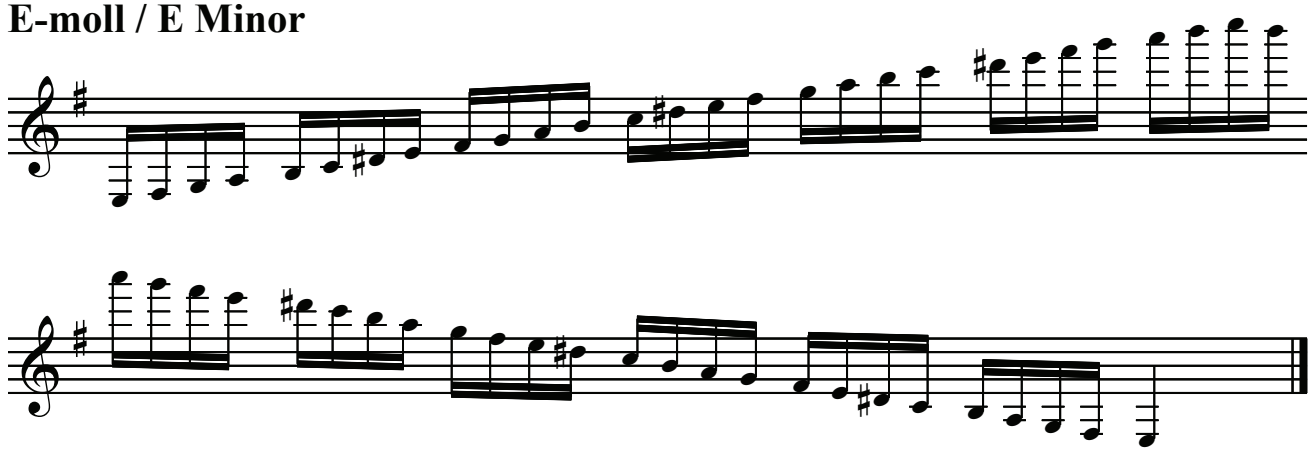


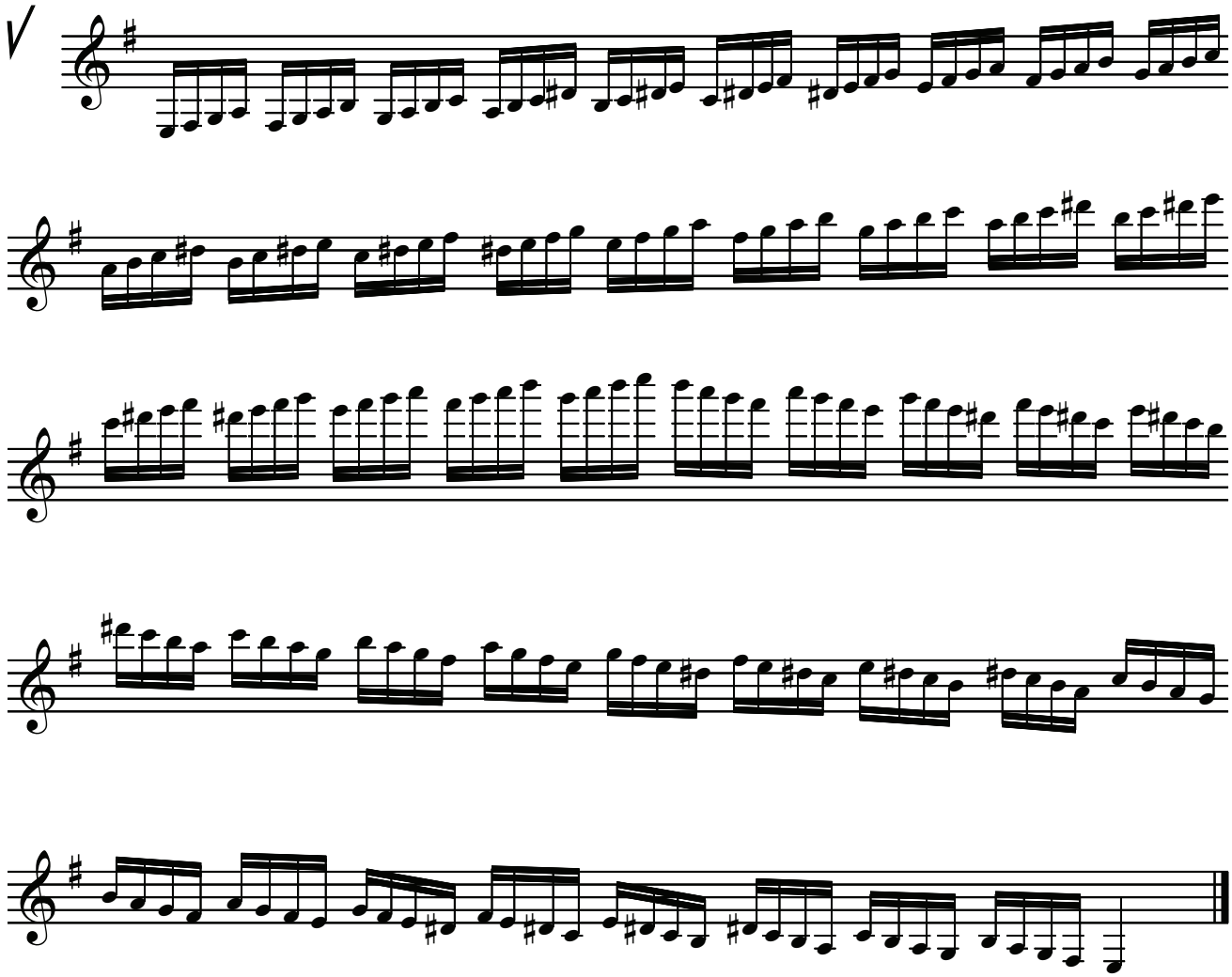


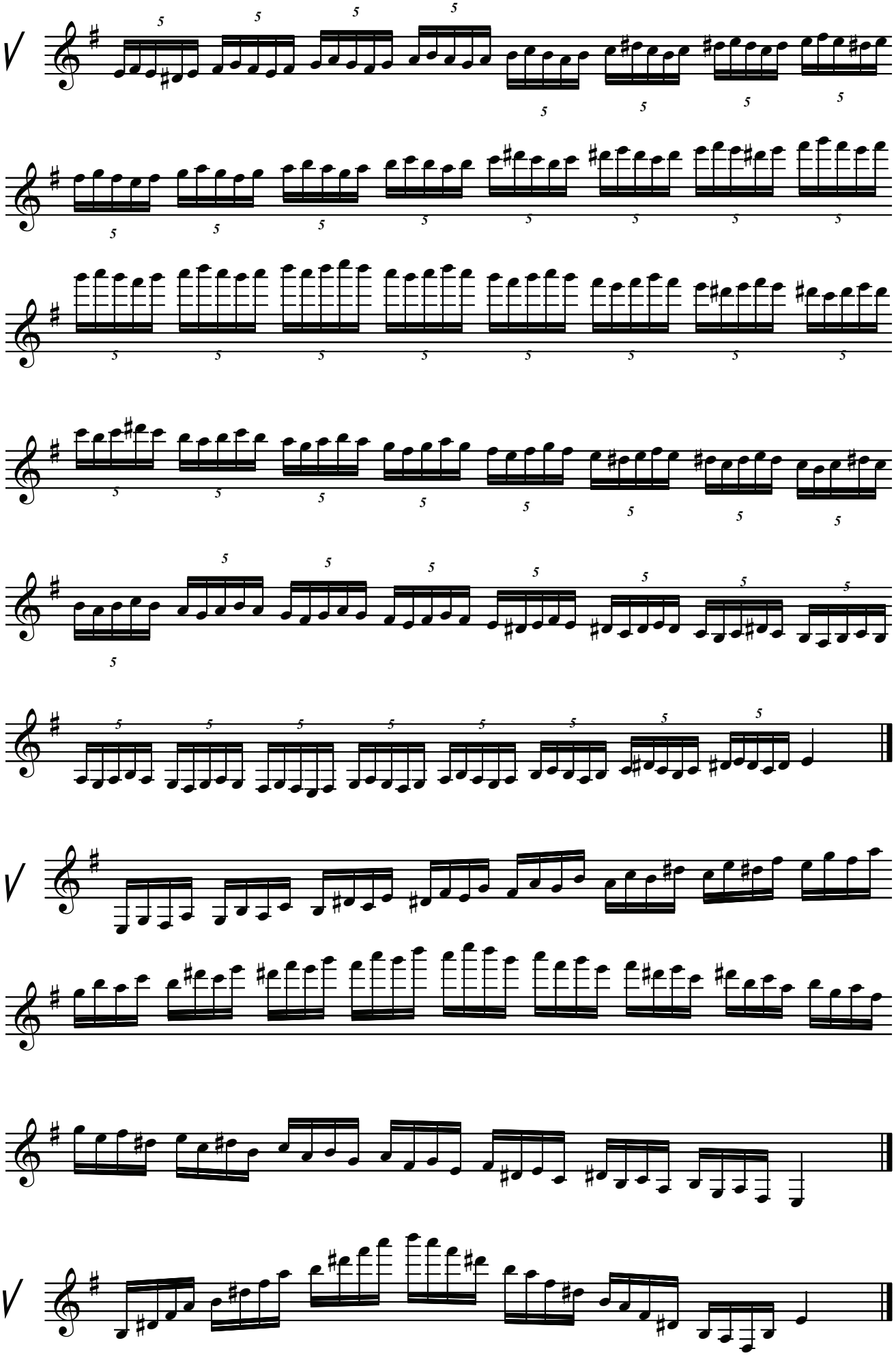


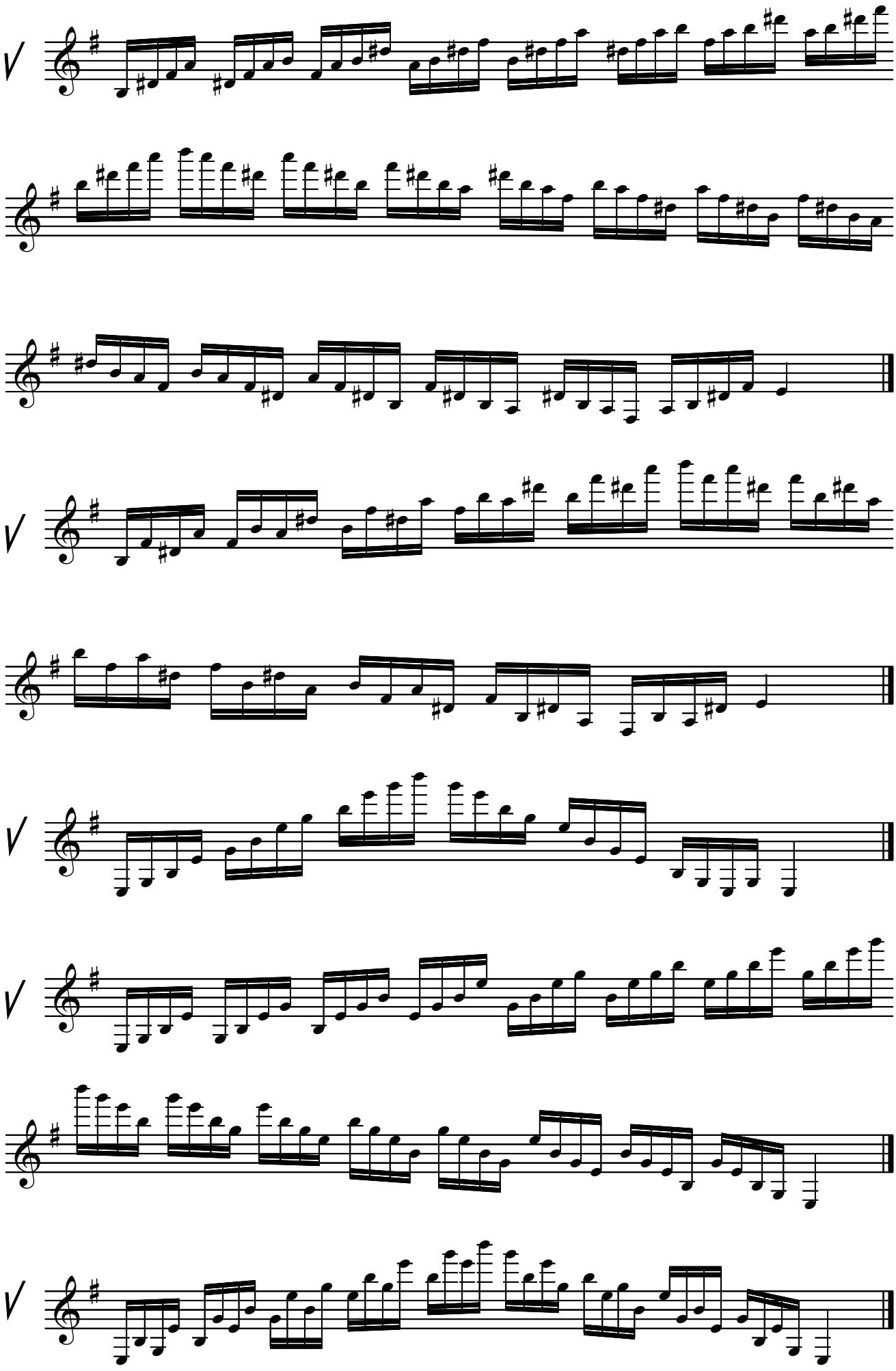


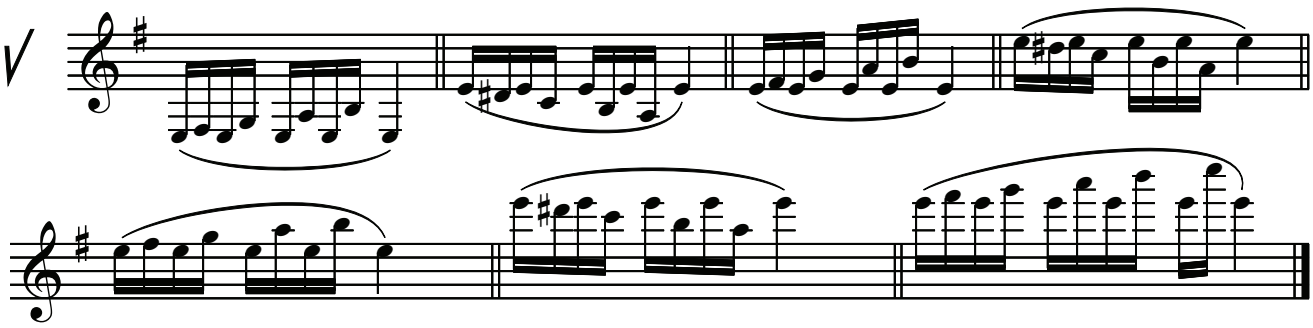
E-moll / E Minor



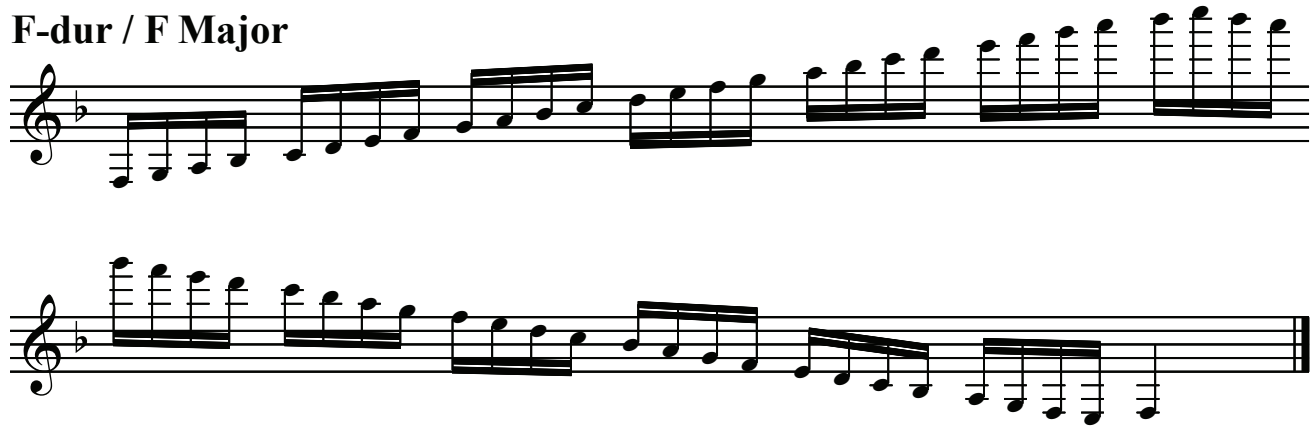


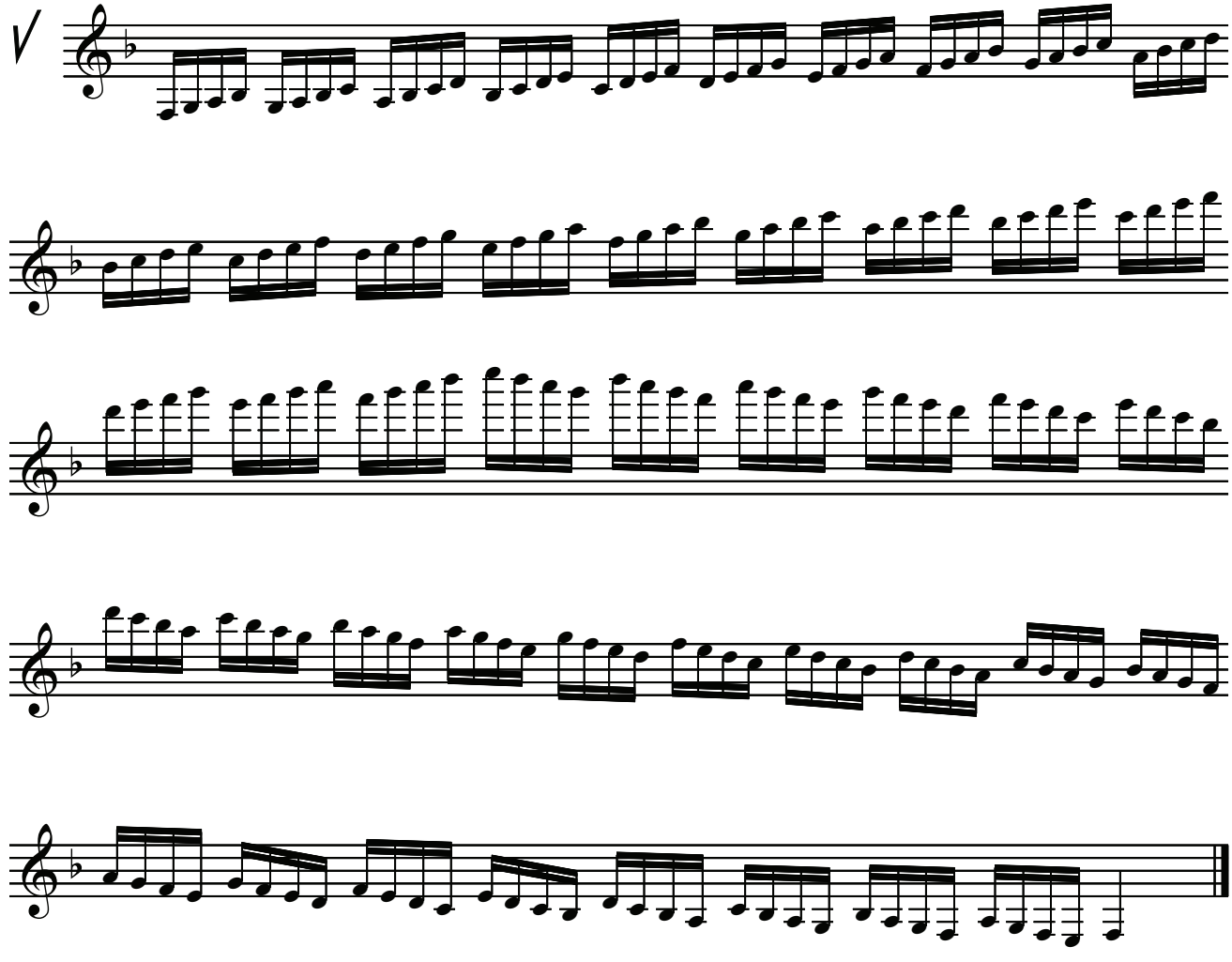


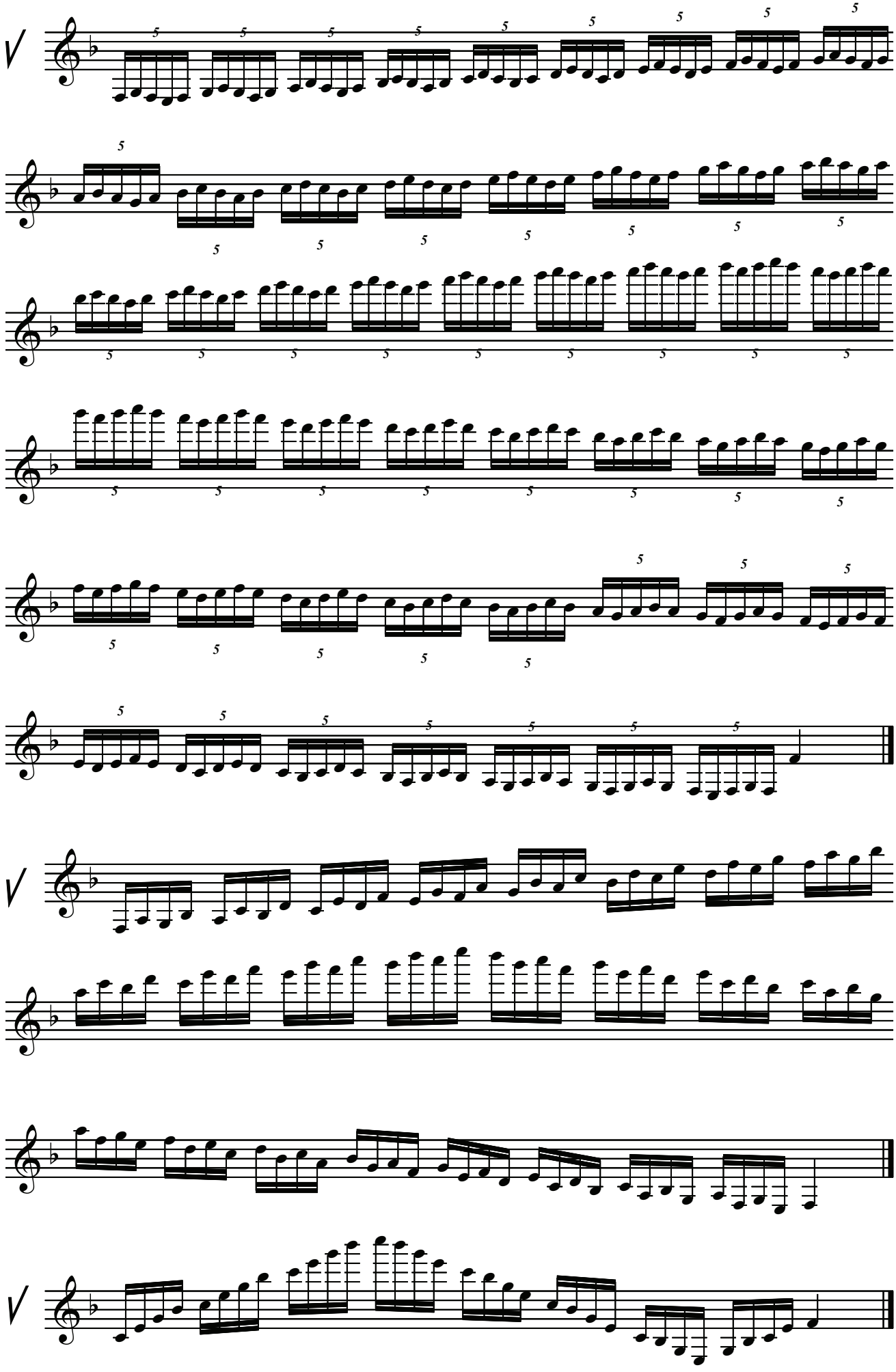


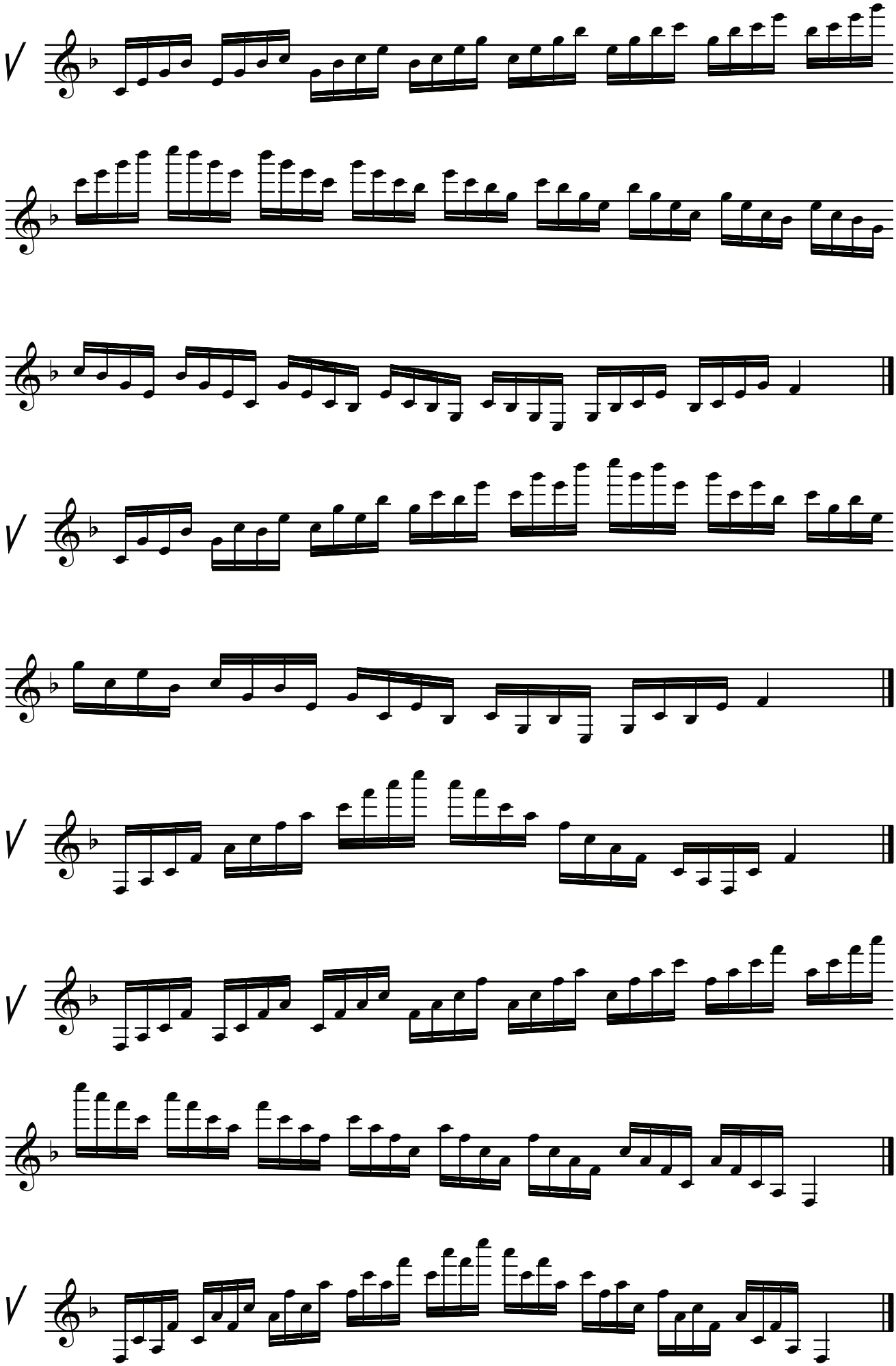


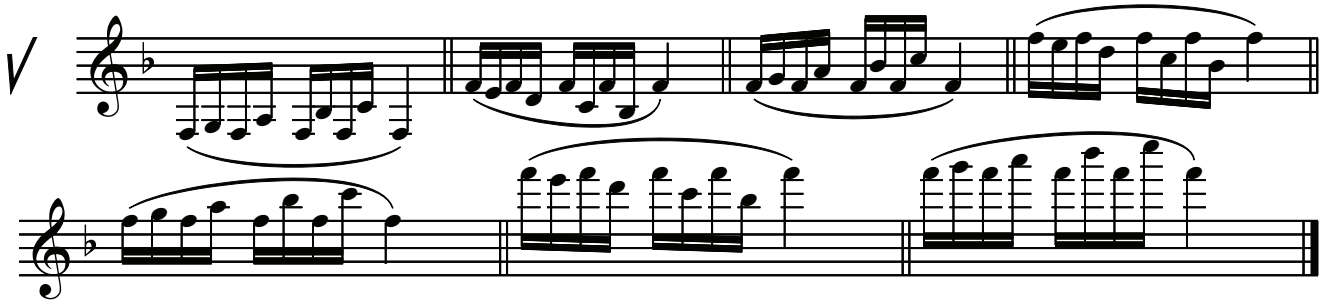
F-dur / F Major



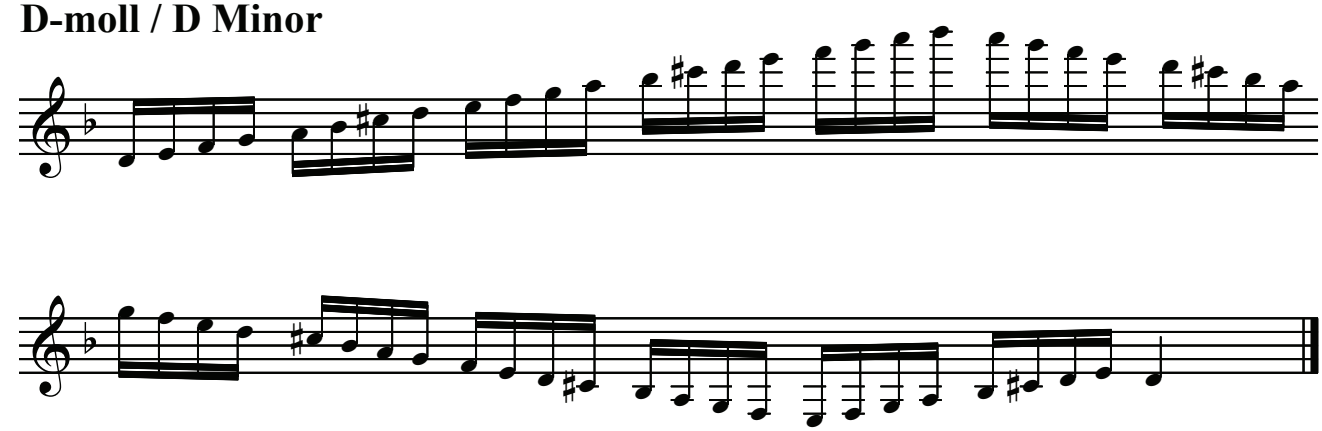


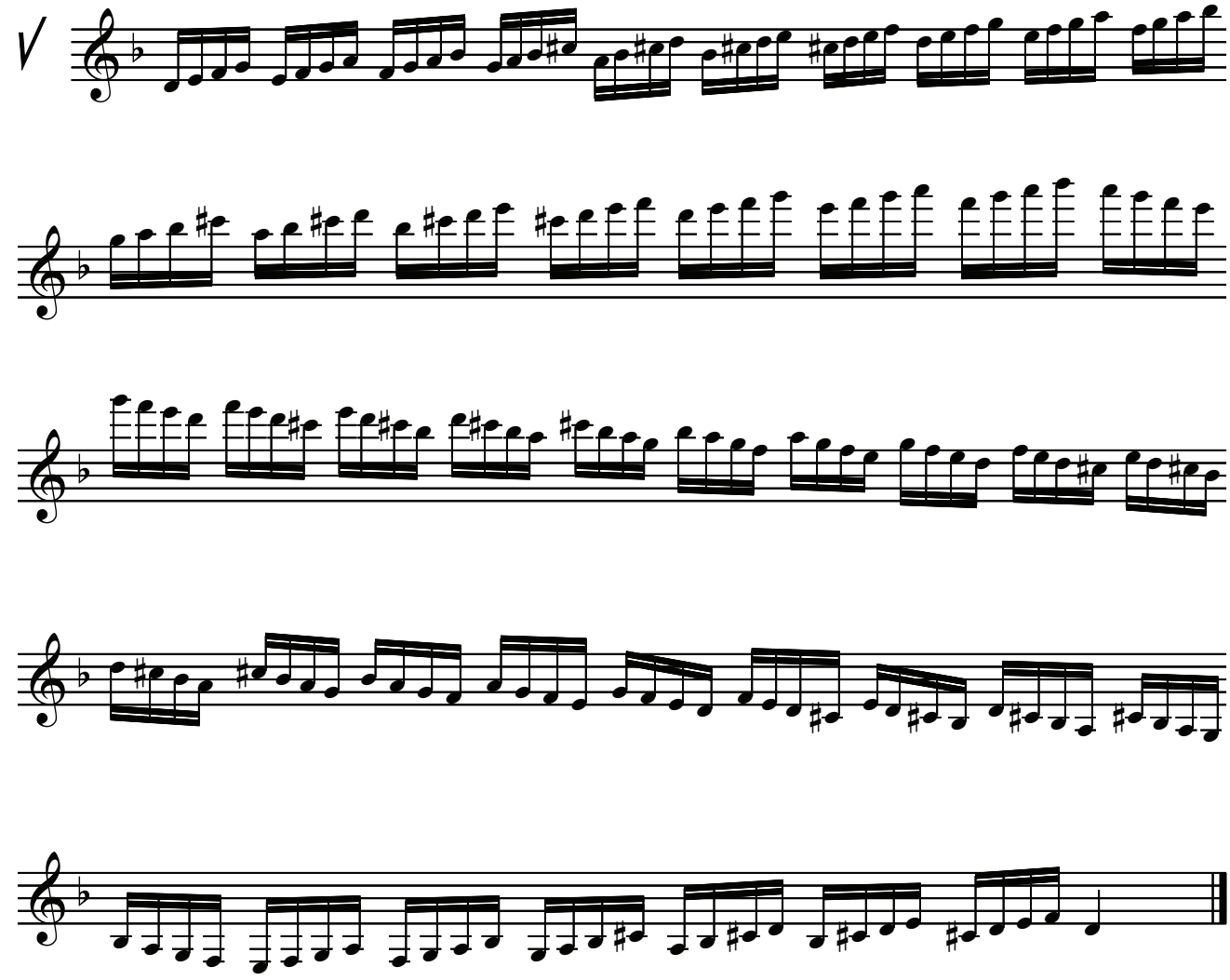


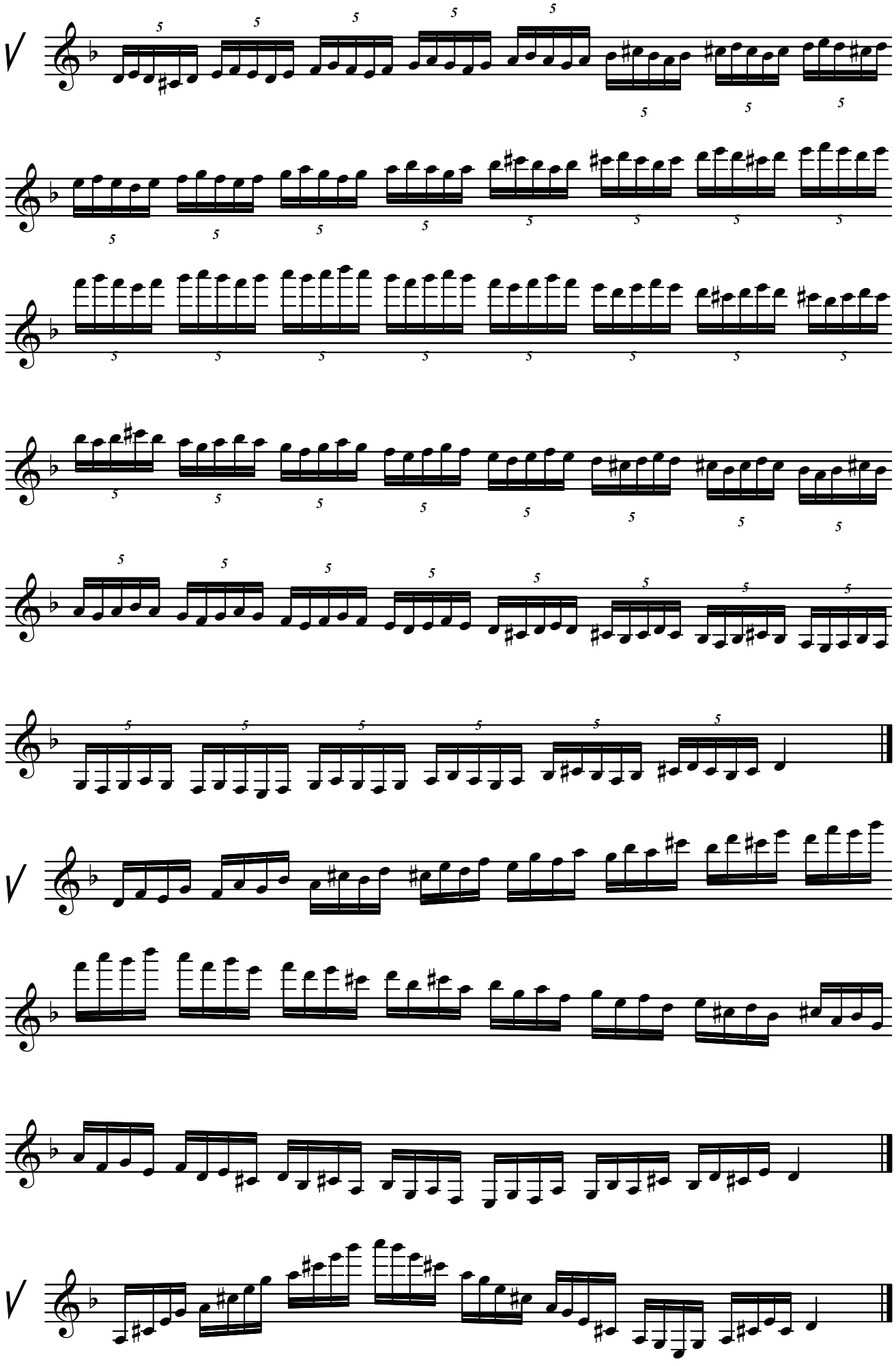


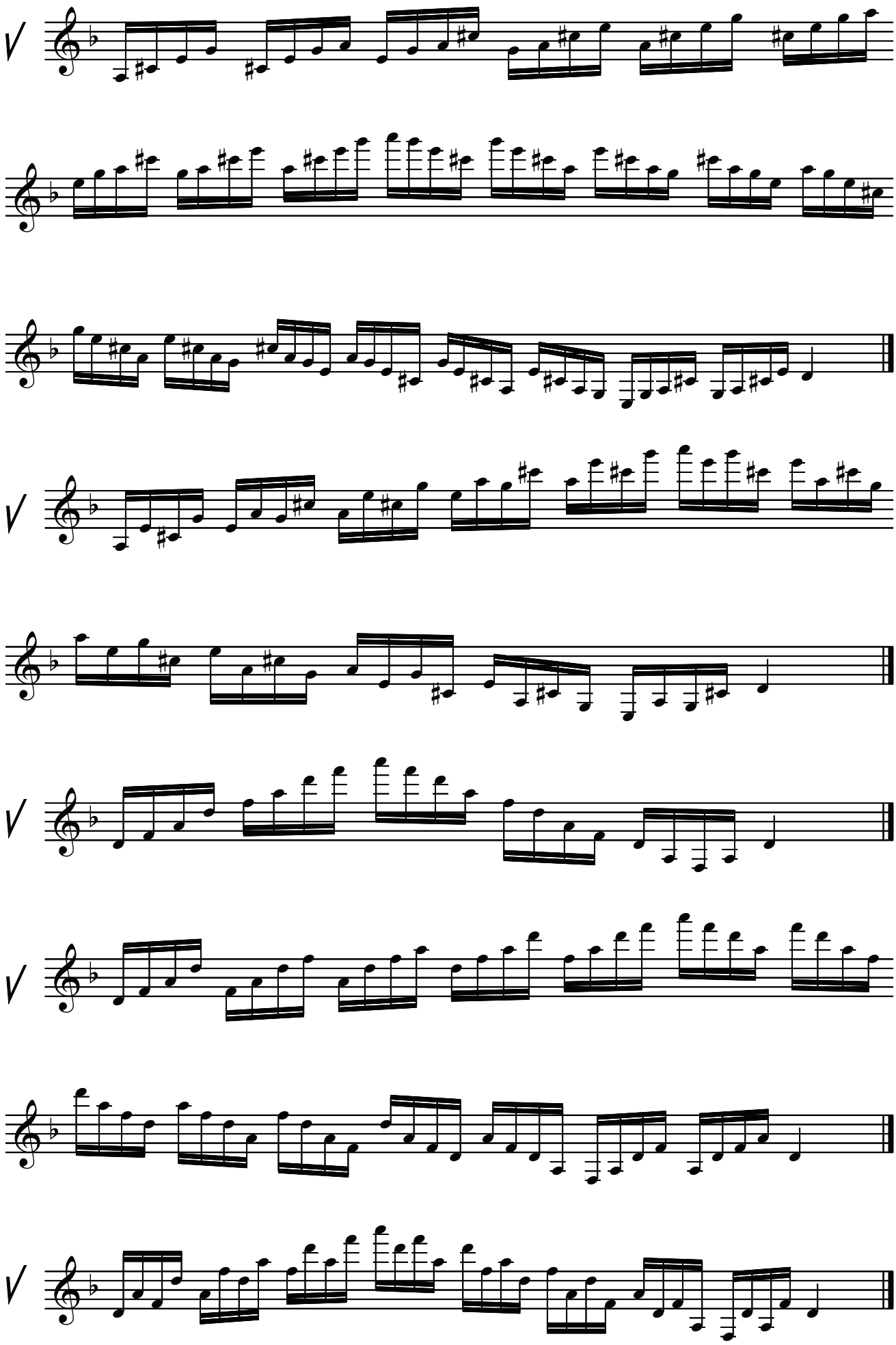


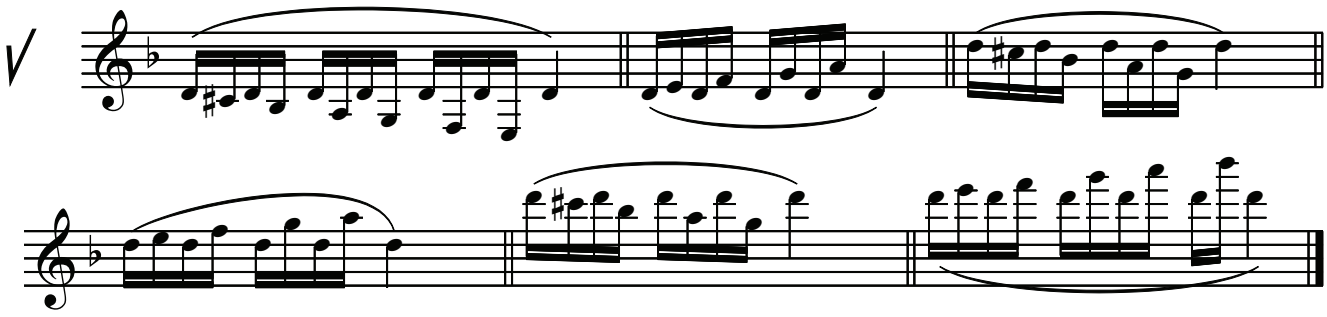
D-moll / D Minor



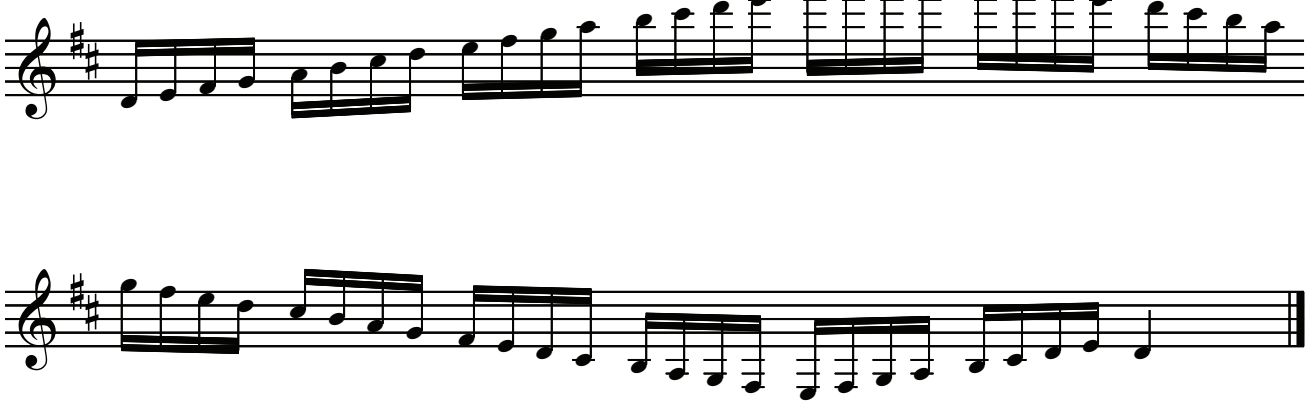


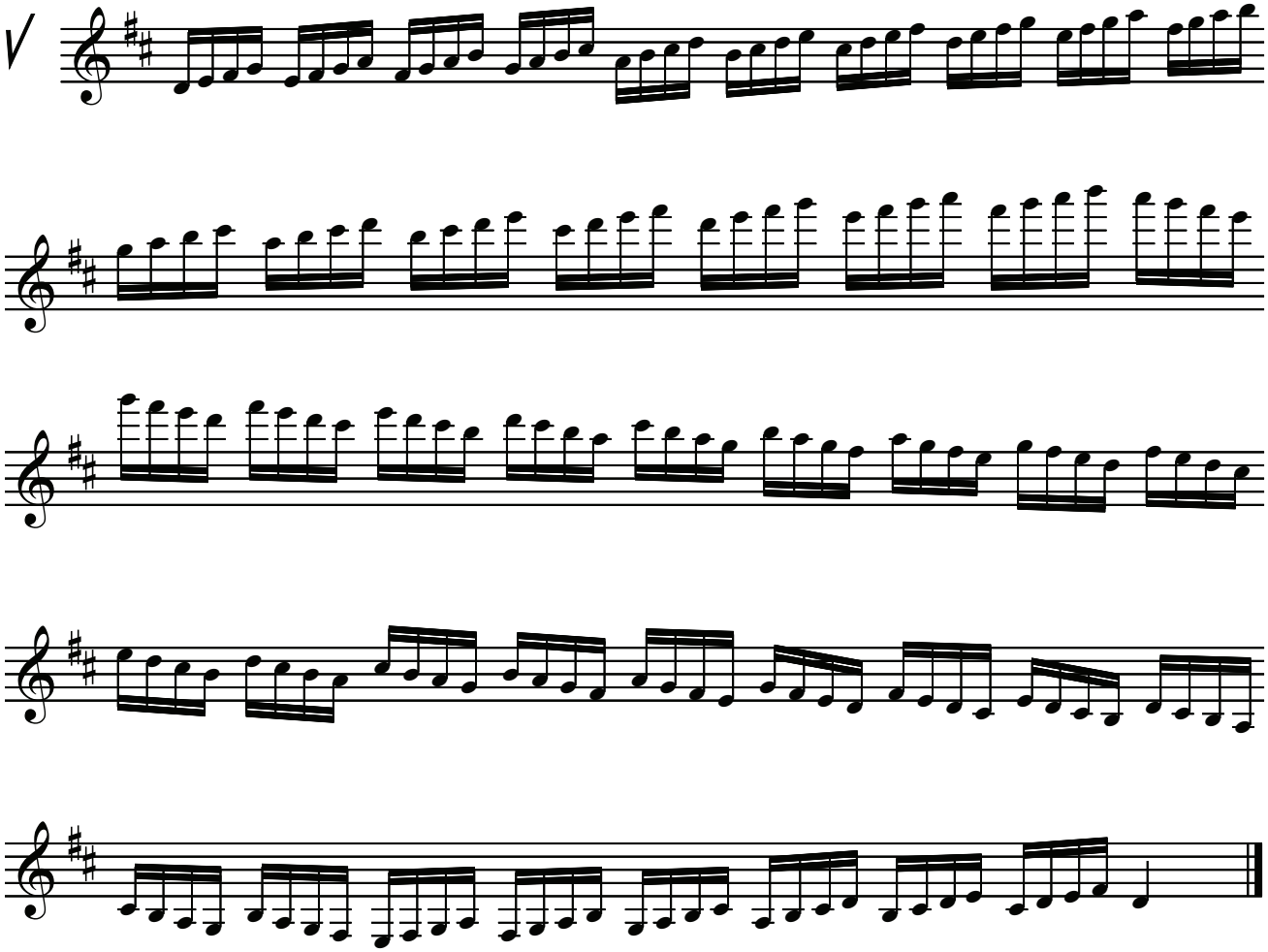


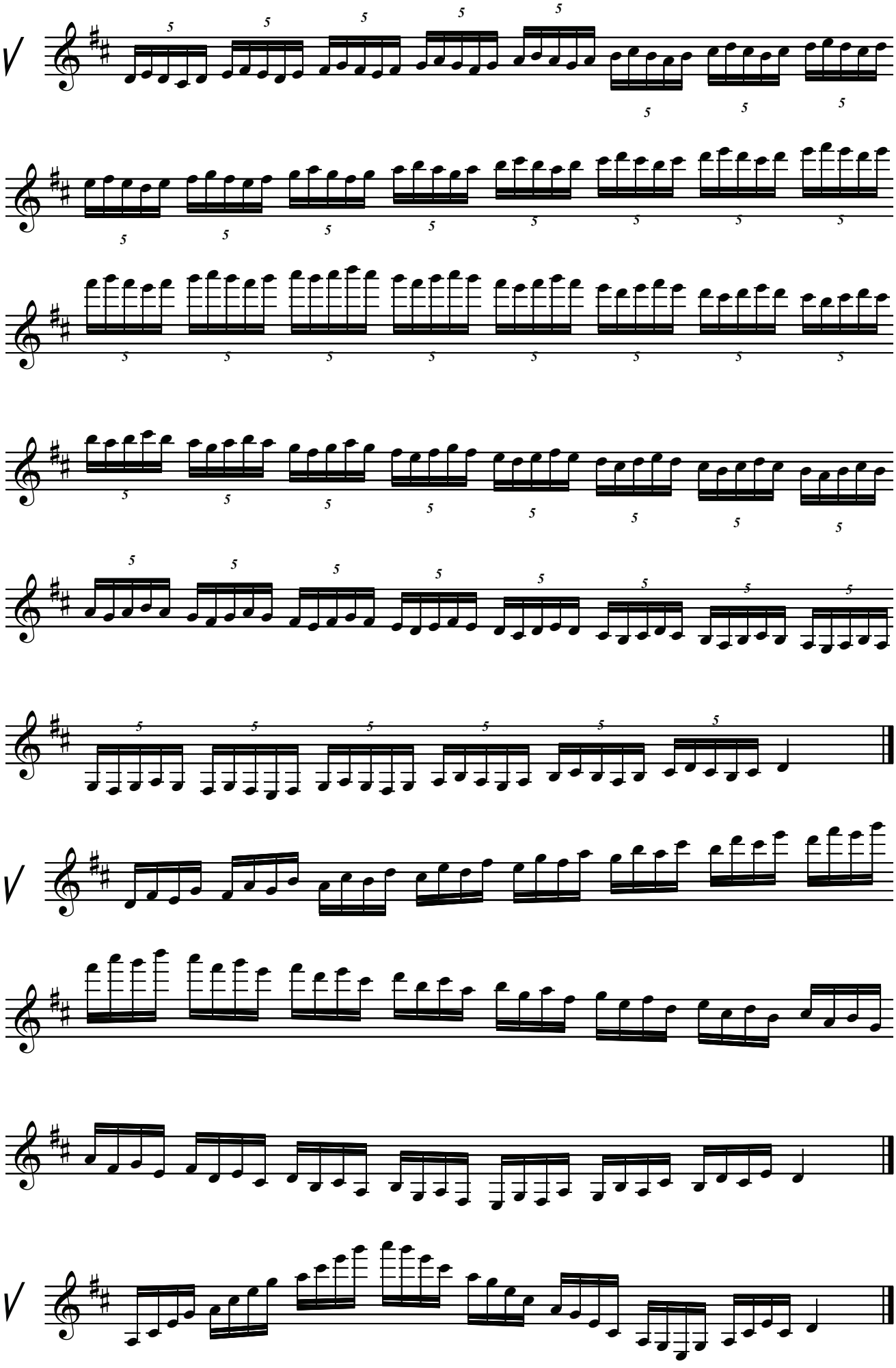


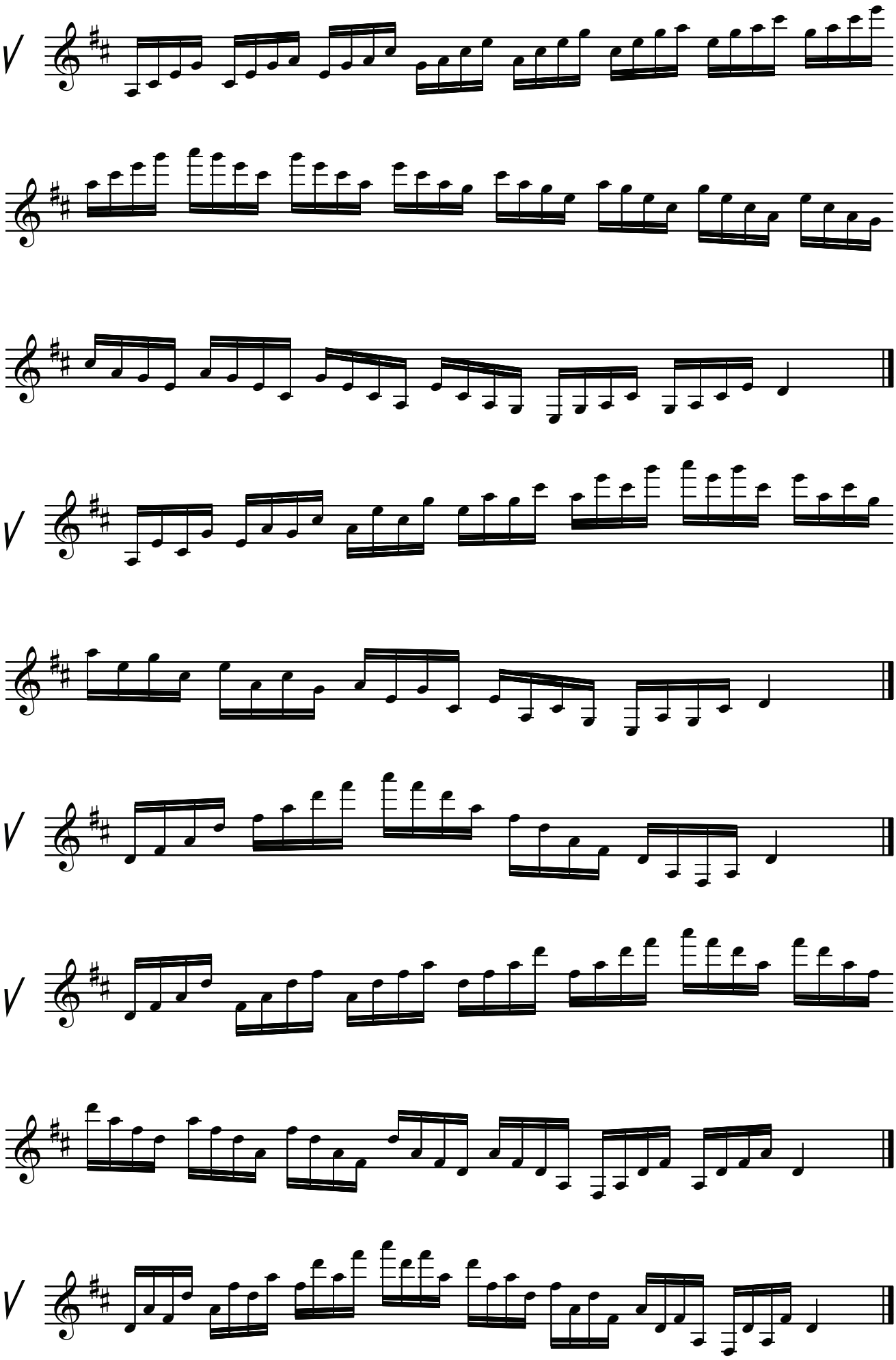


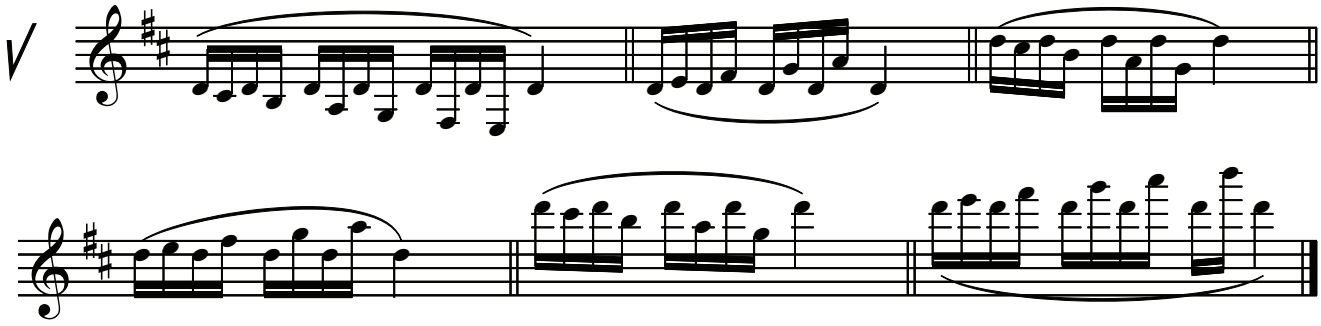
D-dur / D Major



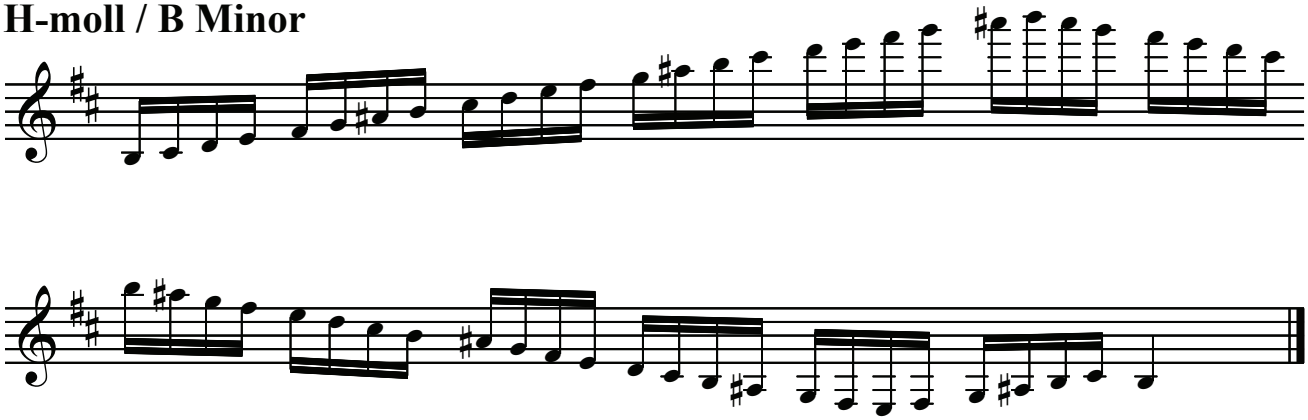


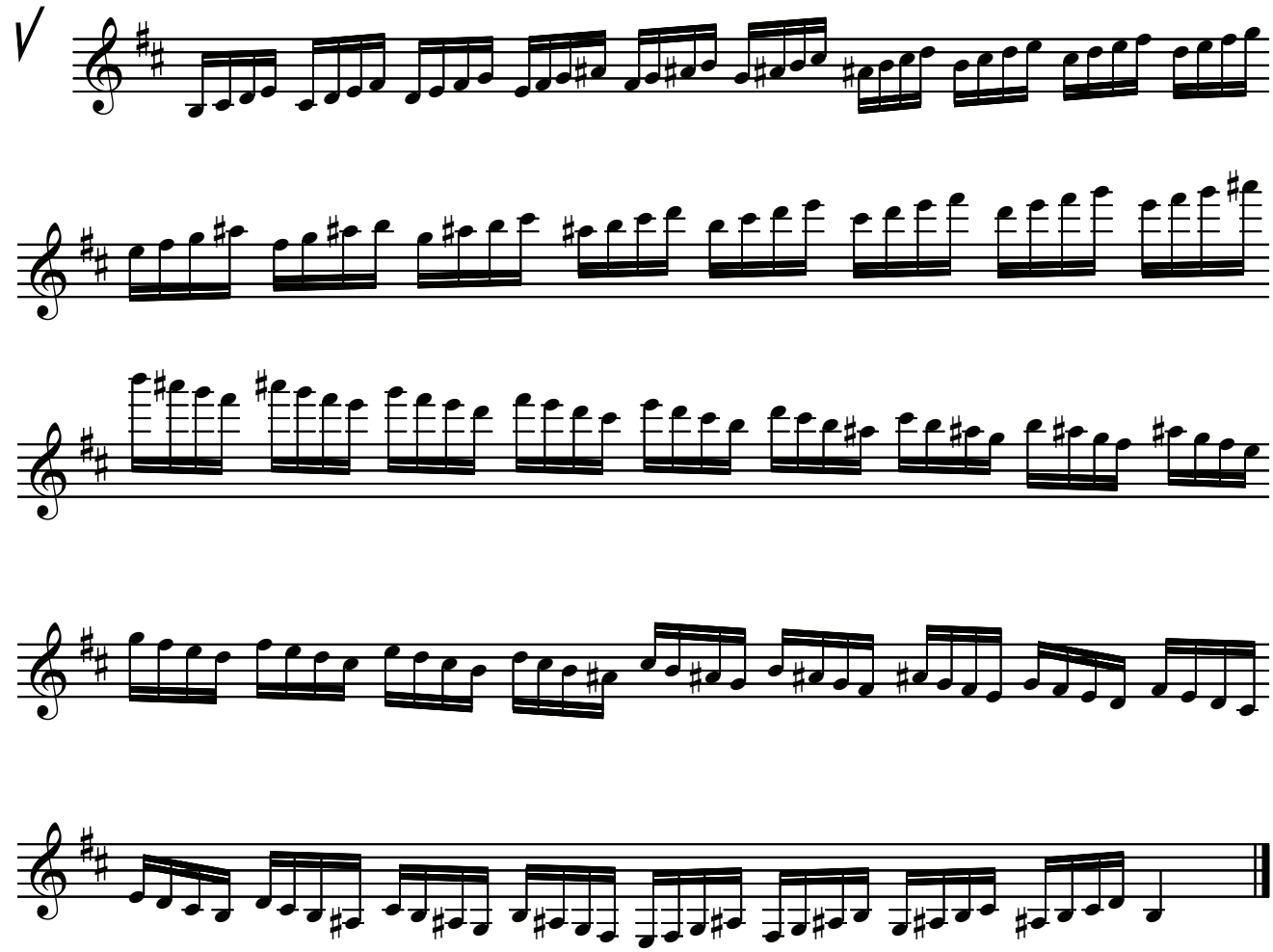


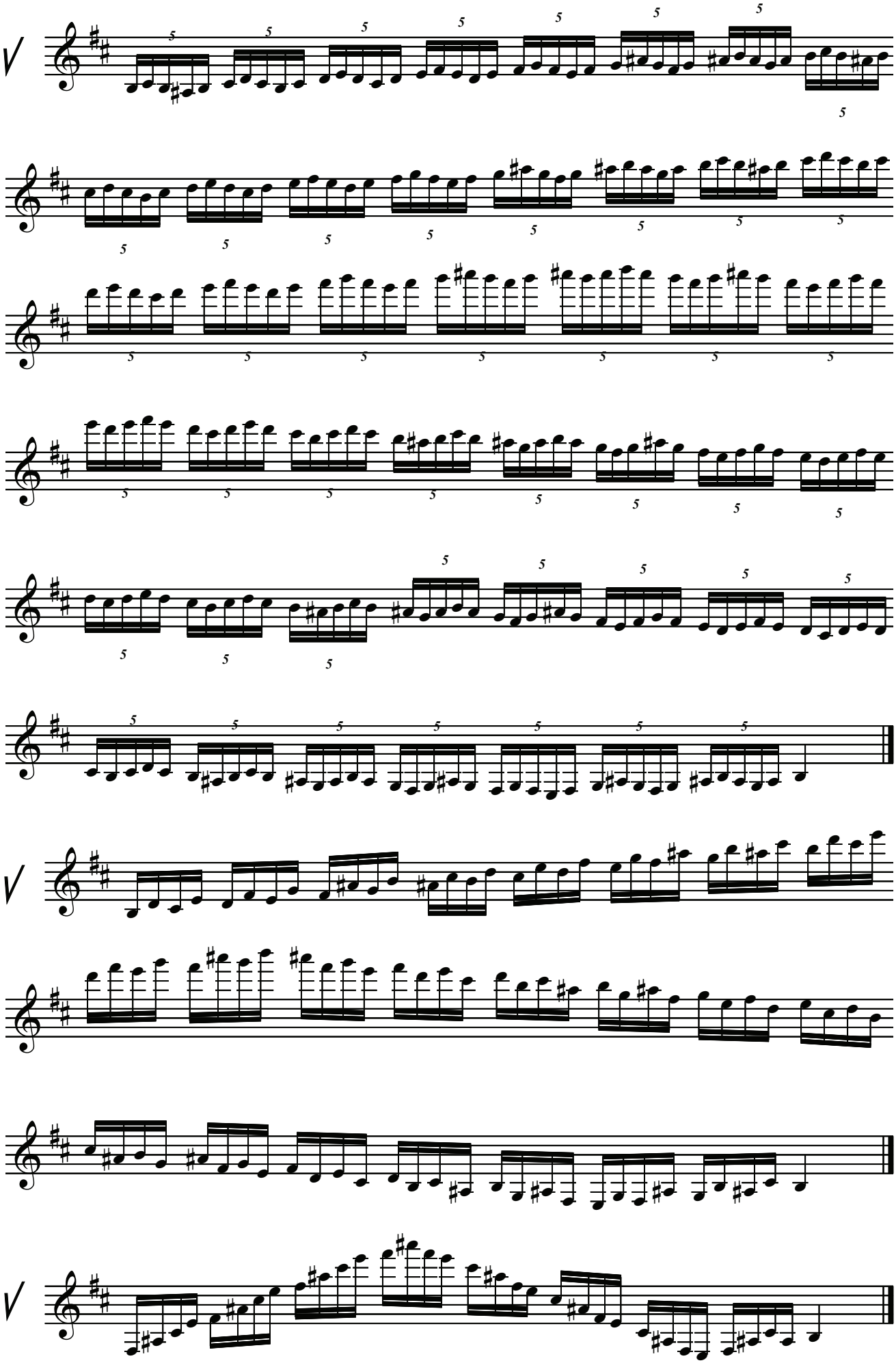


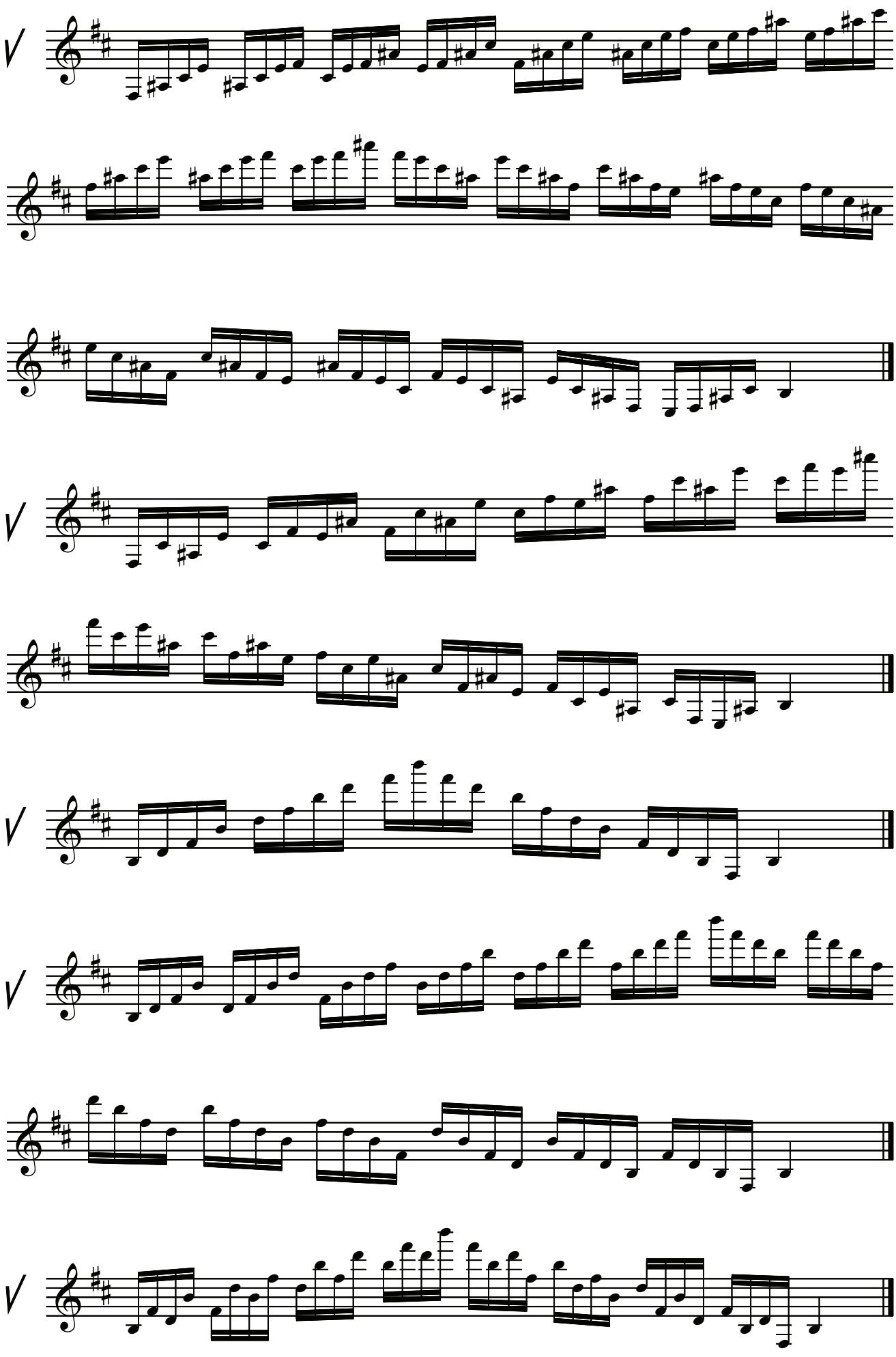


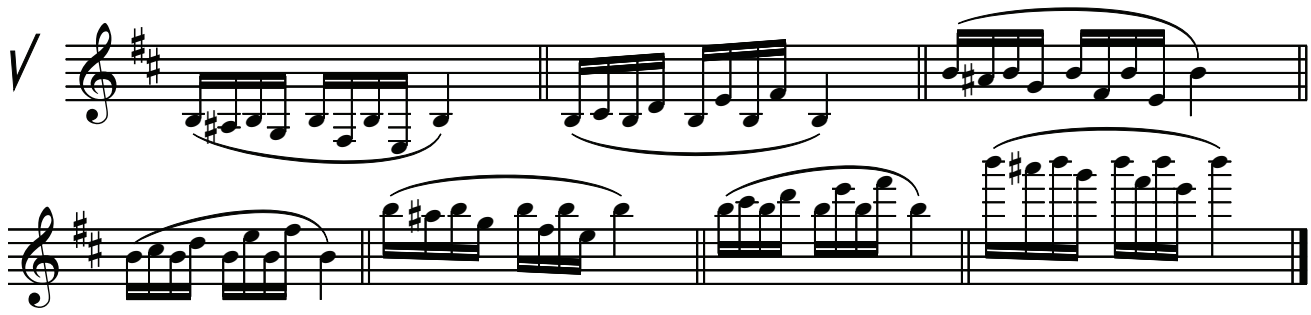
H-moll / B Minor



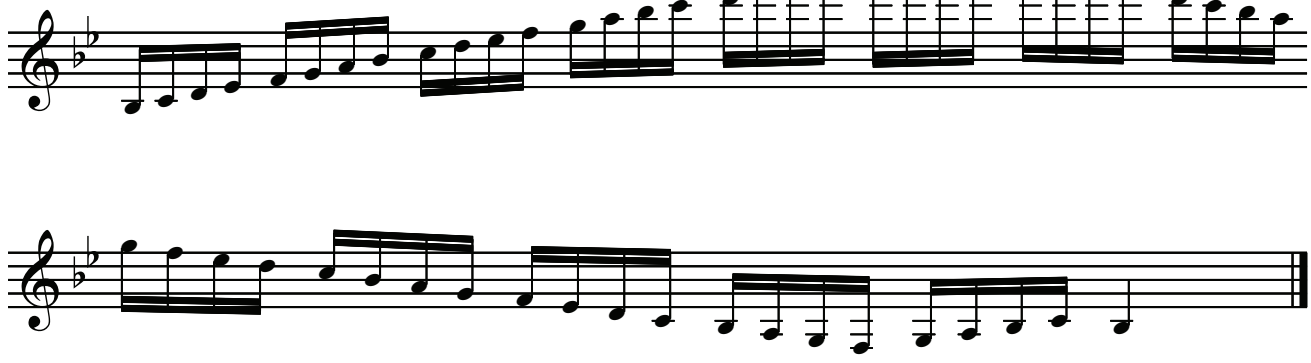


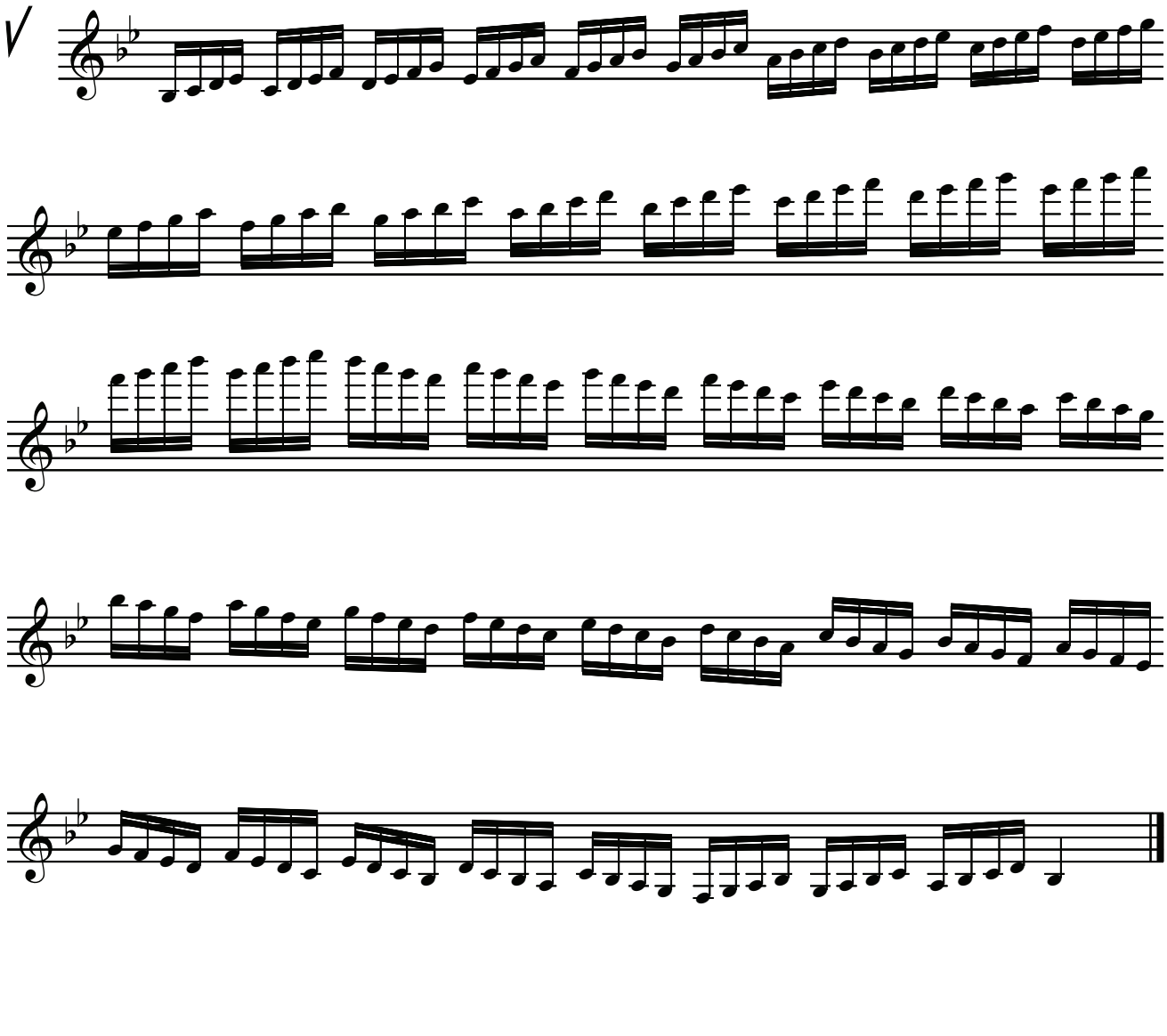


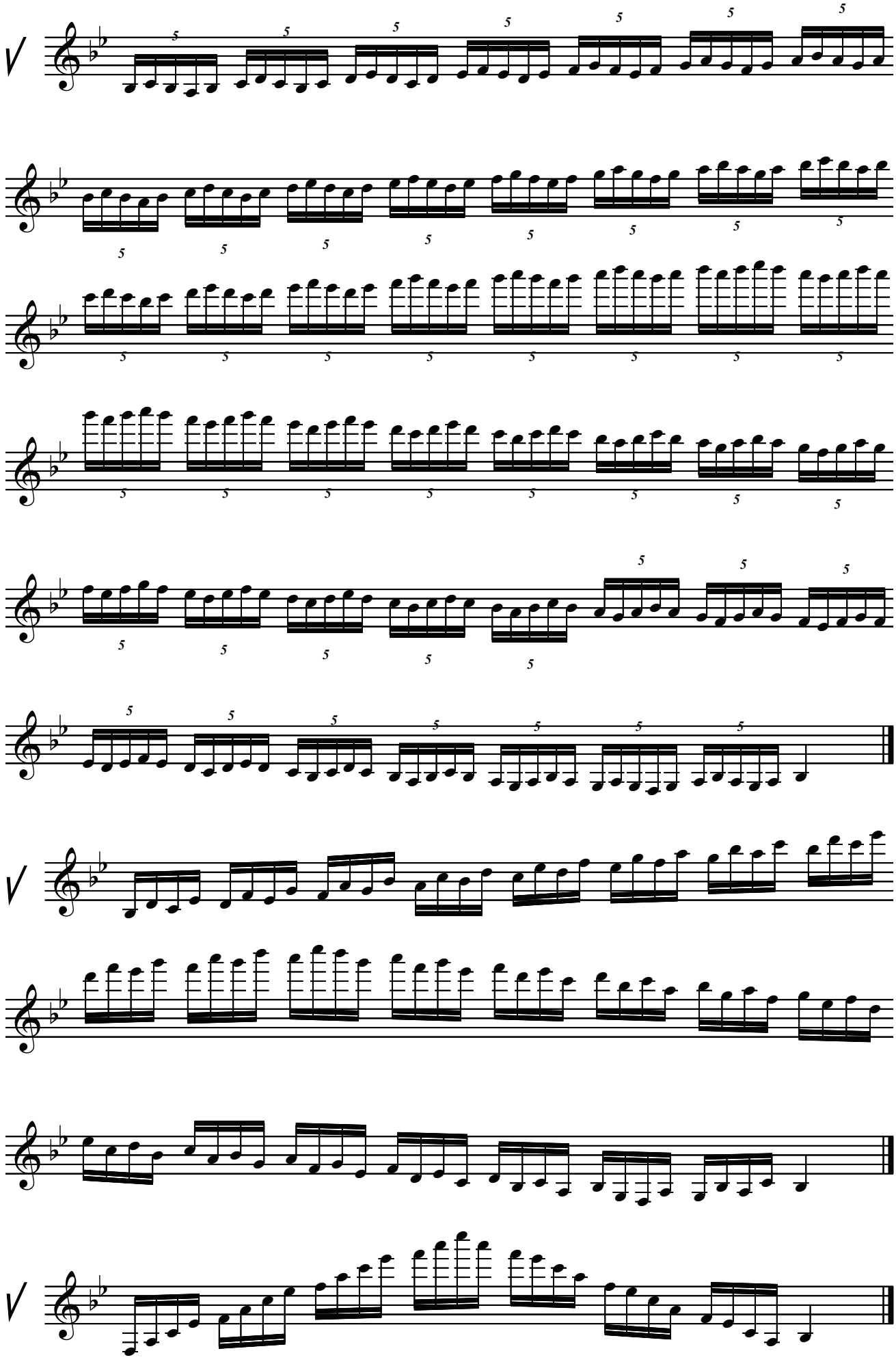


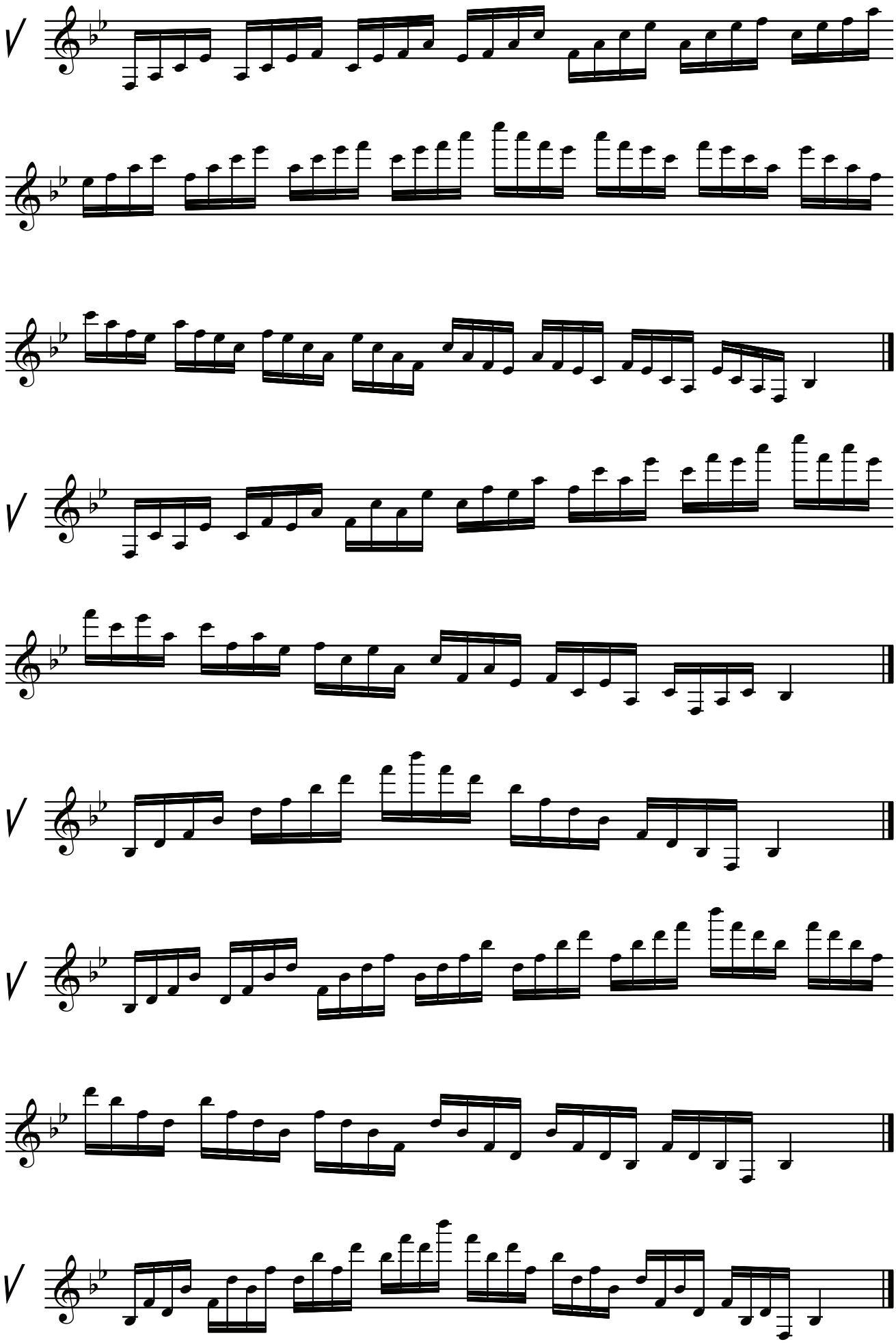


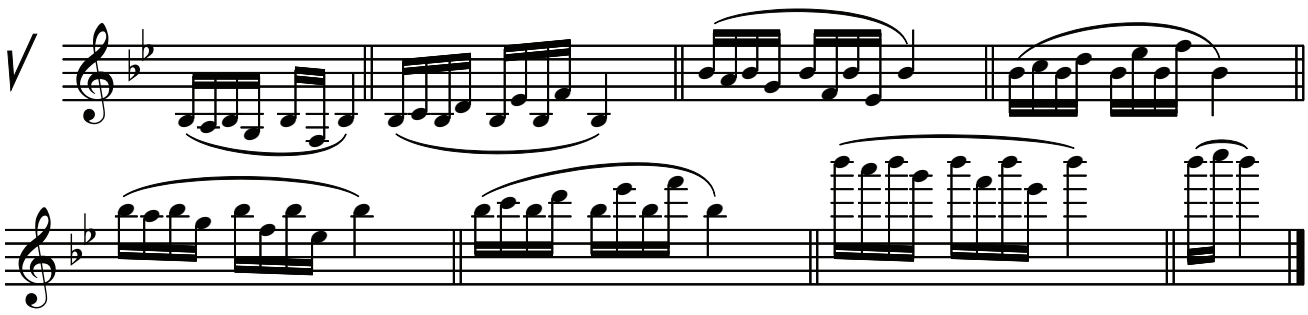
B-dur / B Flat Major



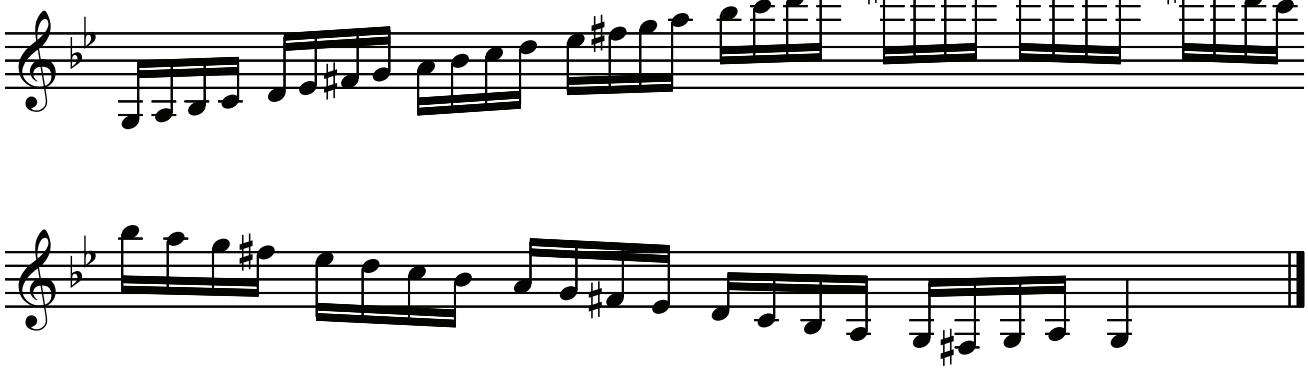


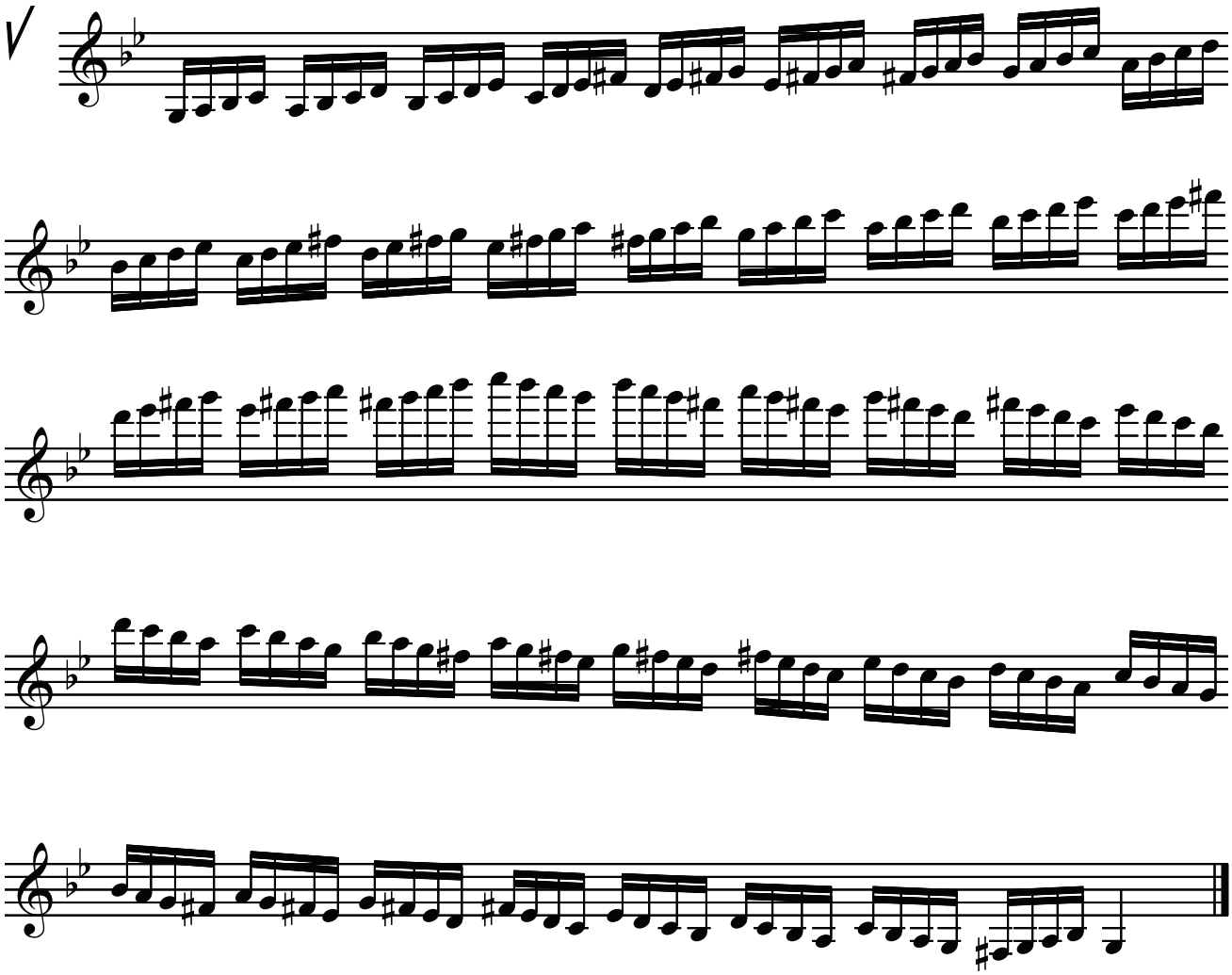


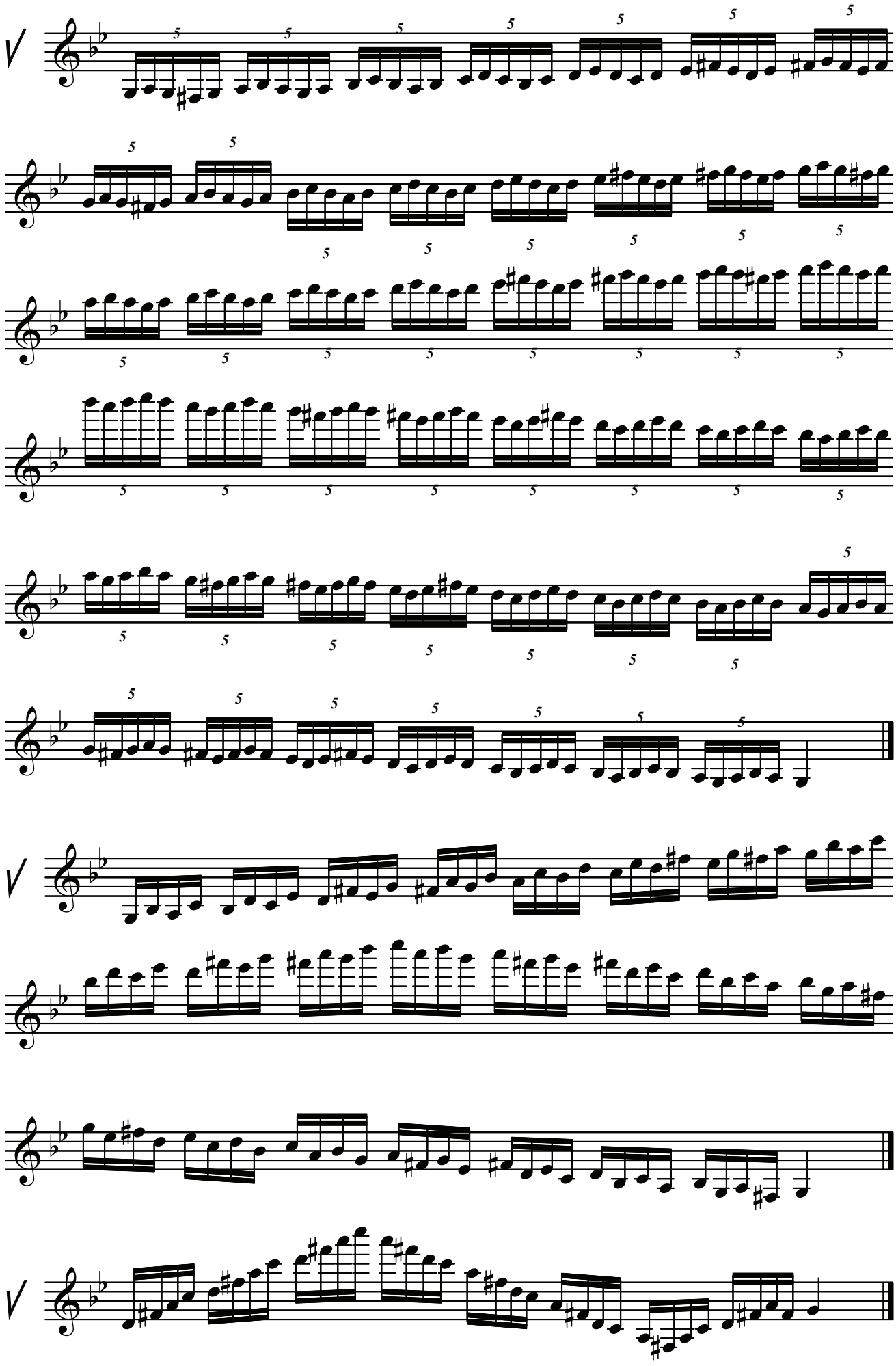


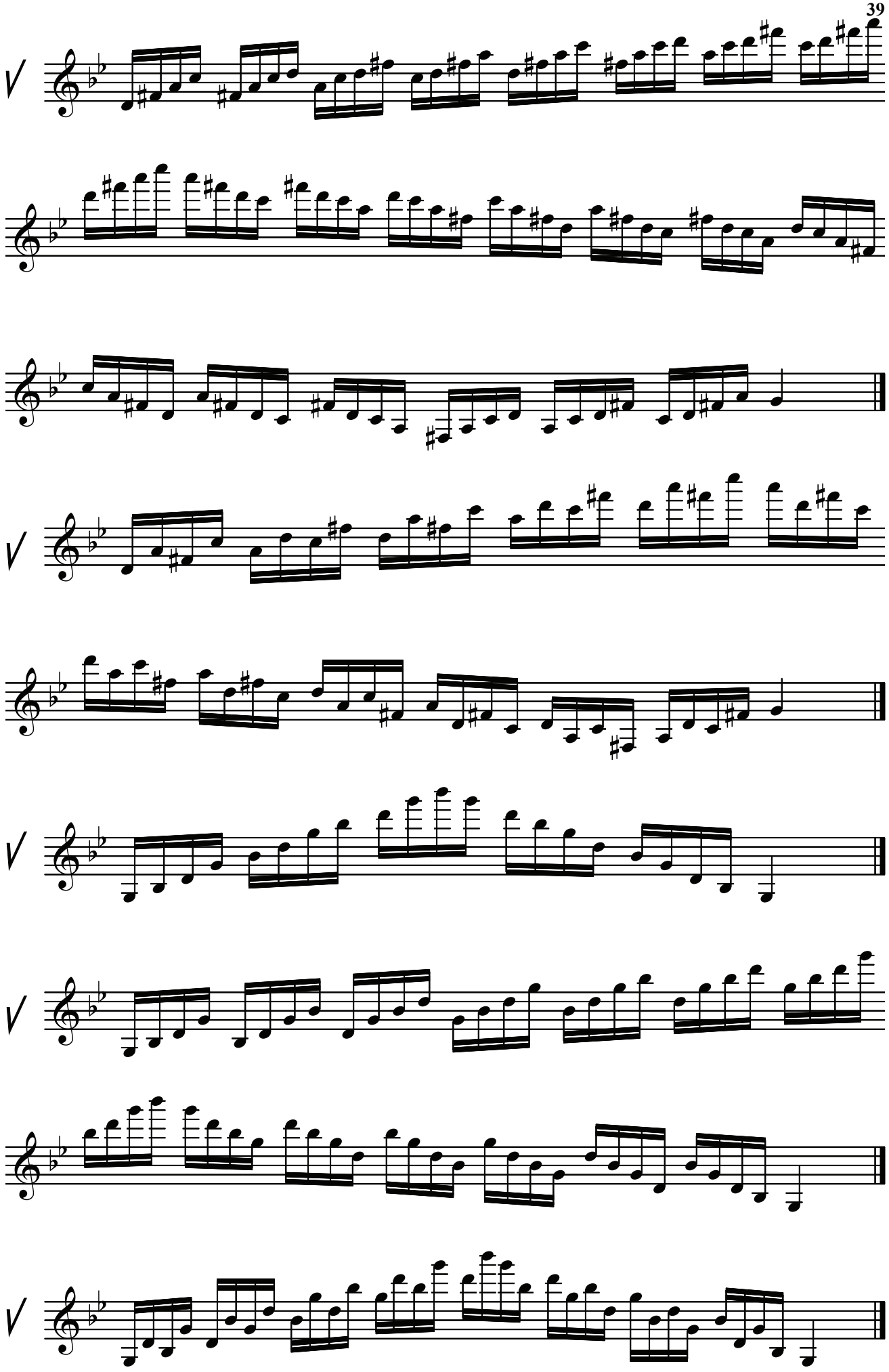


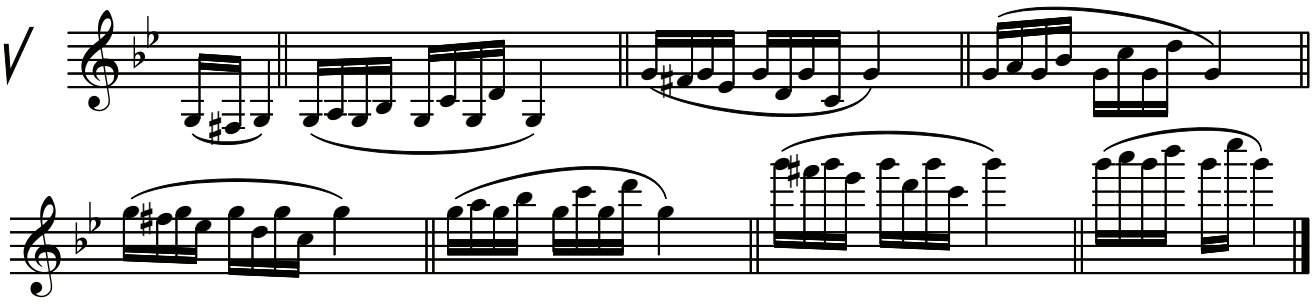
G-moll / G Minor



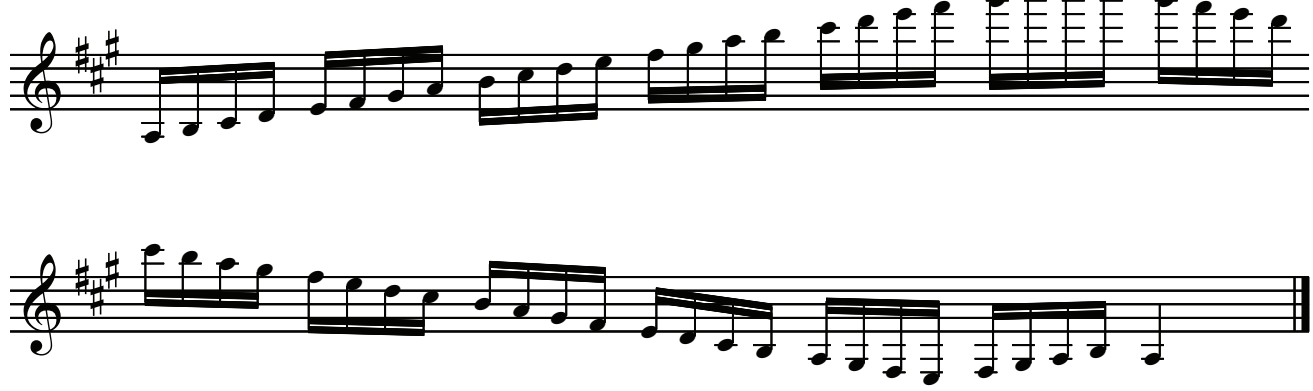


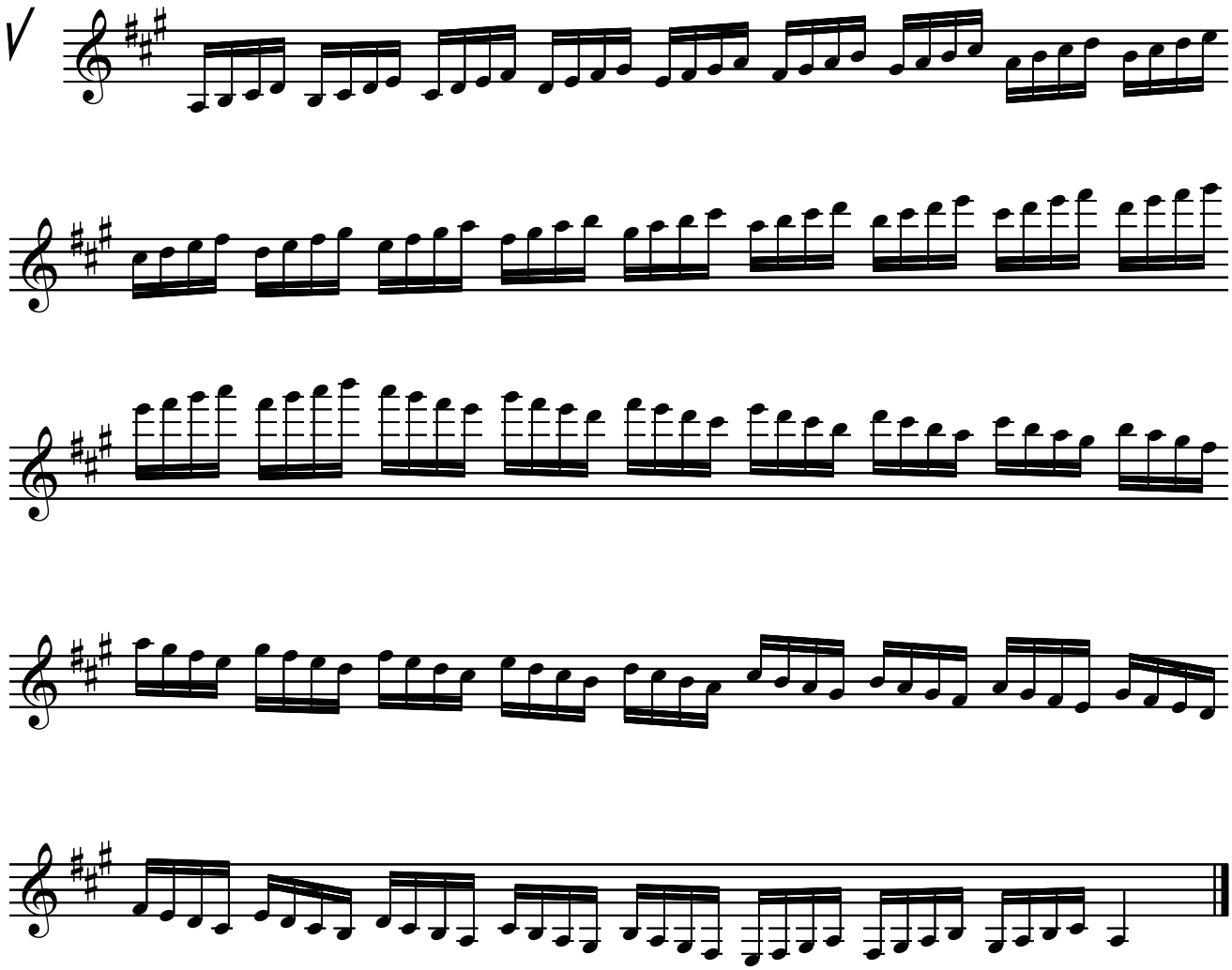


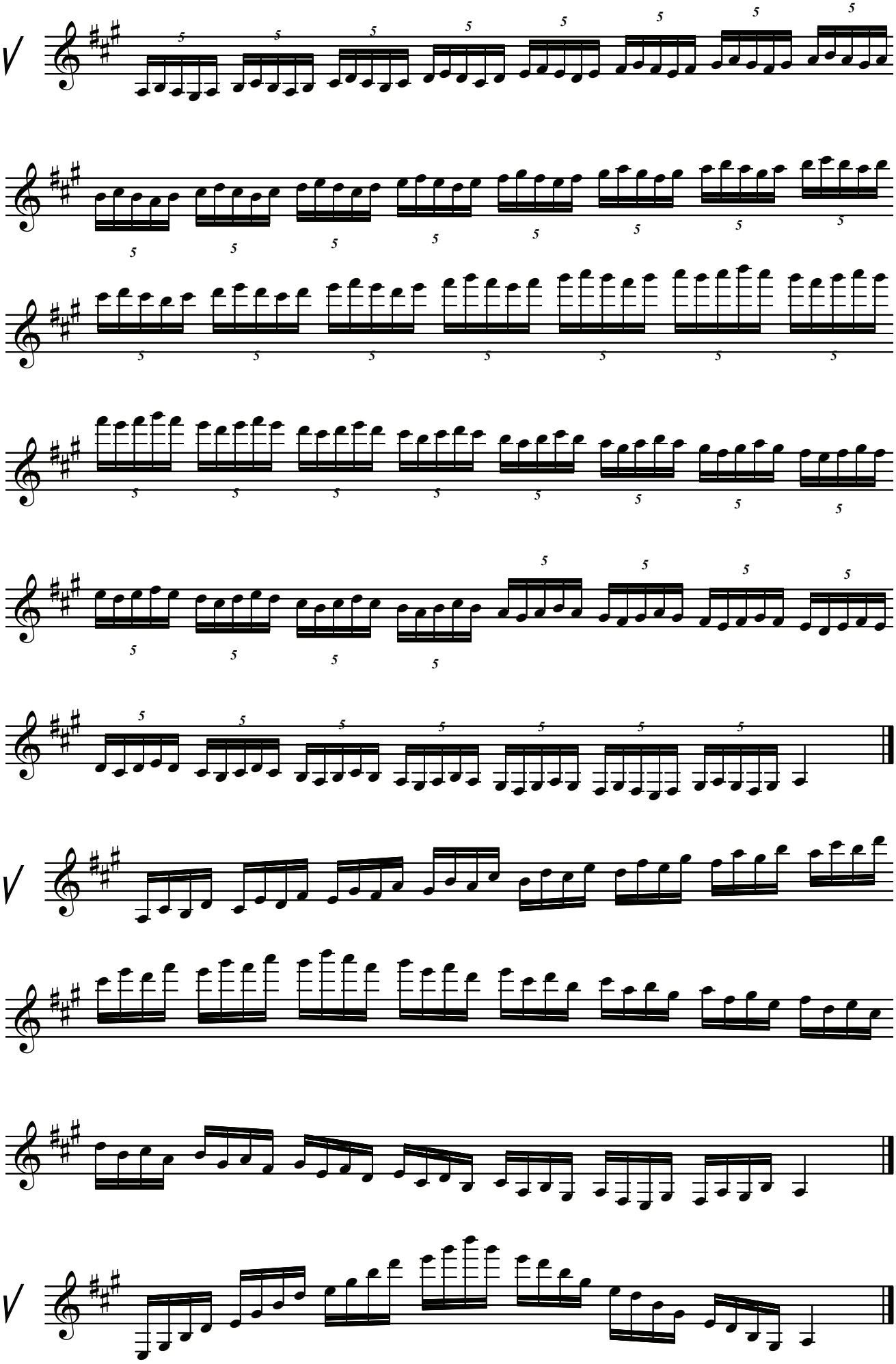


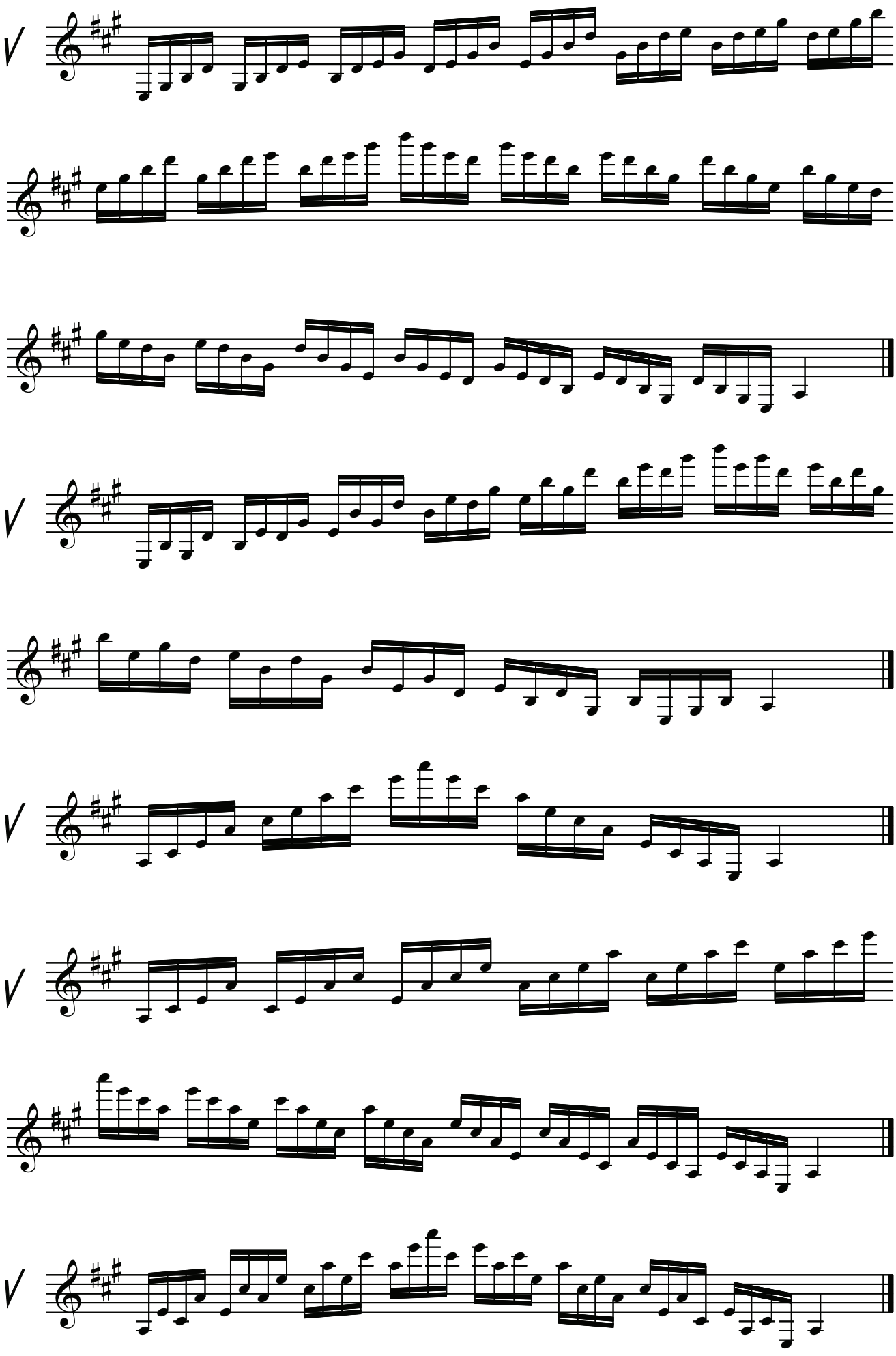


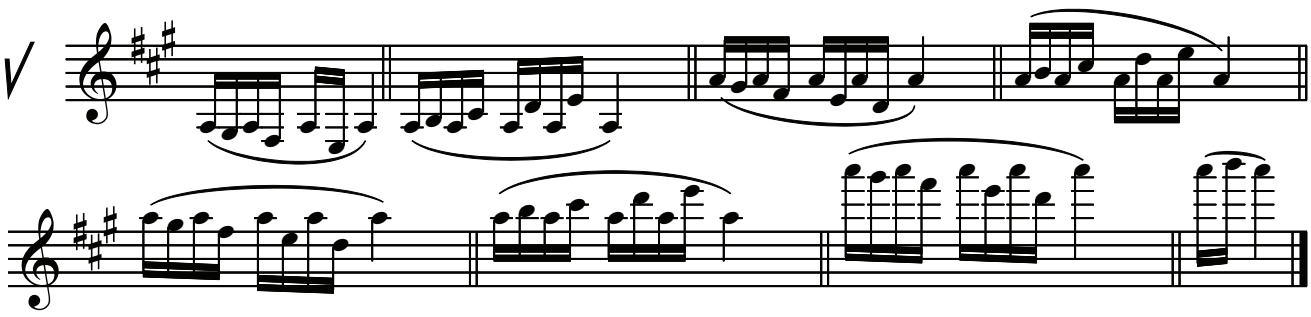
A-dur / A Major



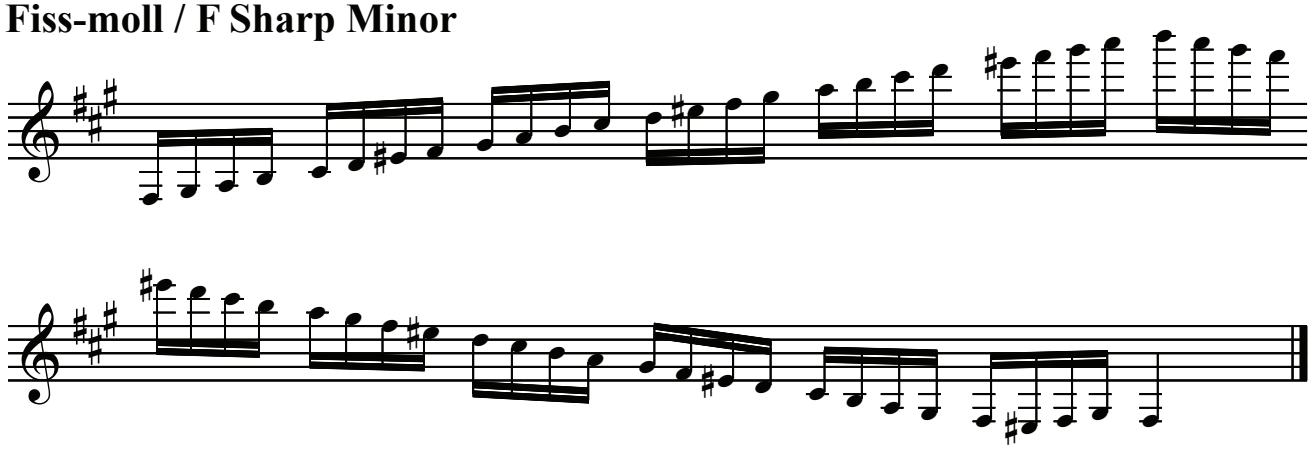


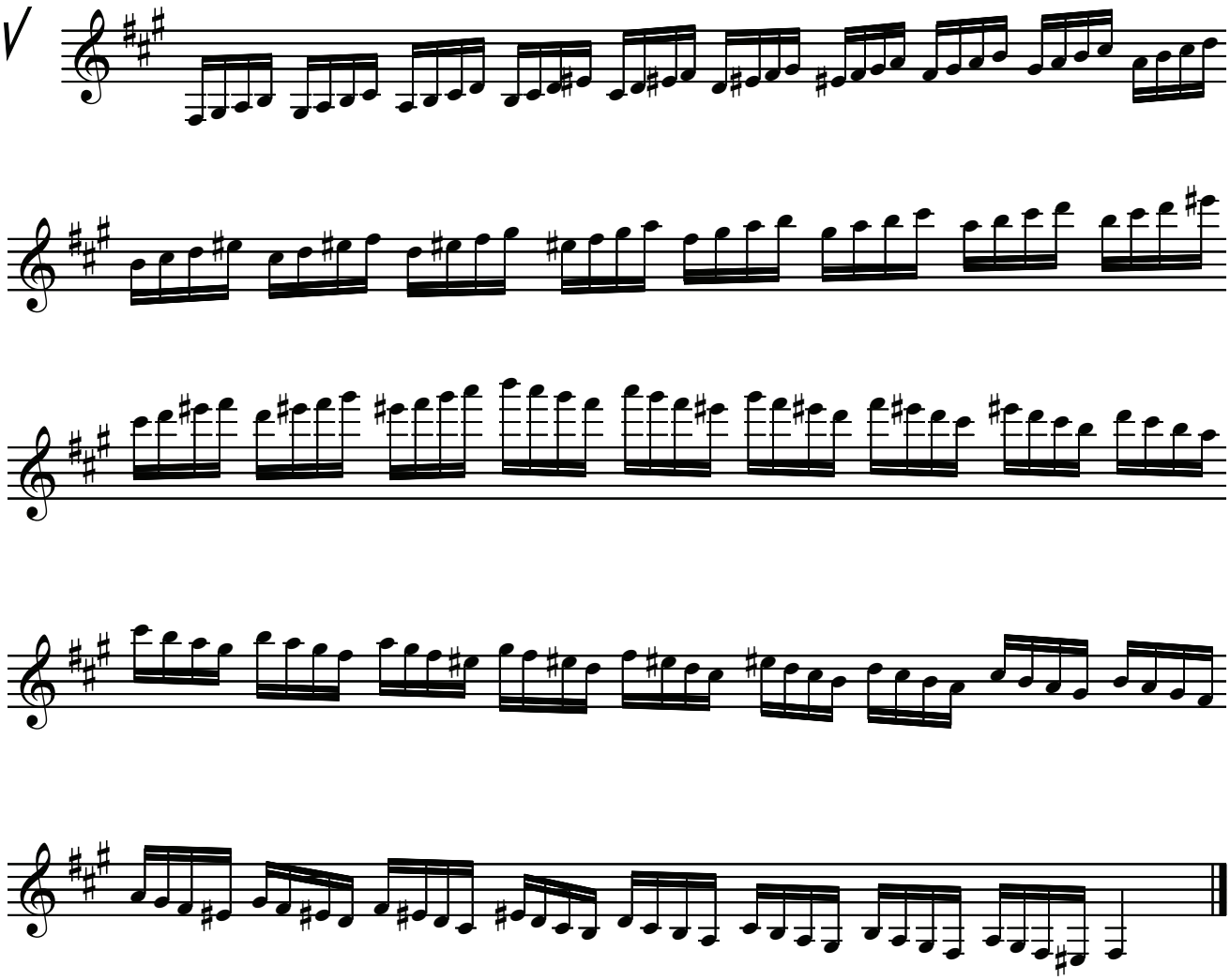


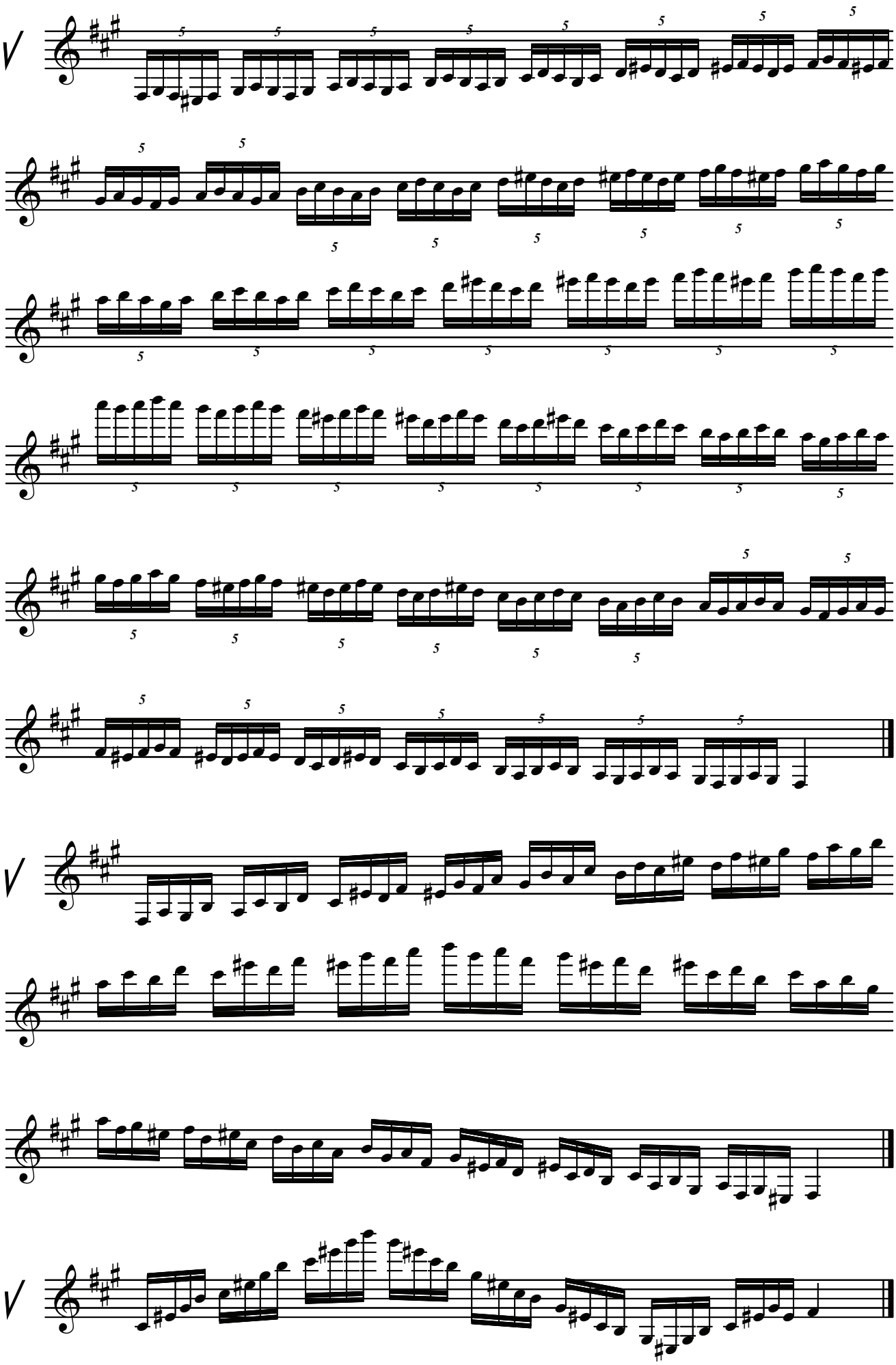


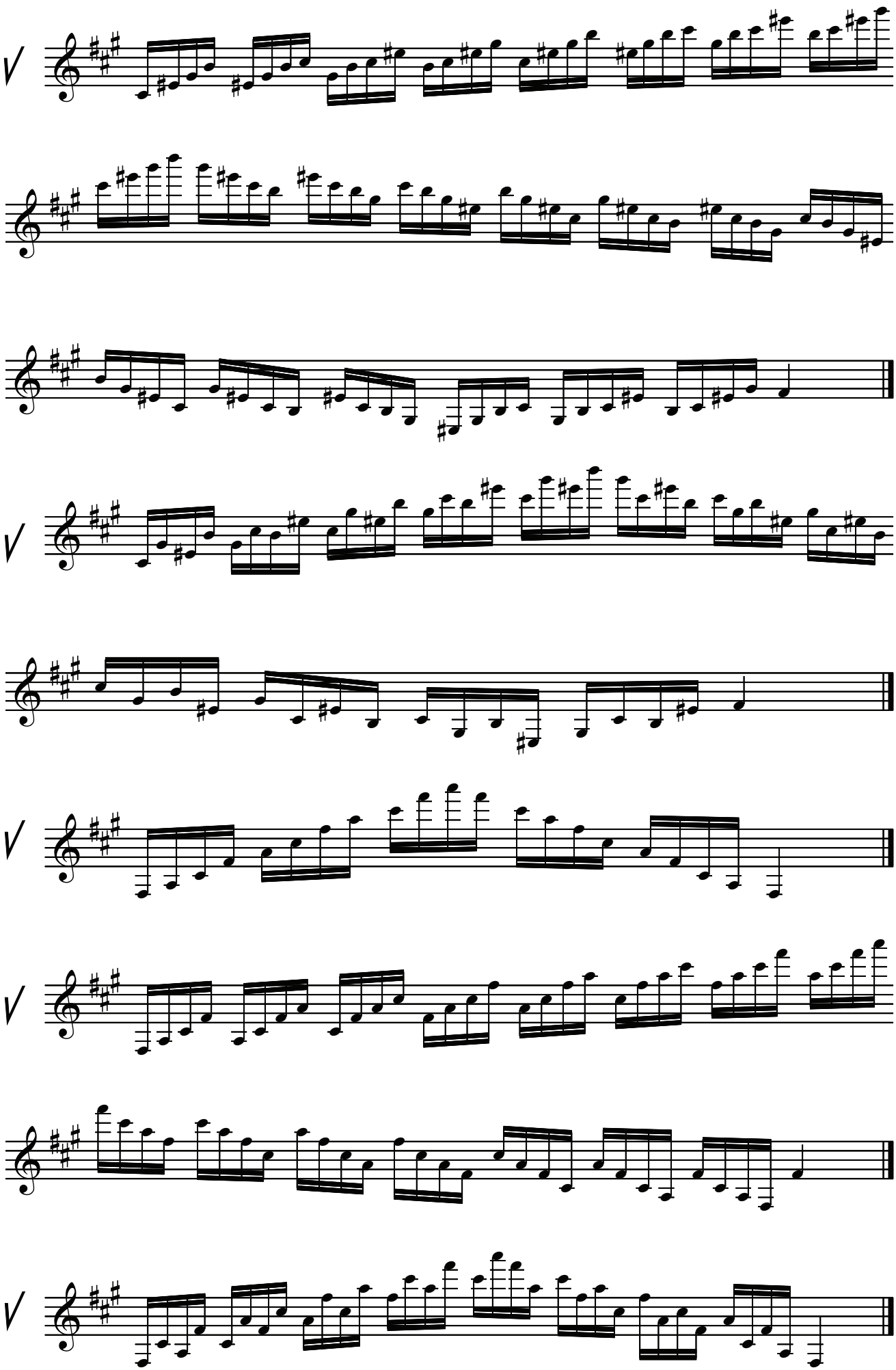


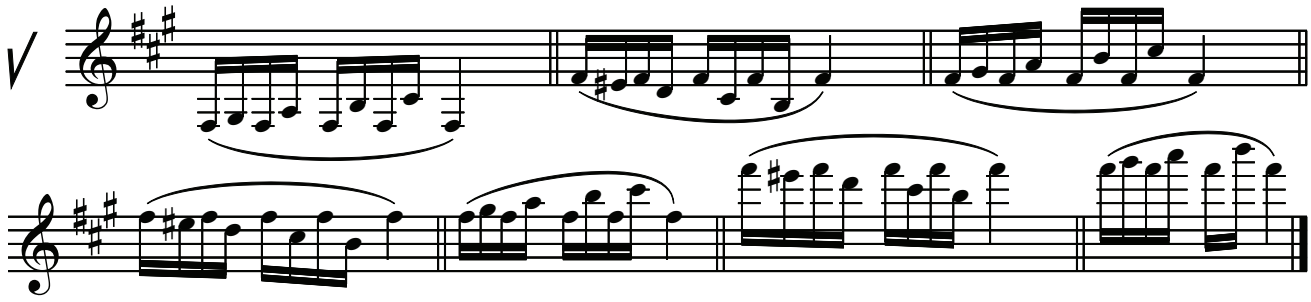
Fiss-moll / F Sharp Minor



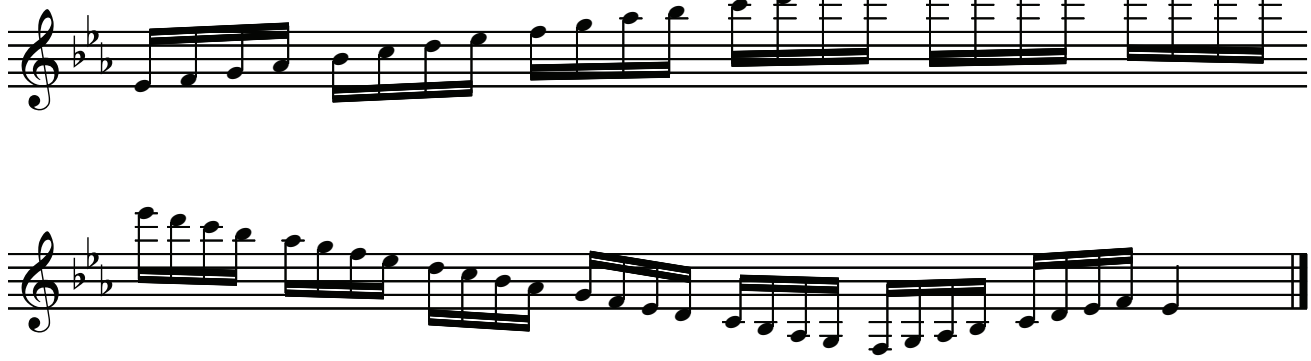


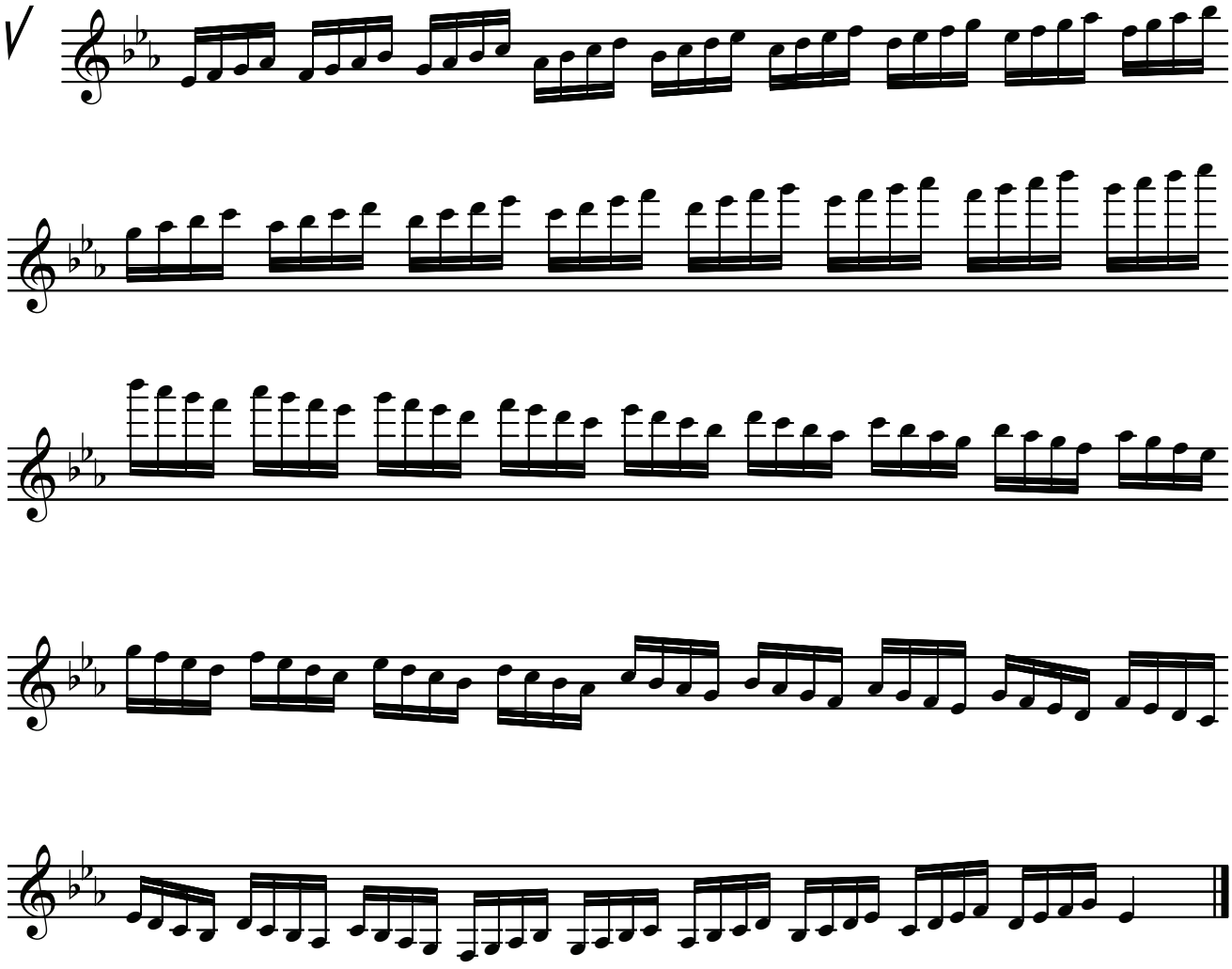


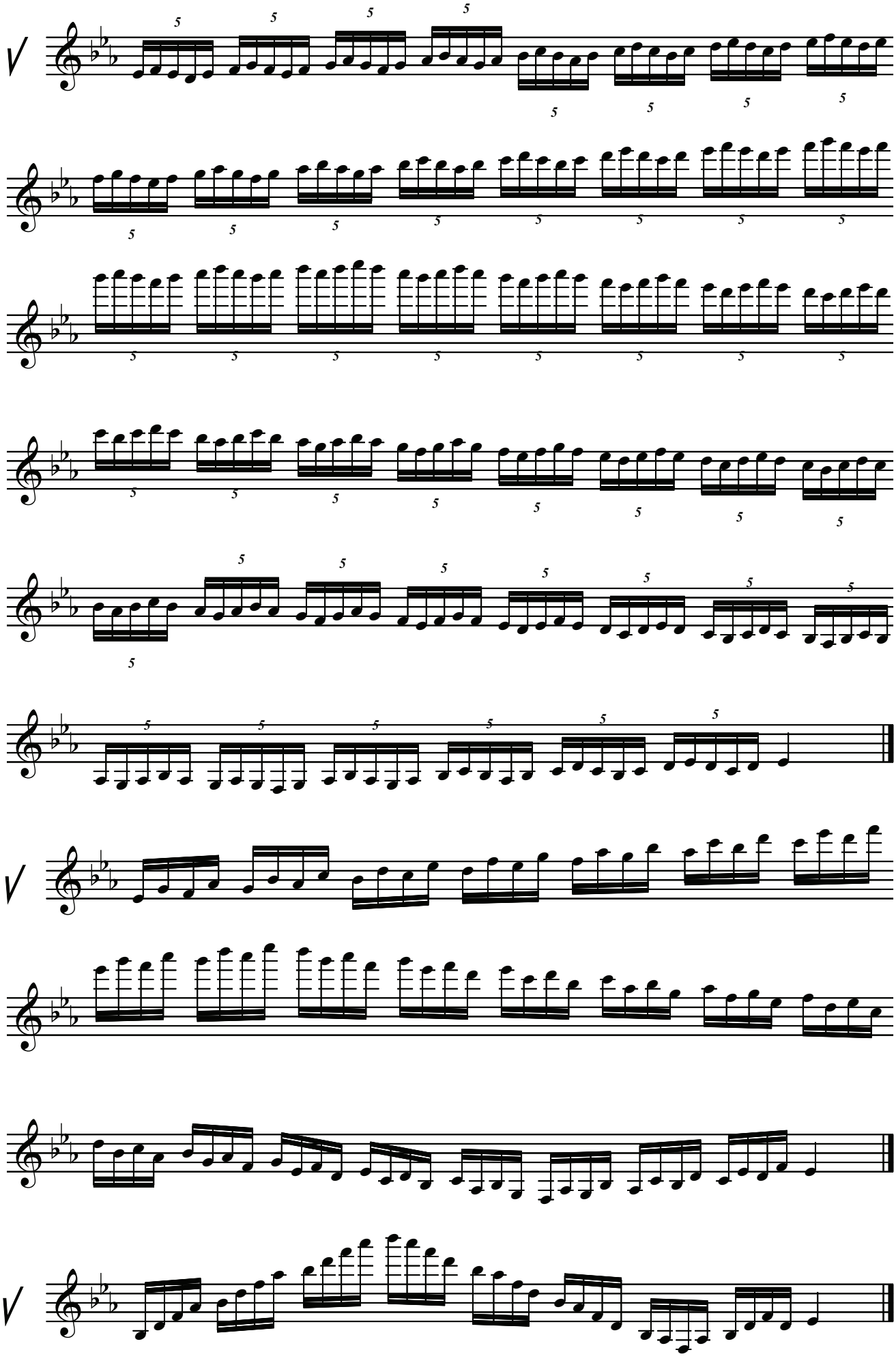


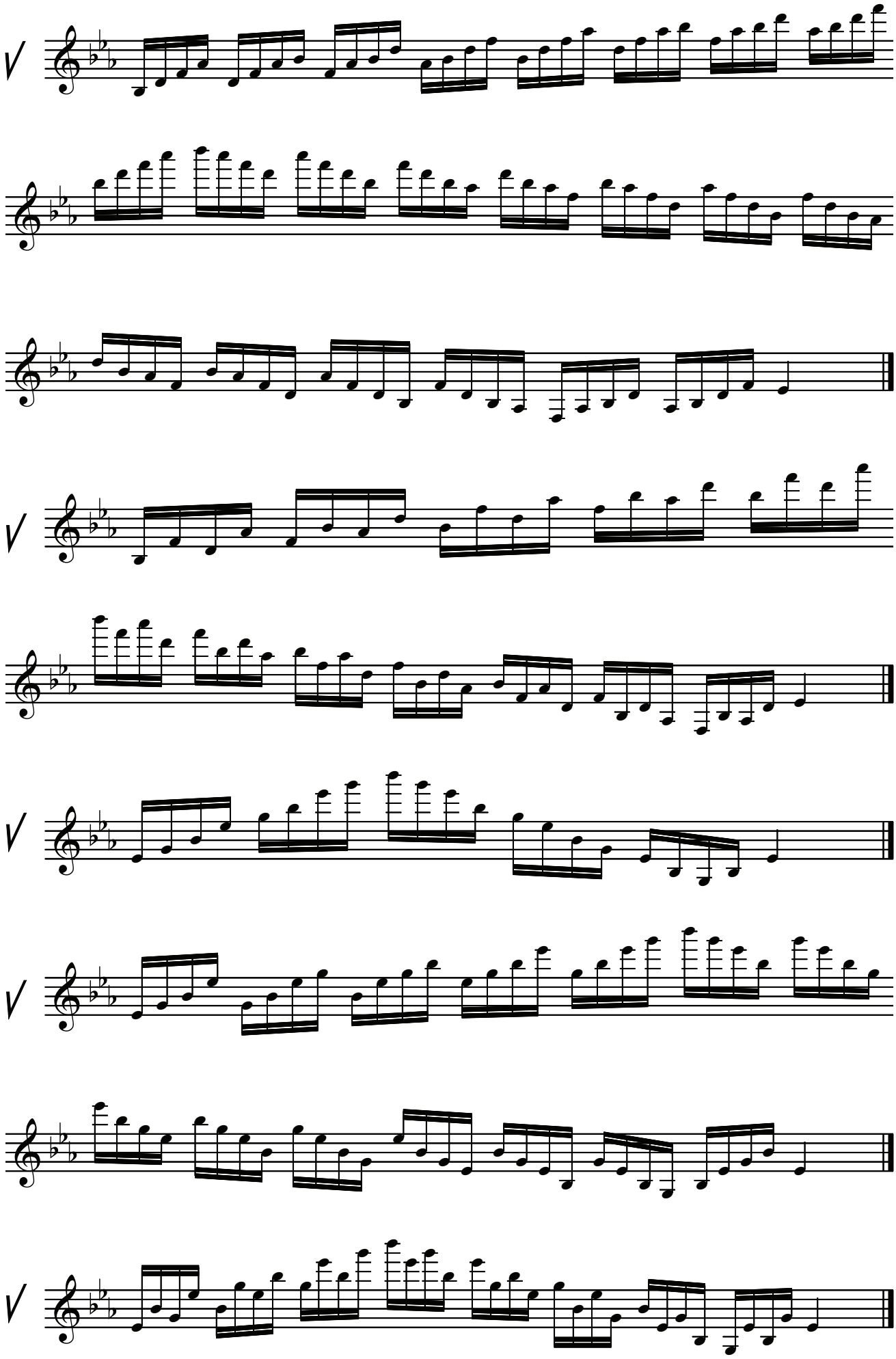


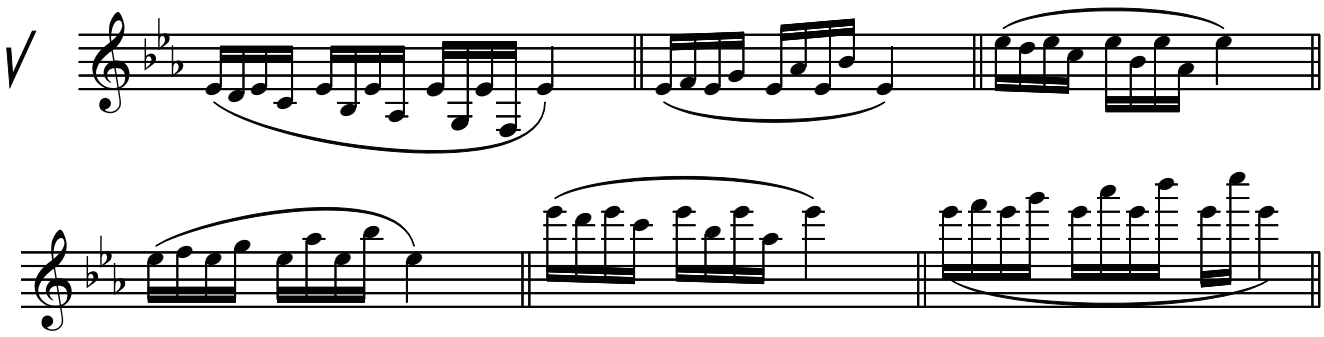
Ess-dur / E Flat Major



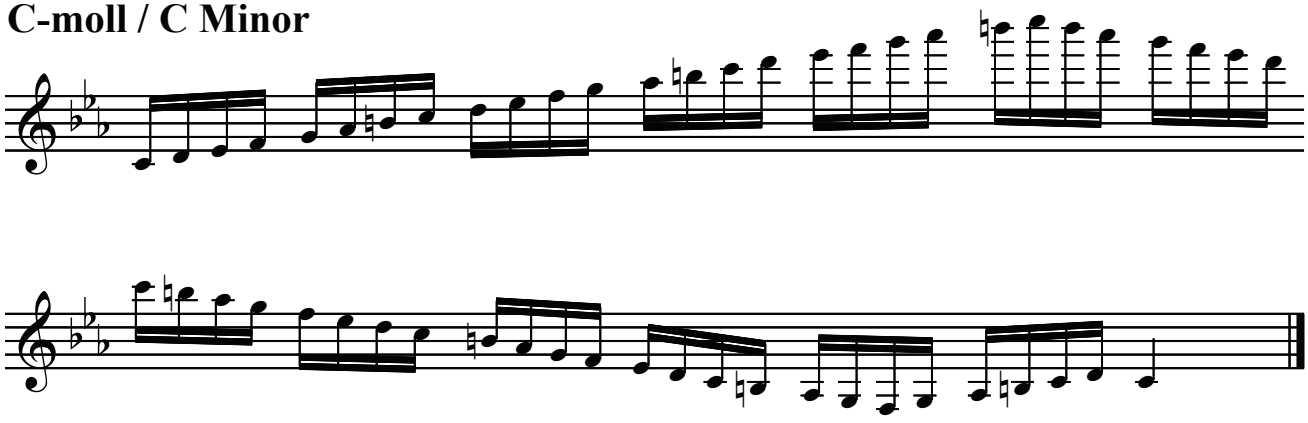


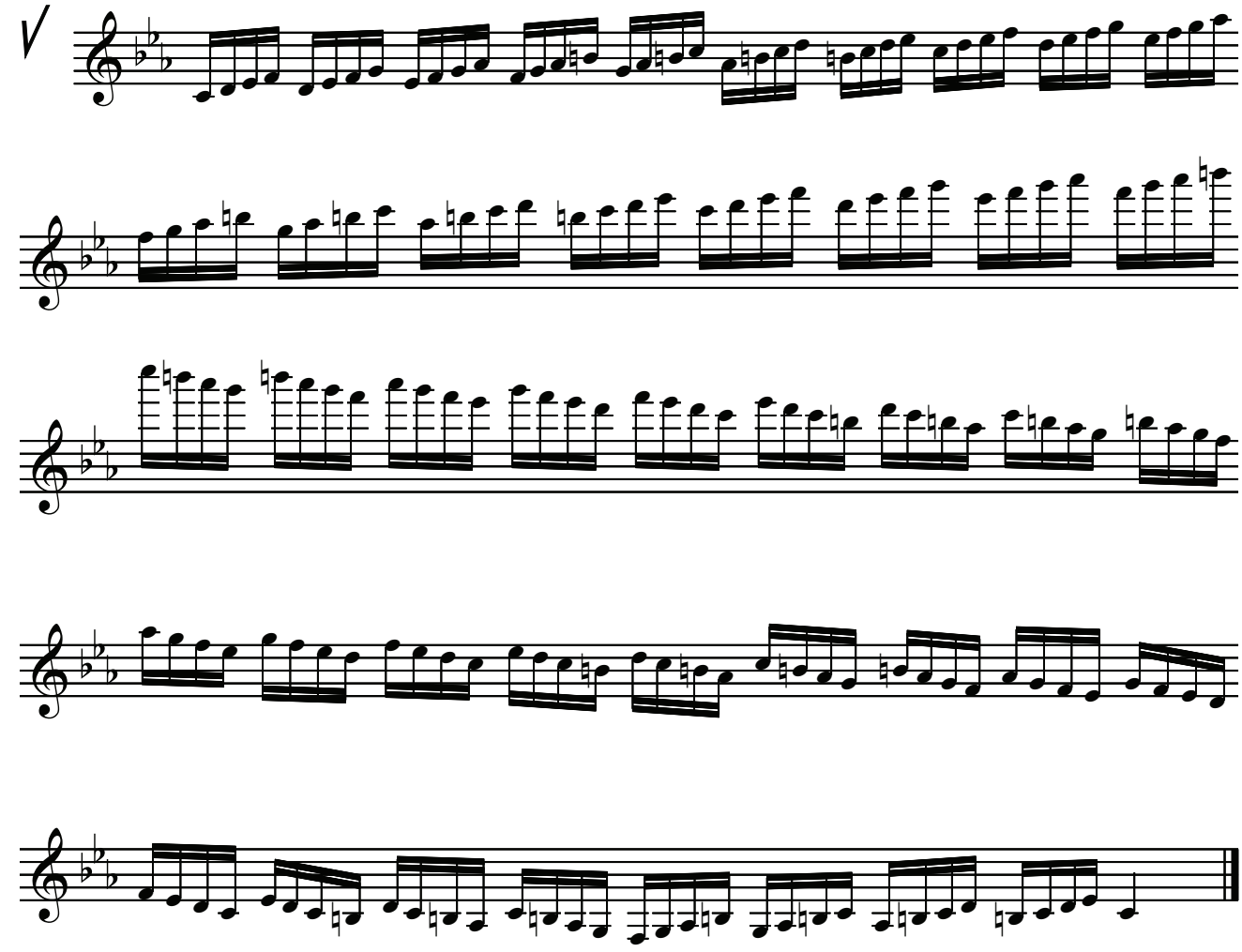


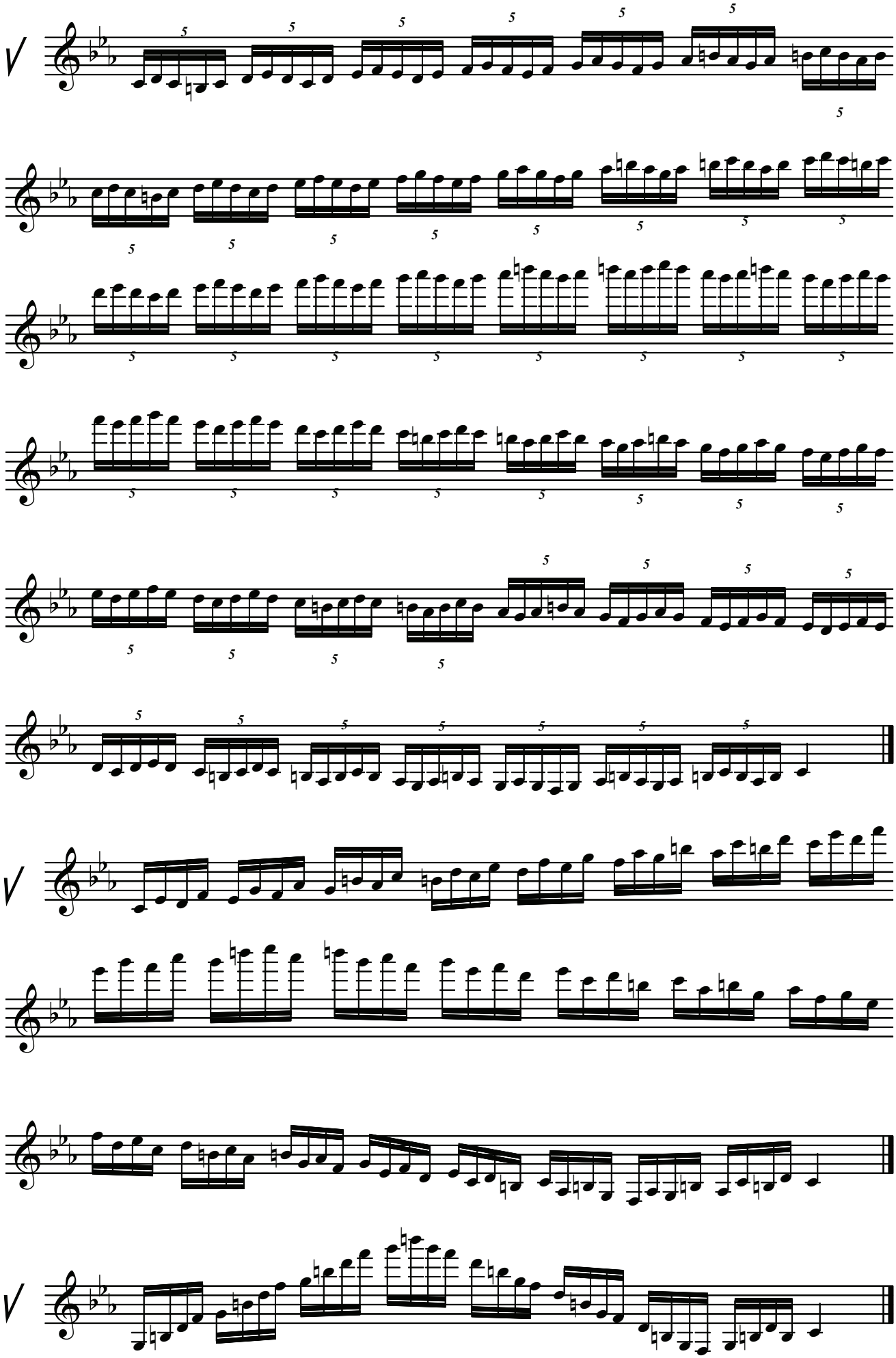


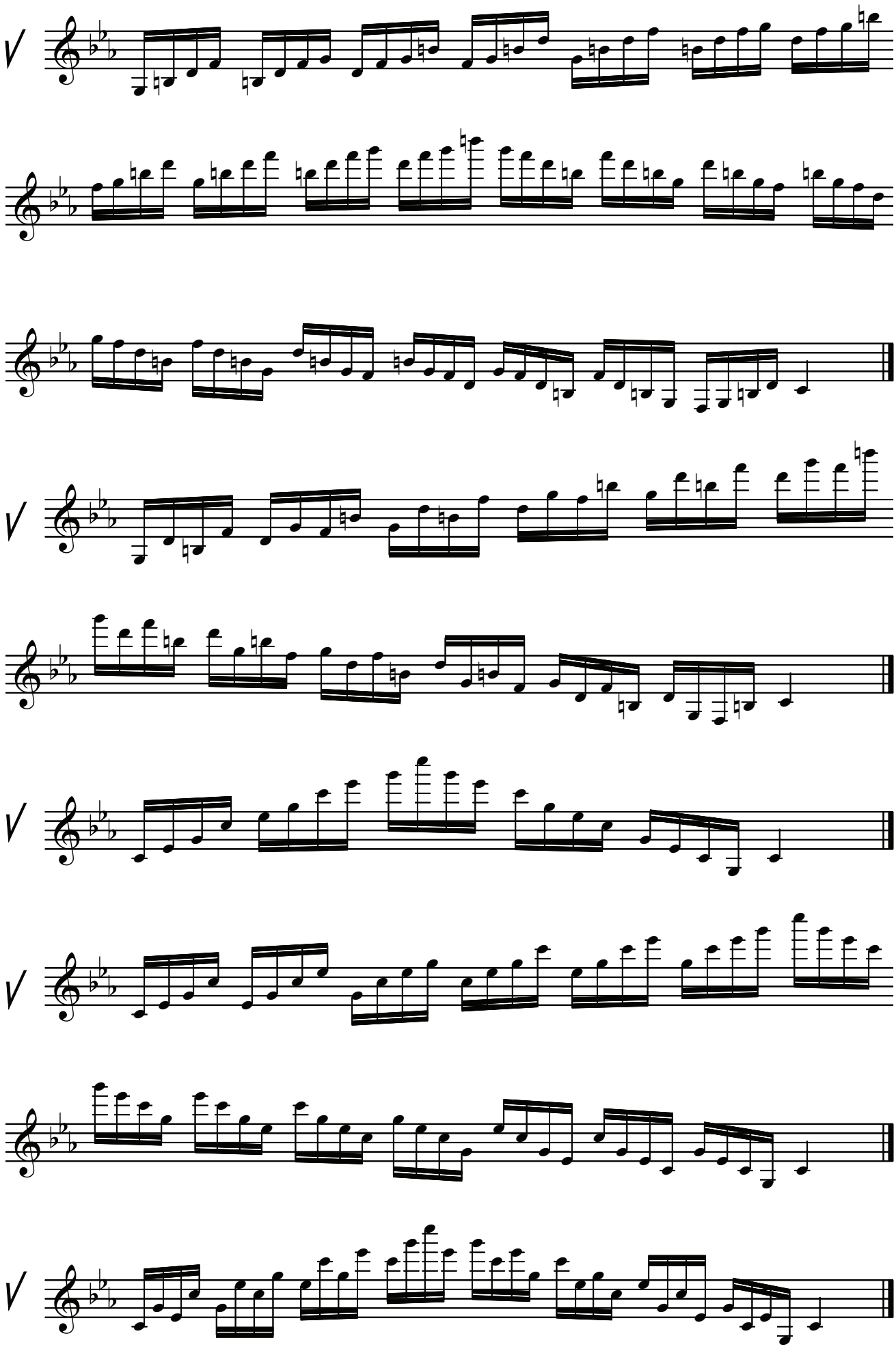


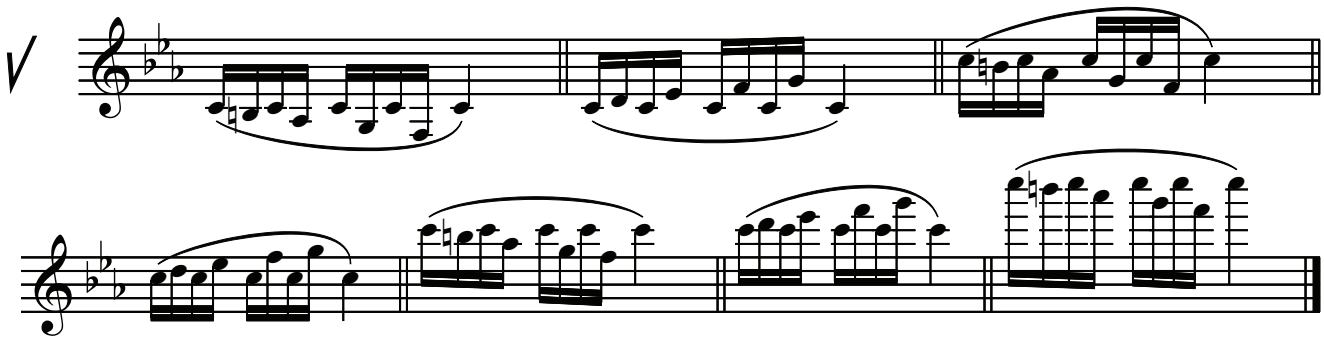
C-moll / C Minor



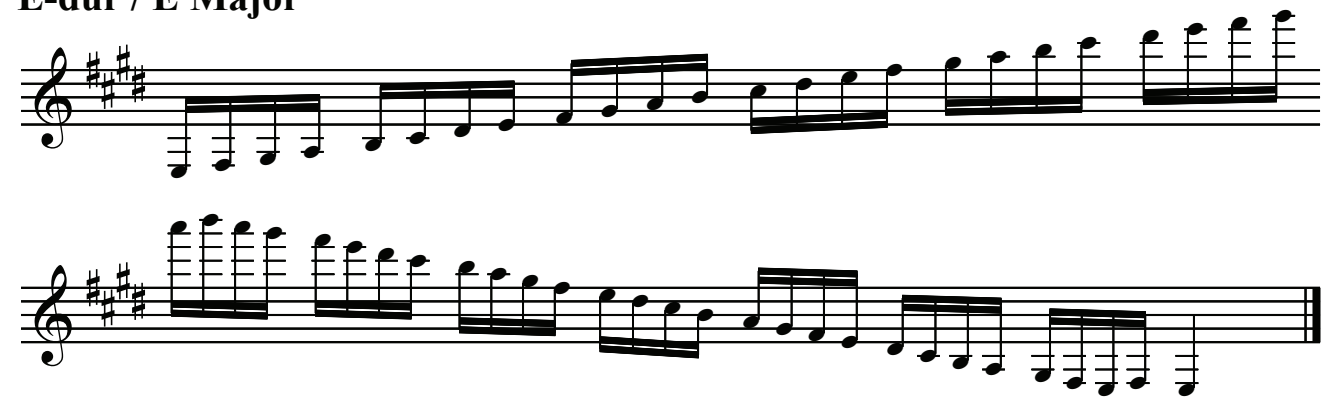


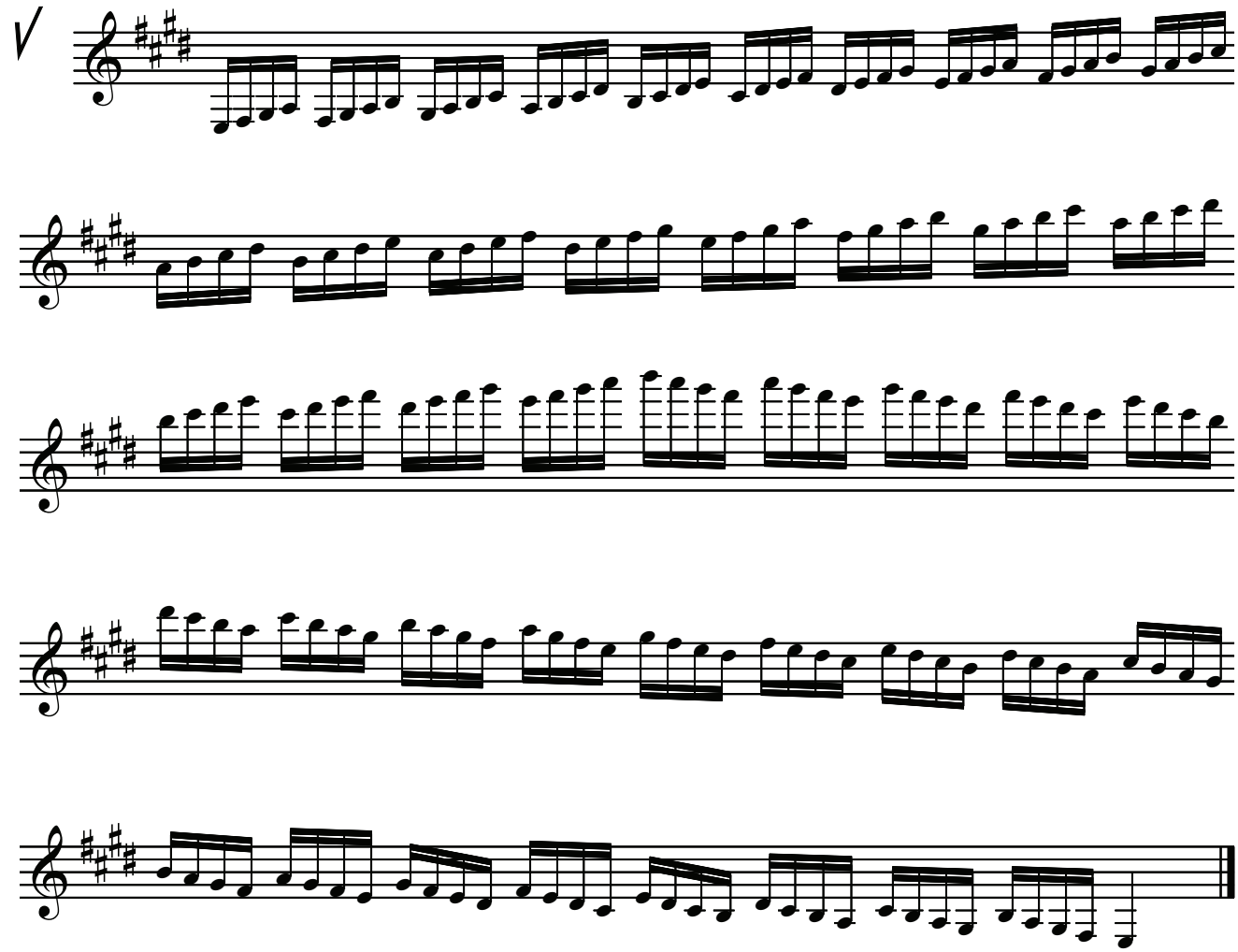


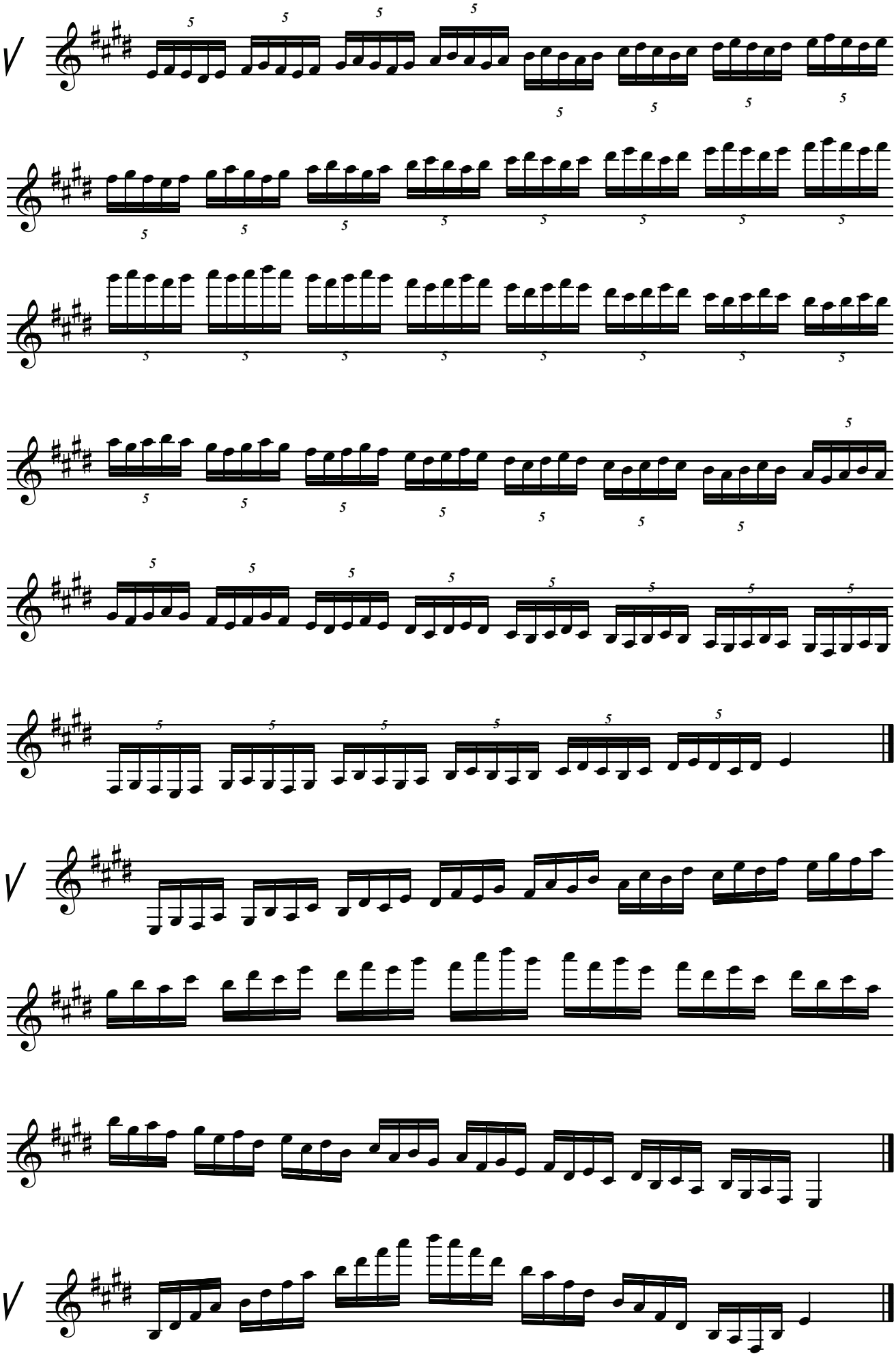


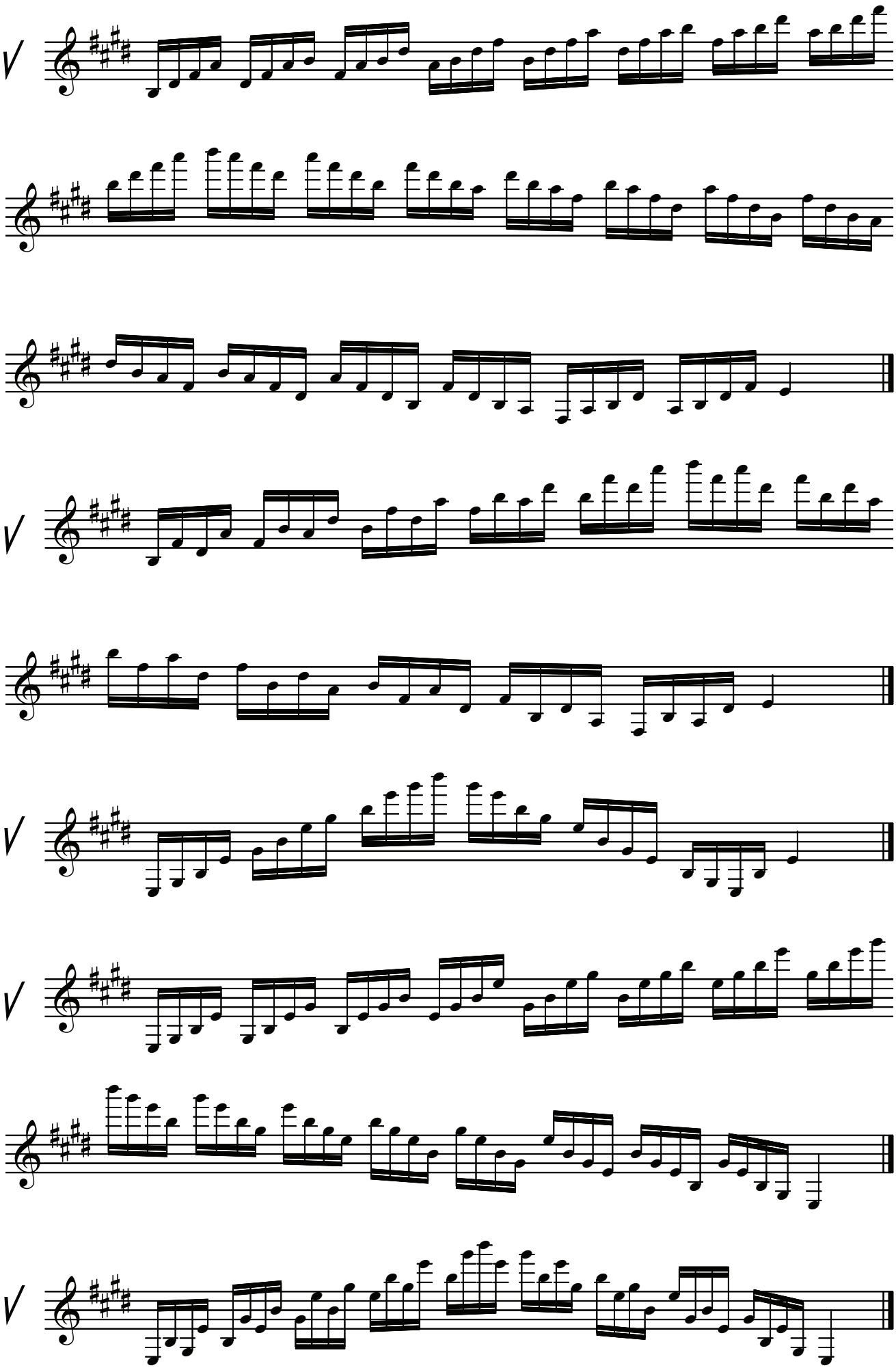


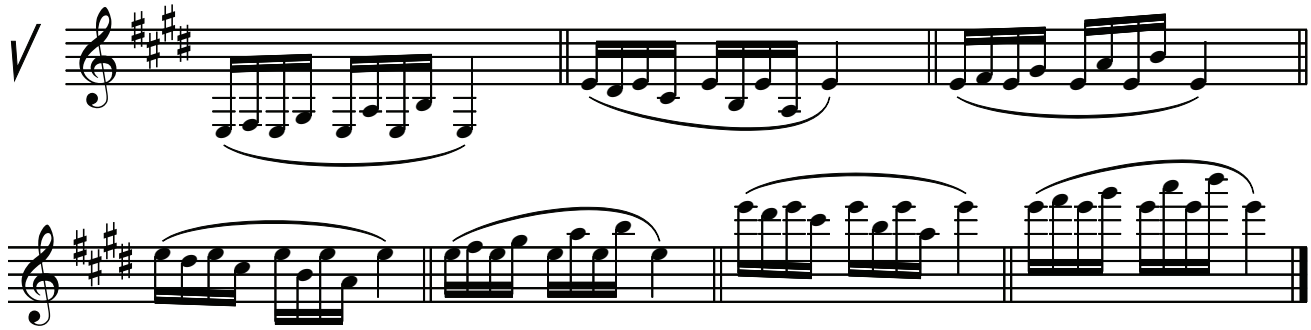
E-dur / E Major



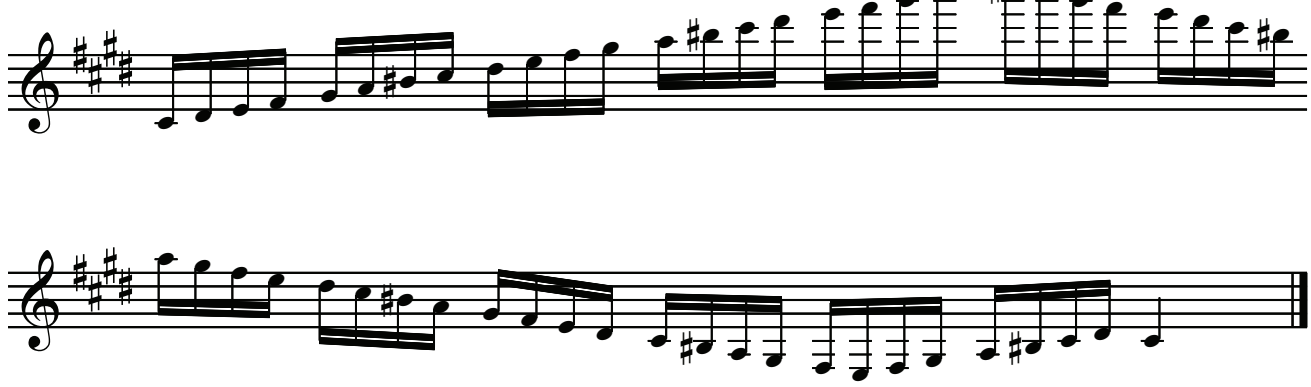


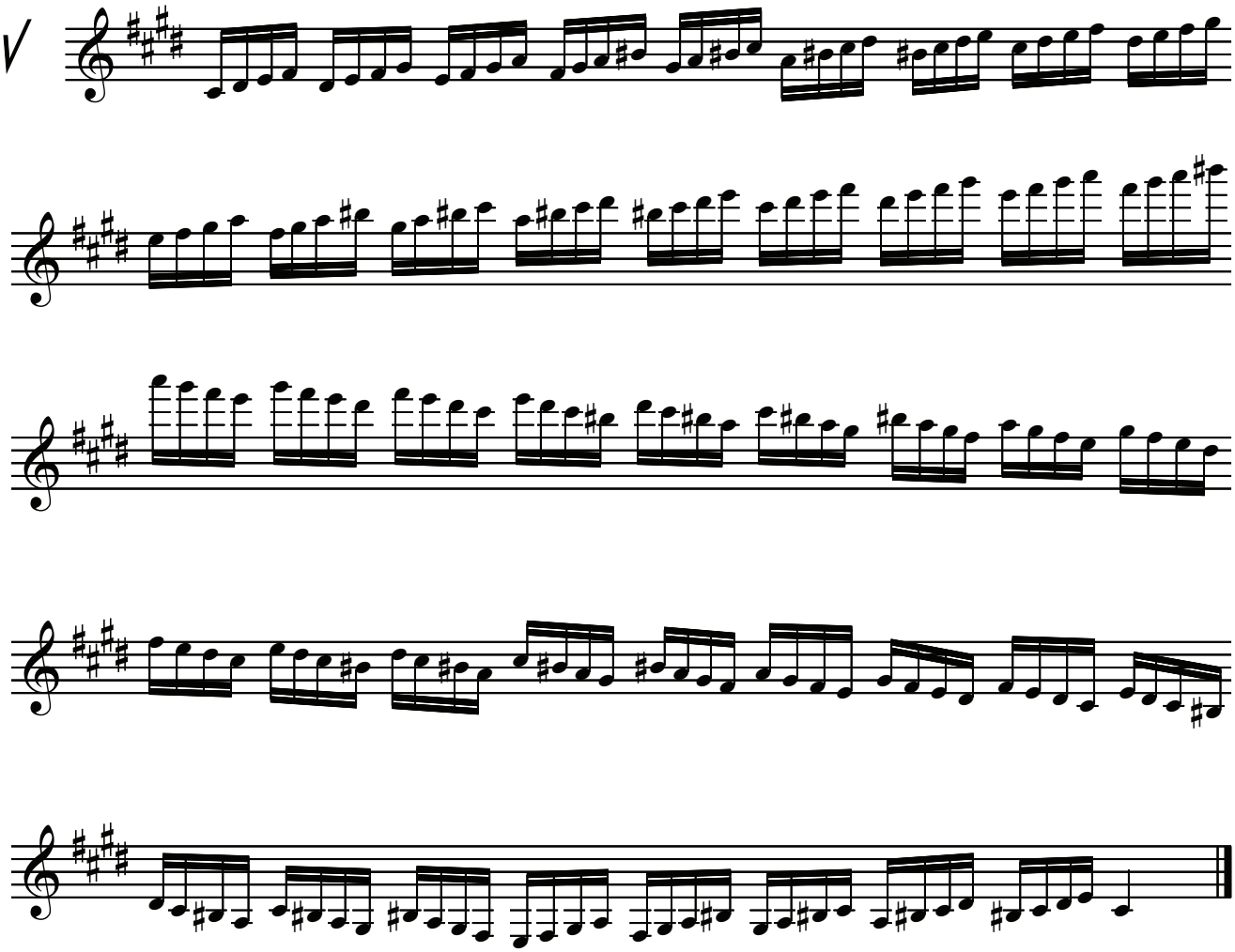


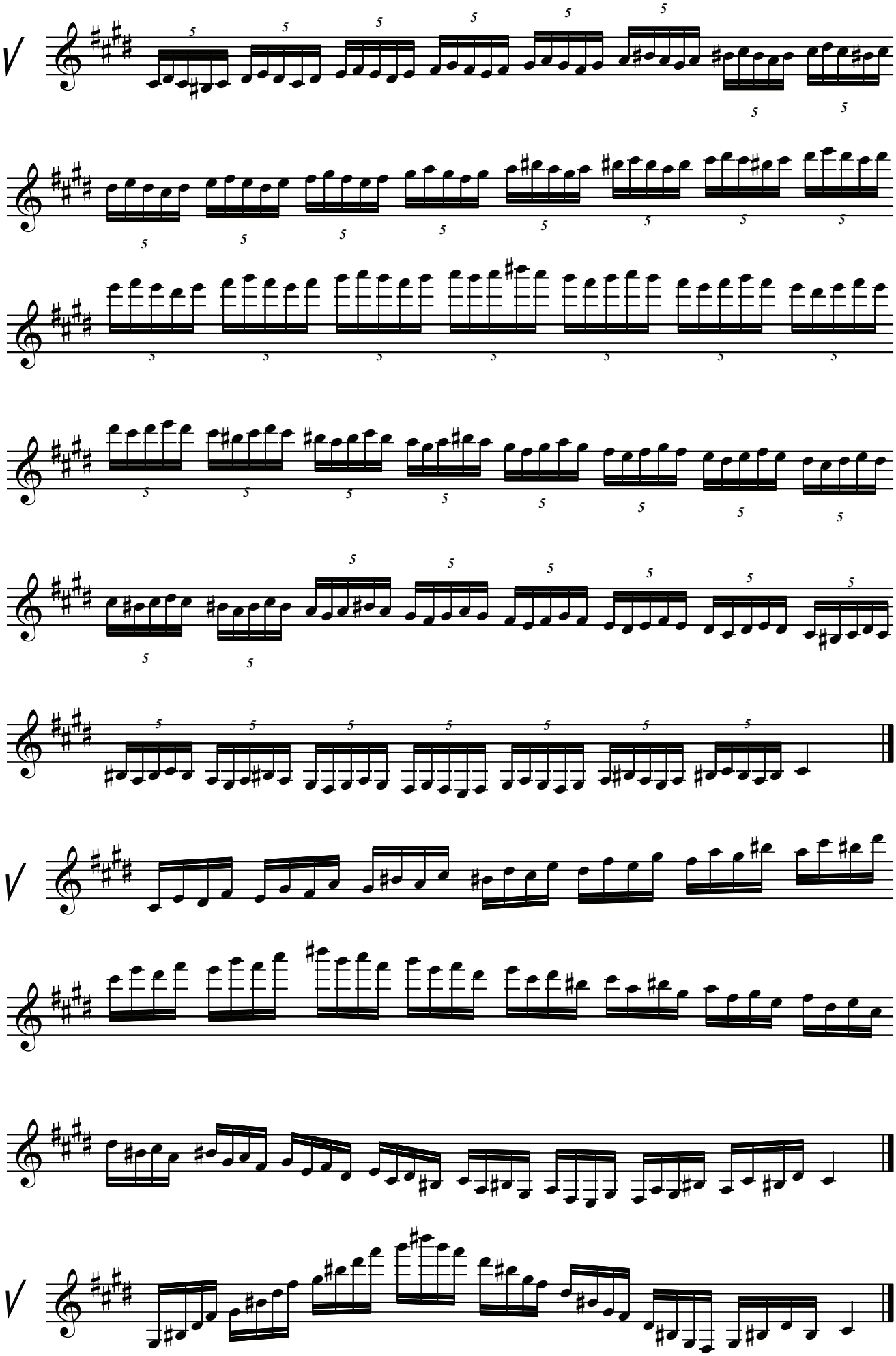


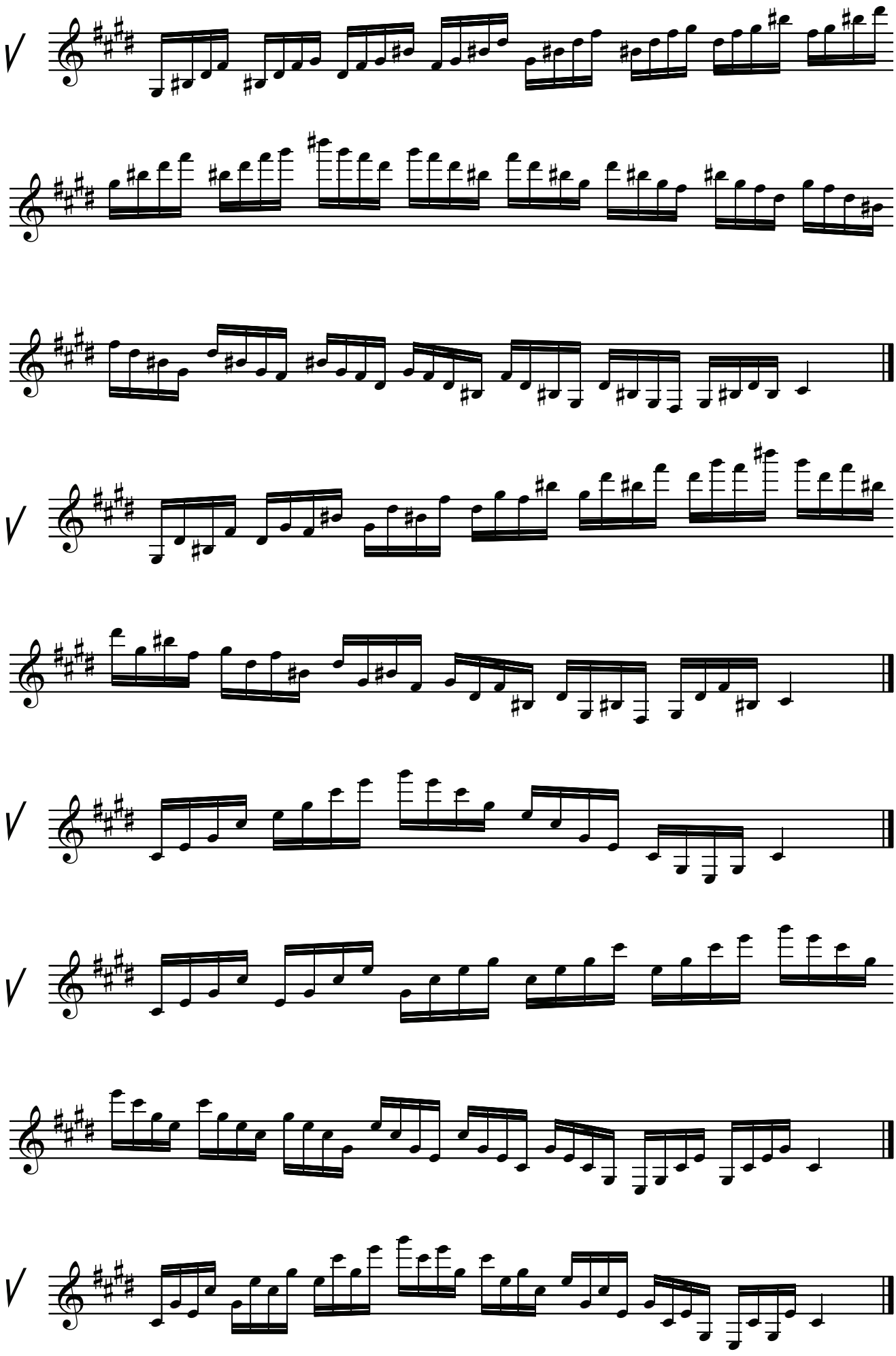


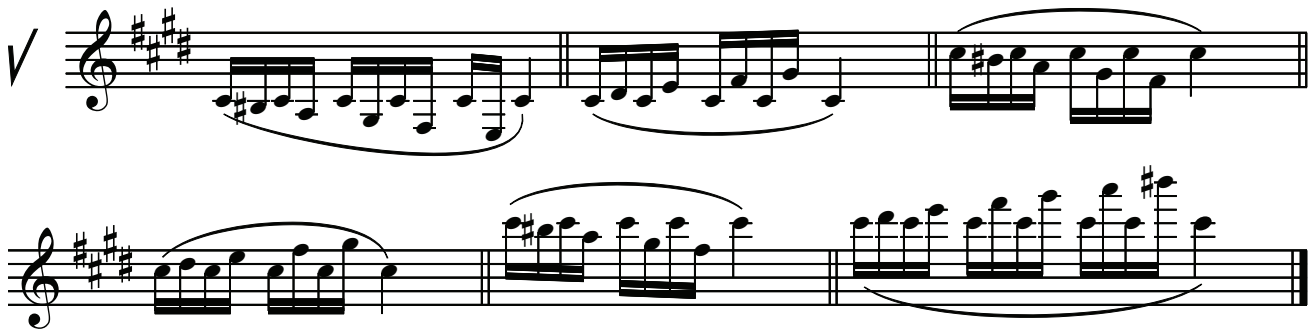
Ciss-moll / C Sharp Minor



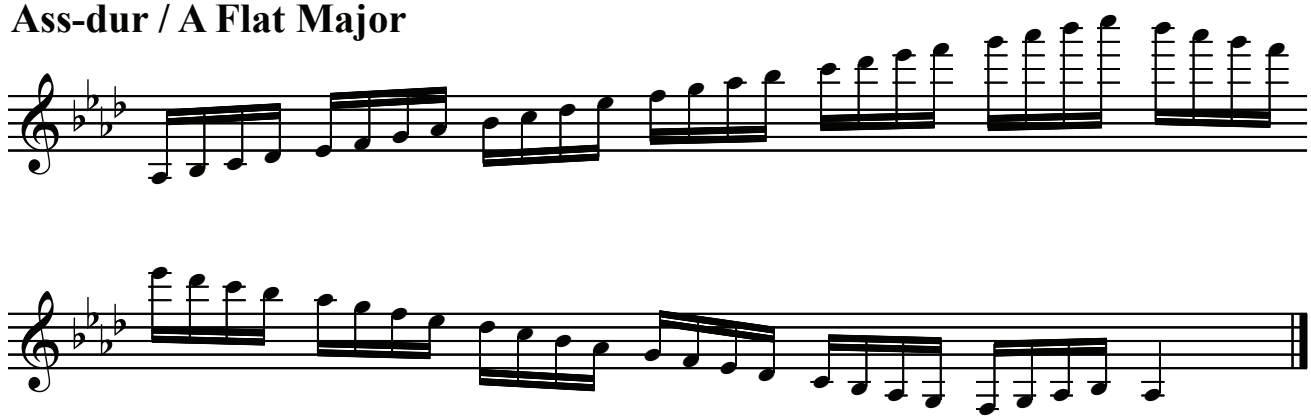


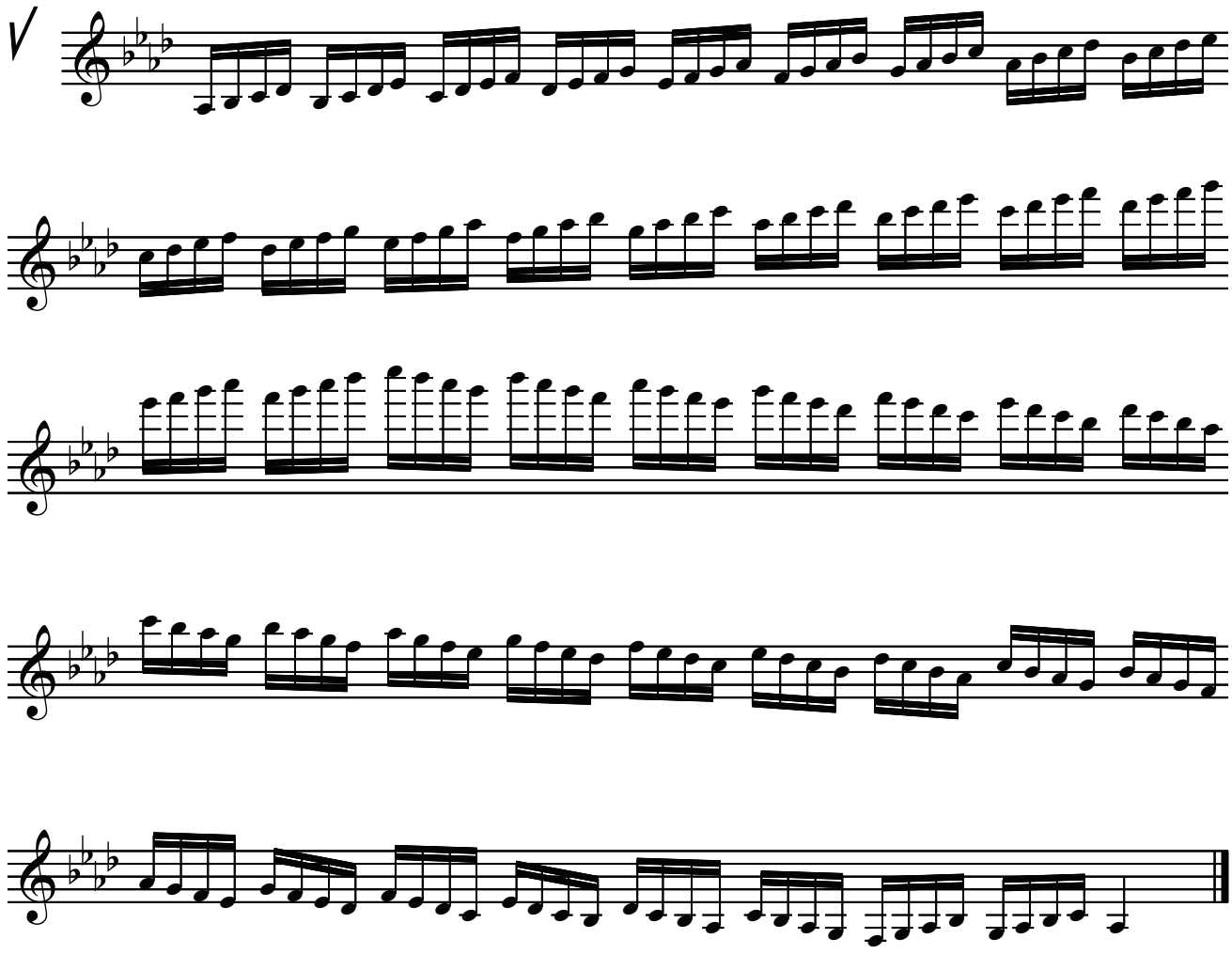


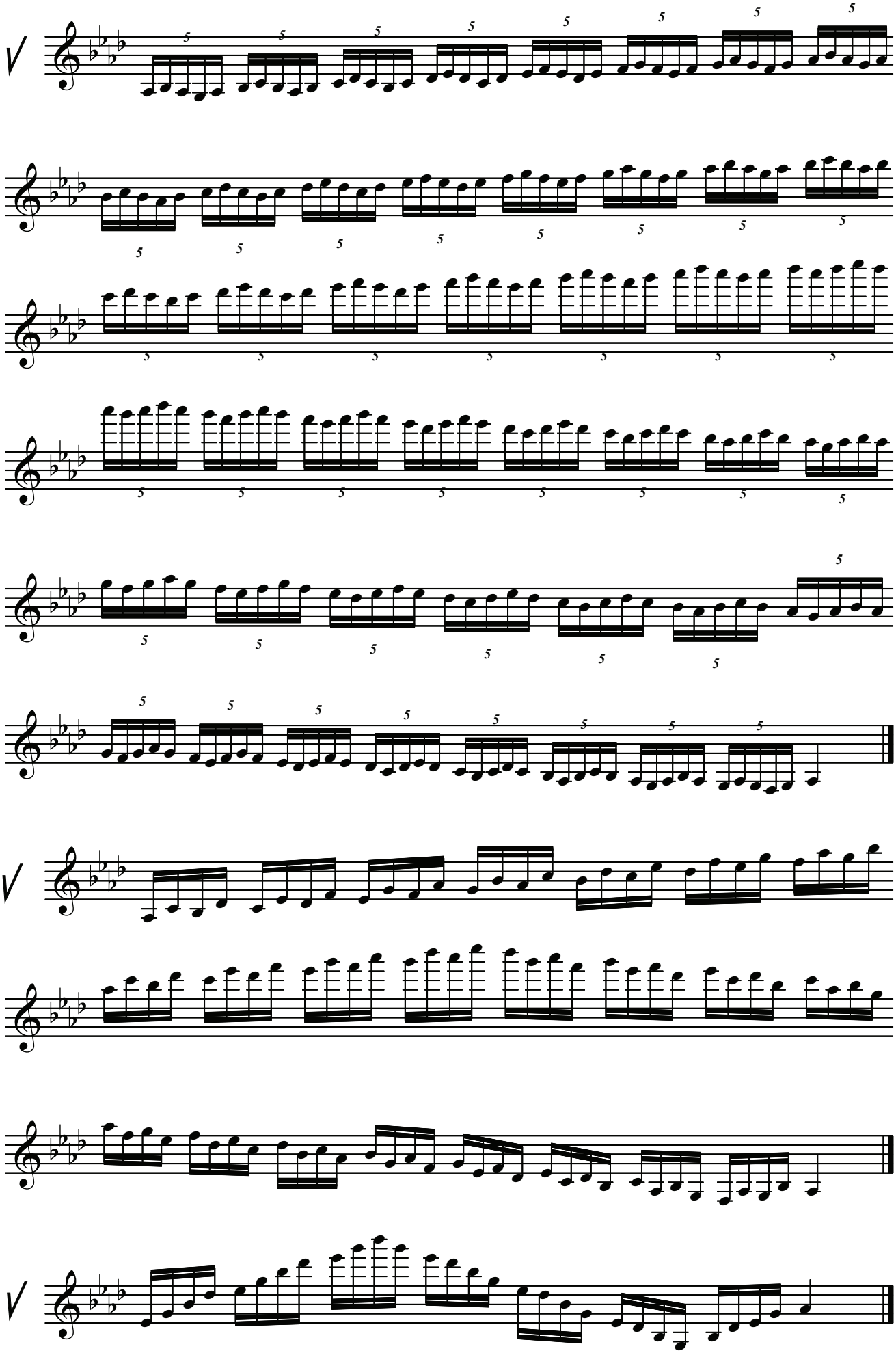


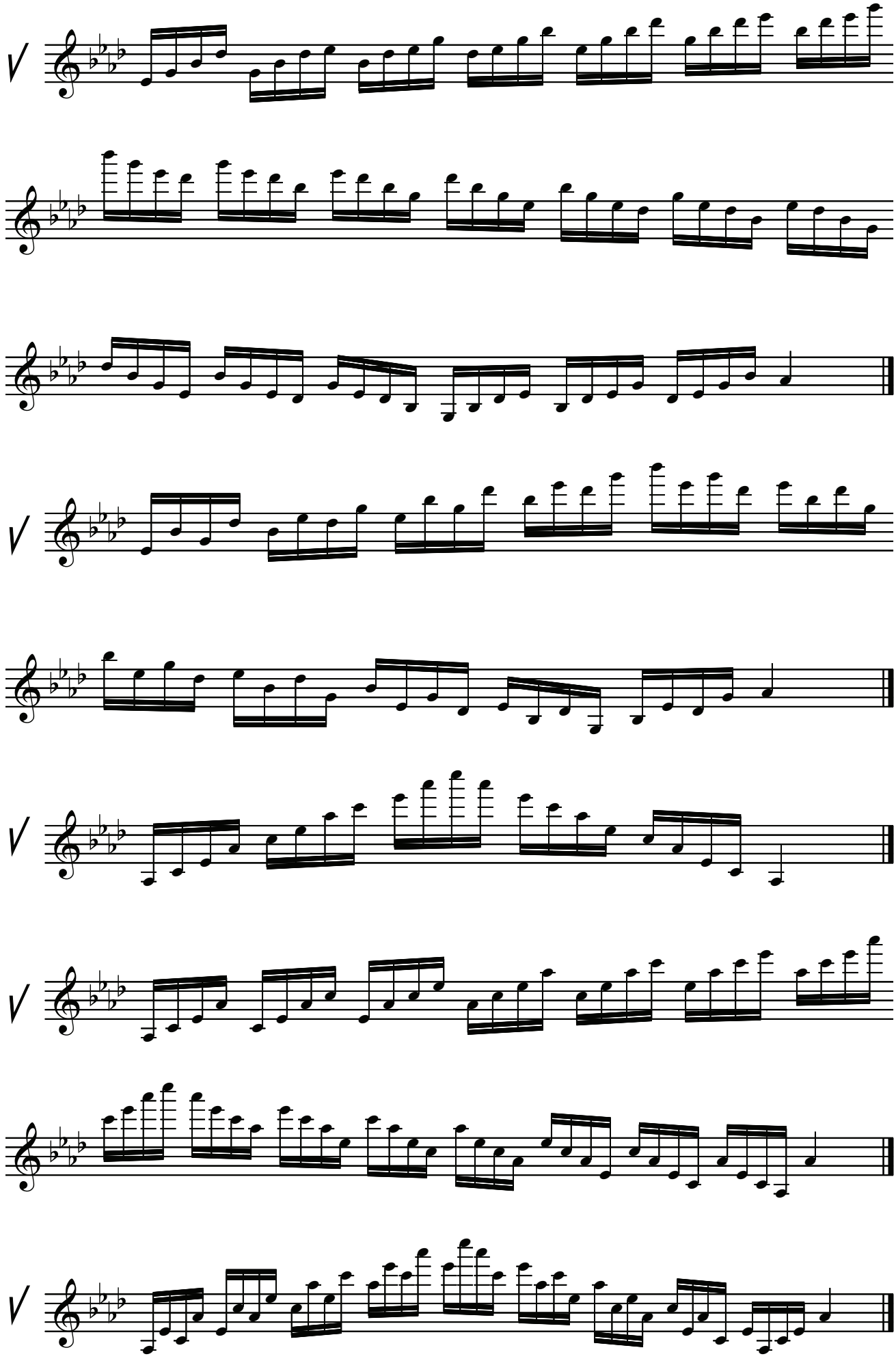


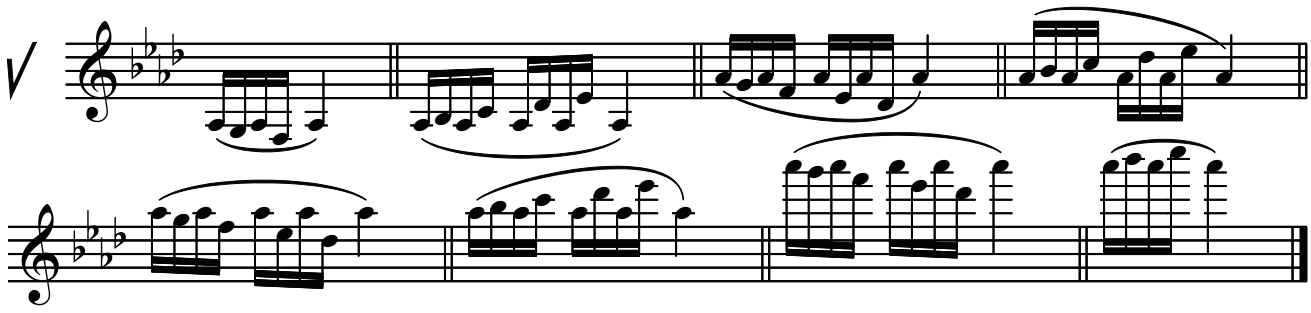
Ass-dur / A Flat Major



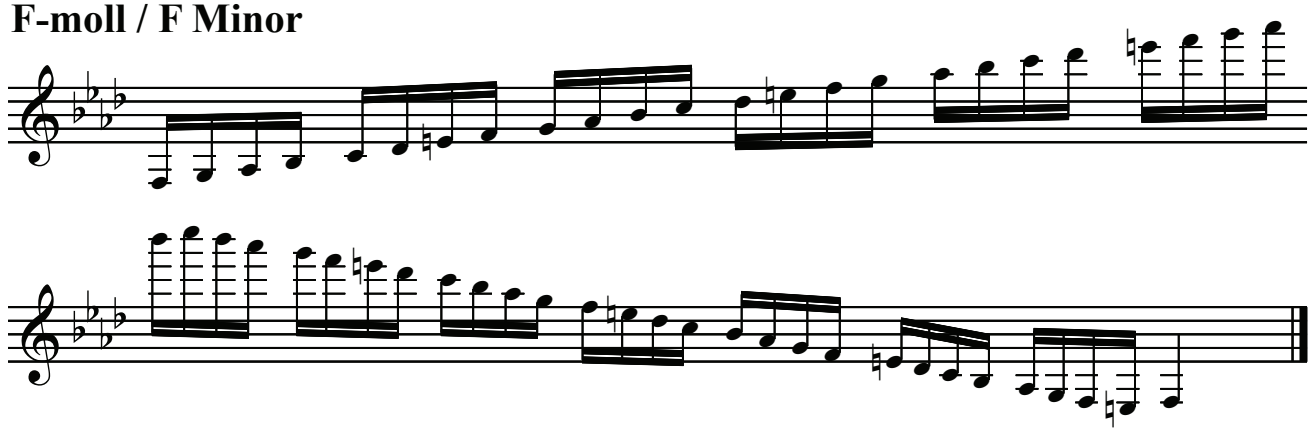


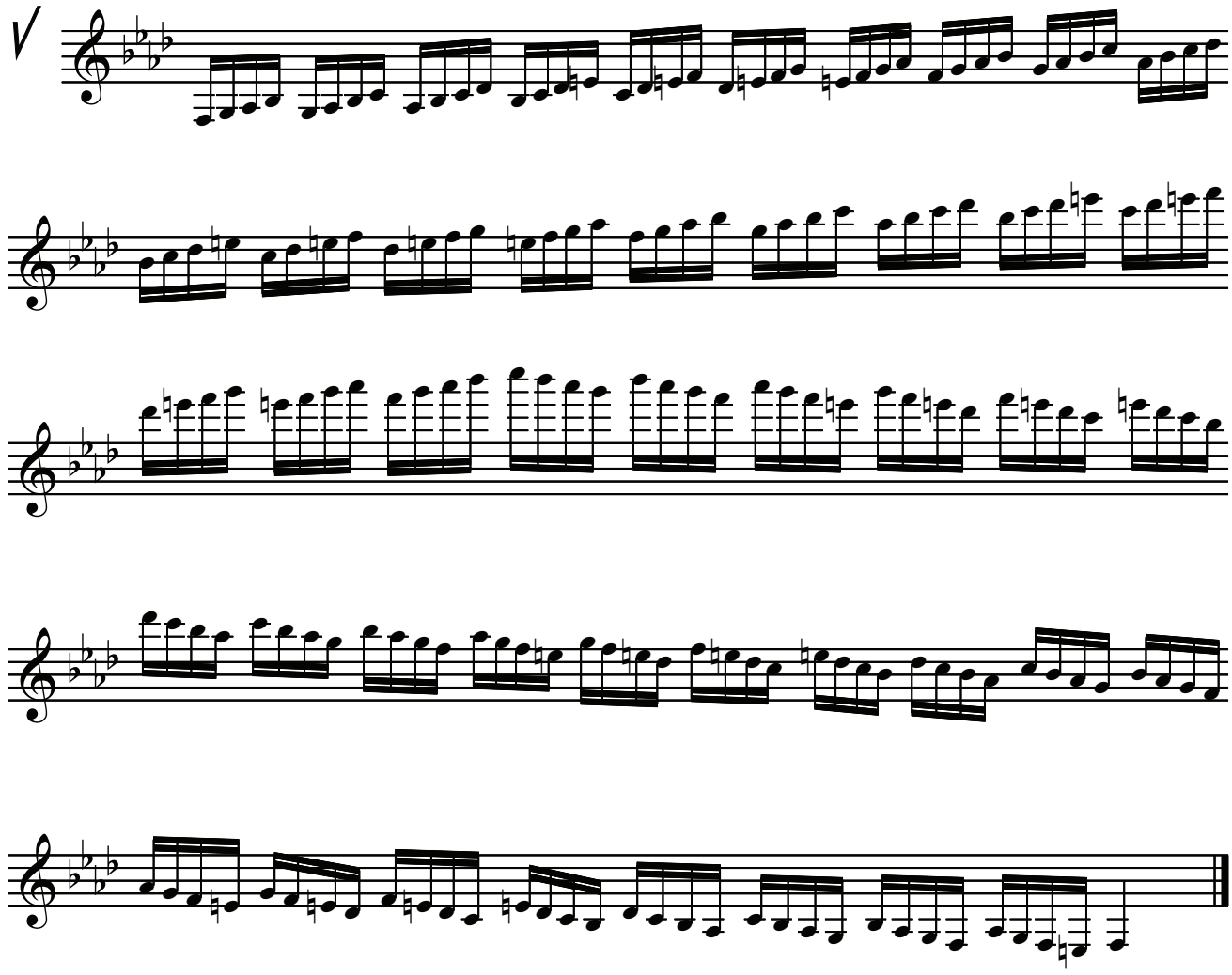


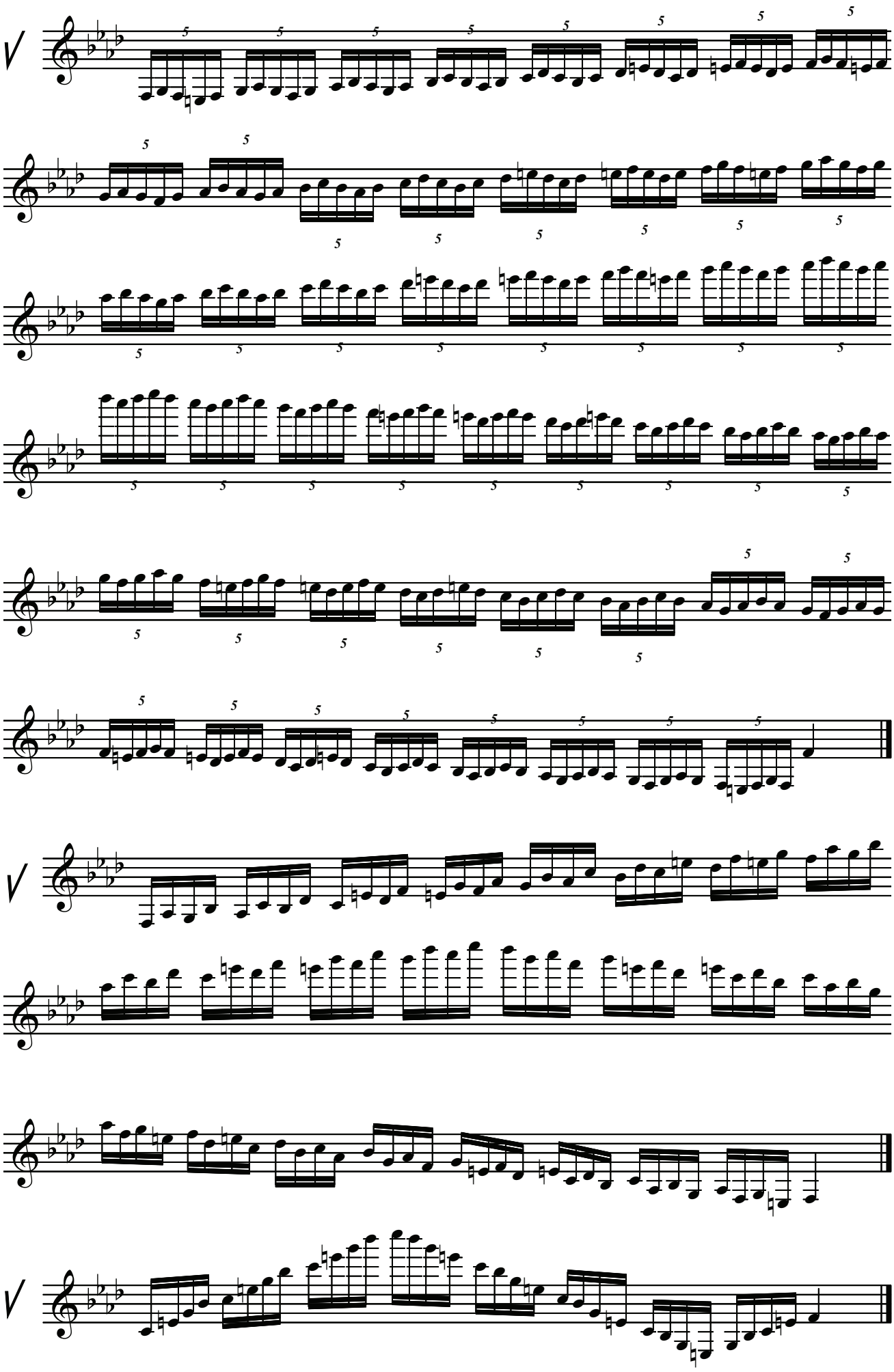


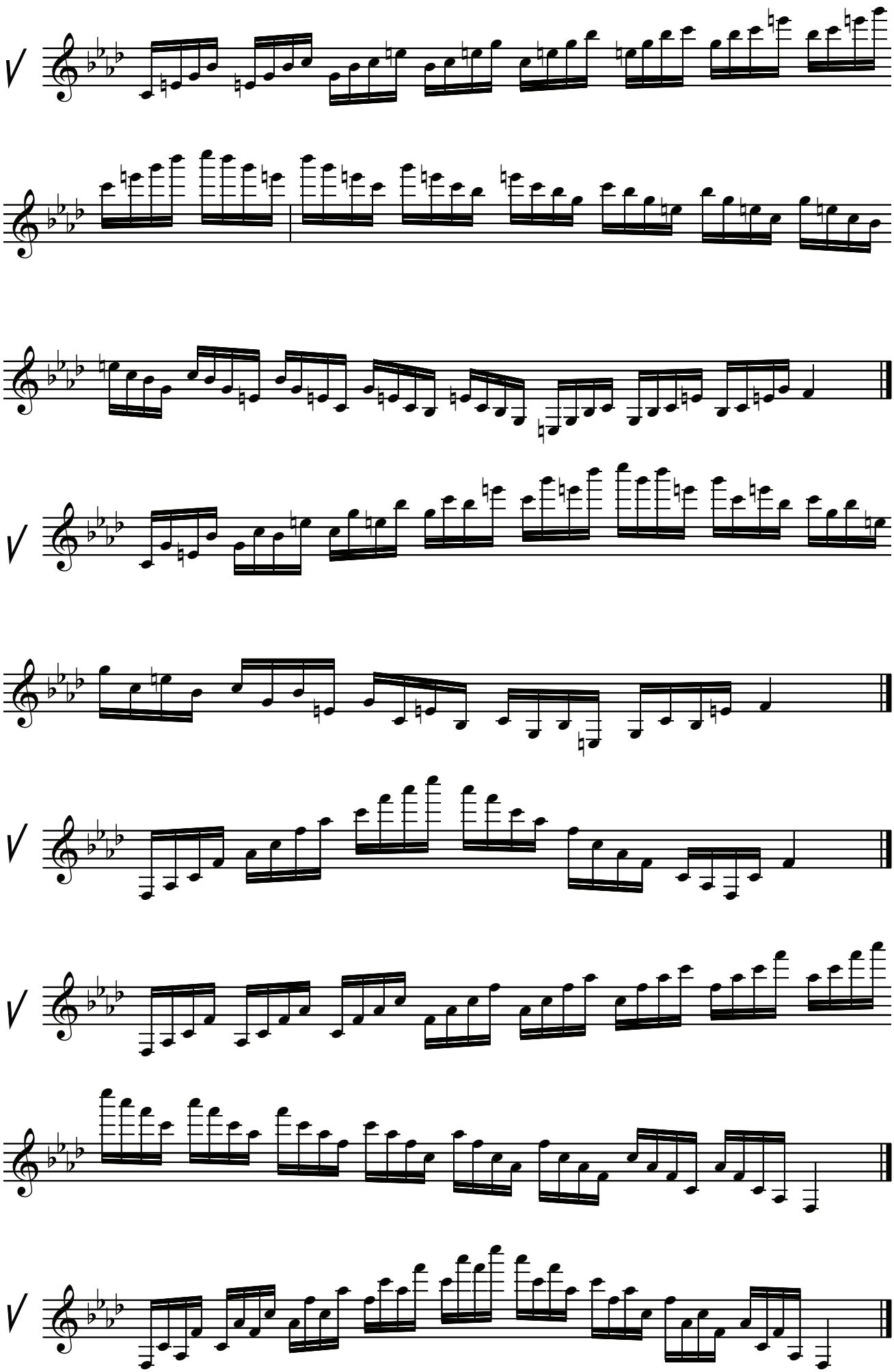


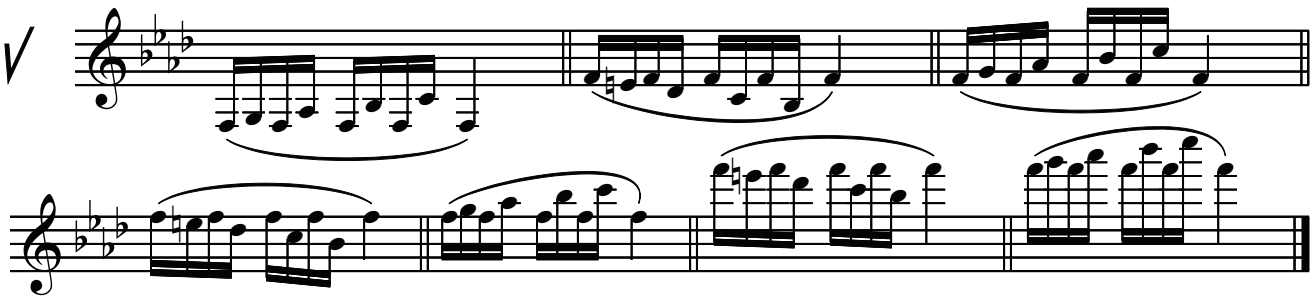
F-moll / F Minor



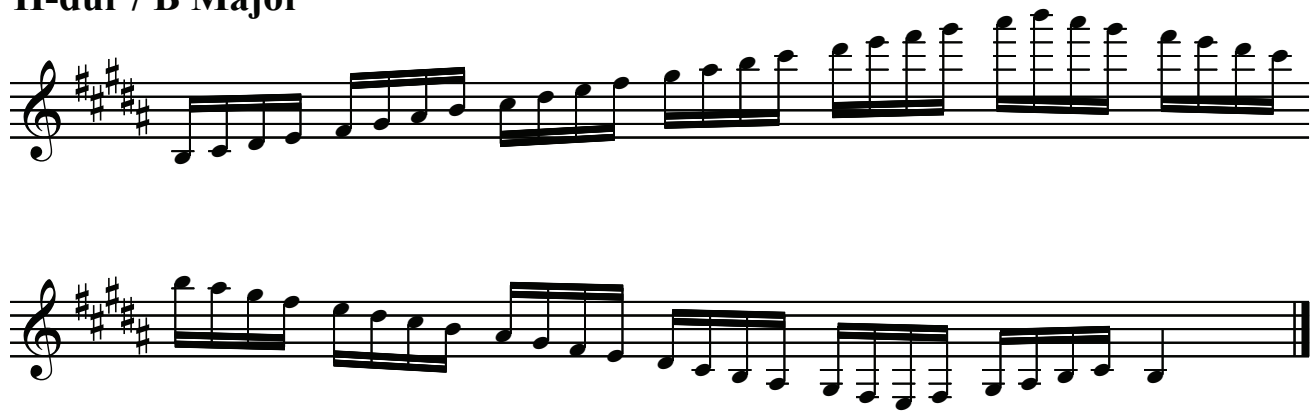


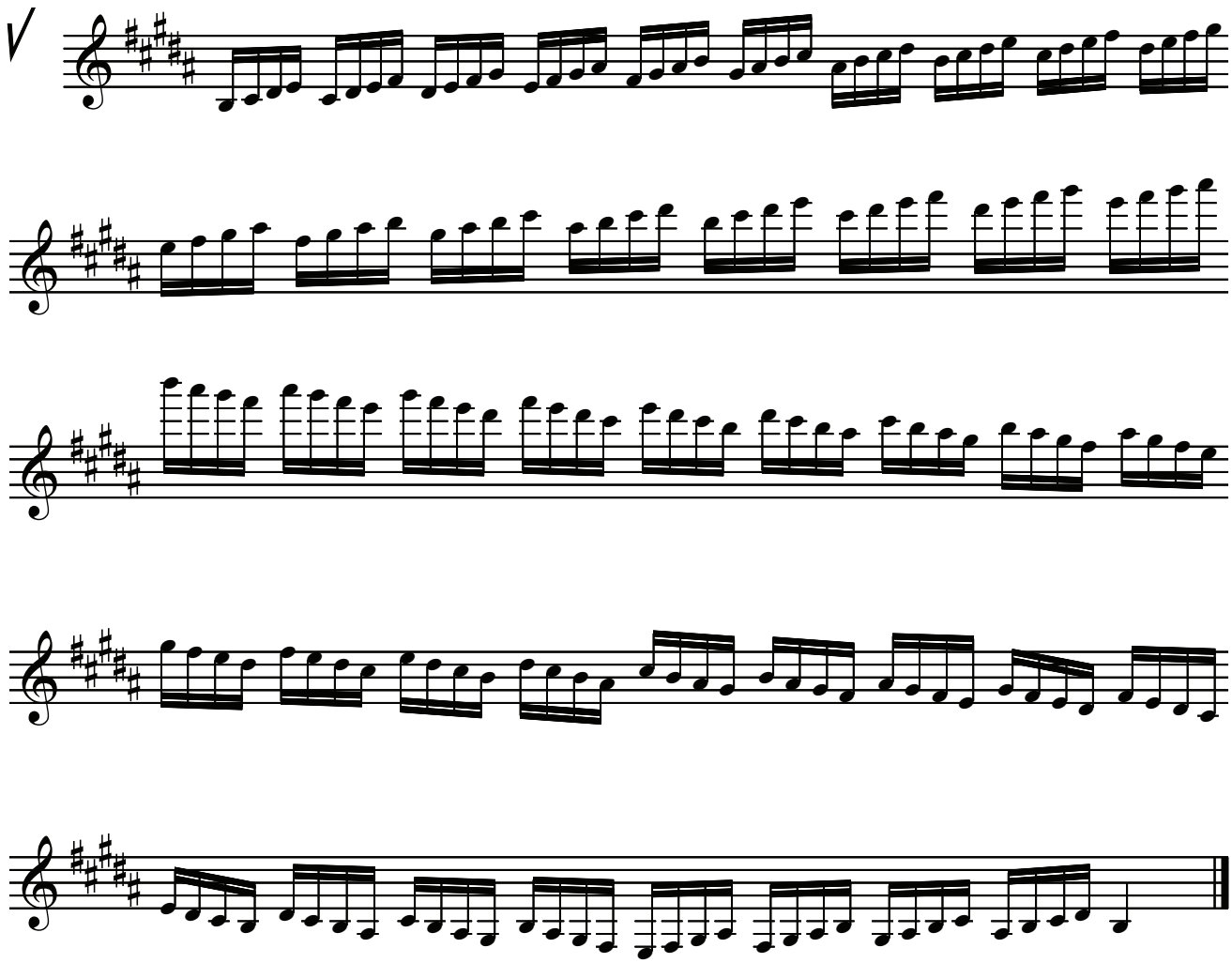


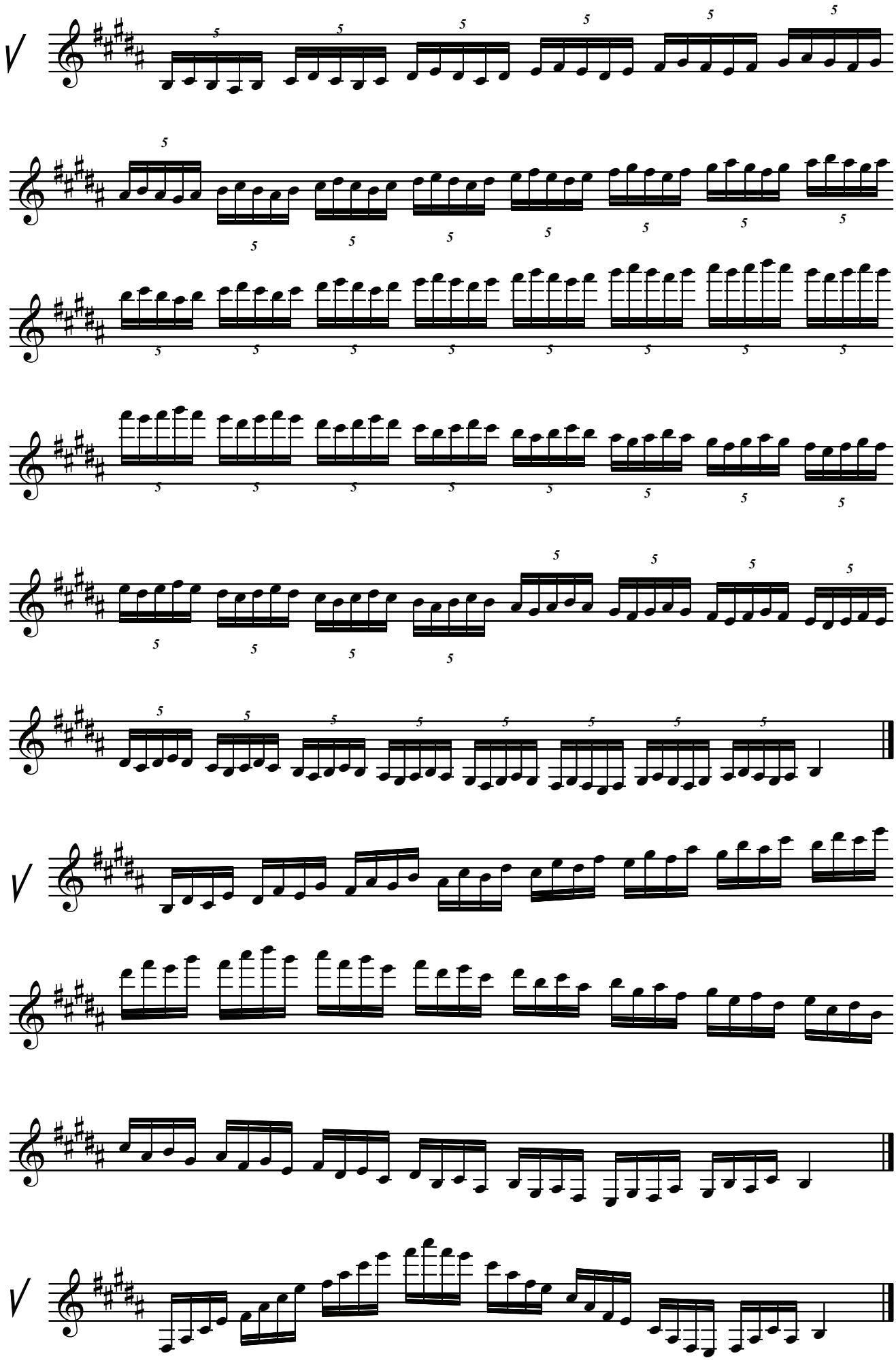


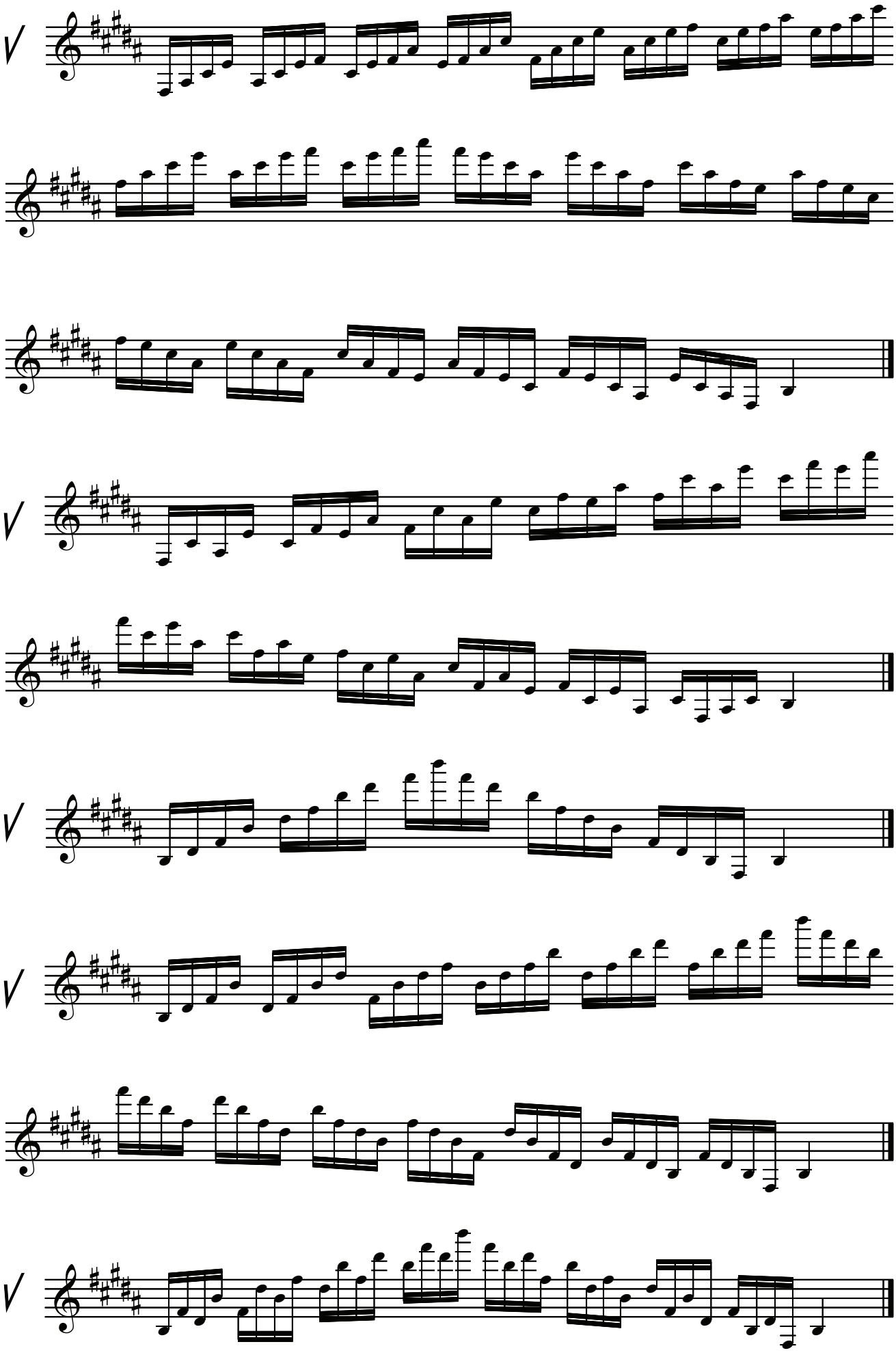


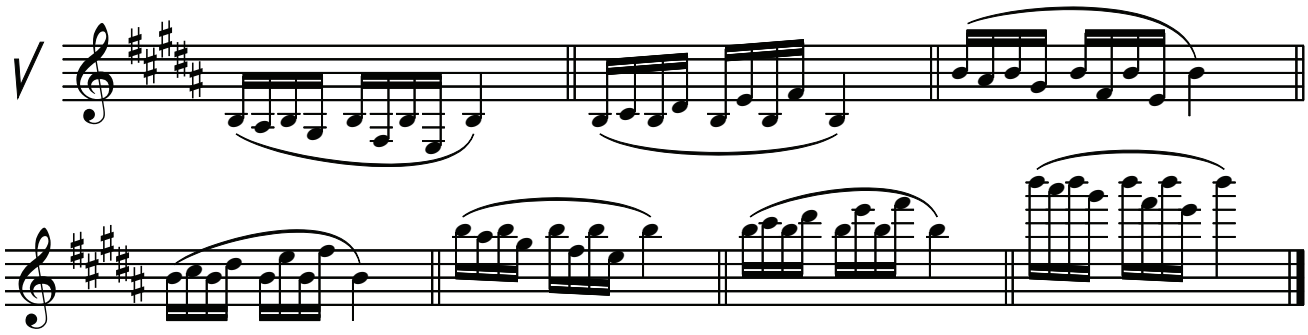
H-dur / B Major



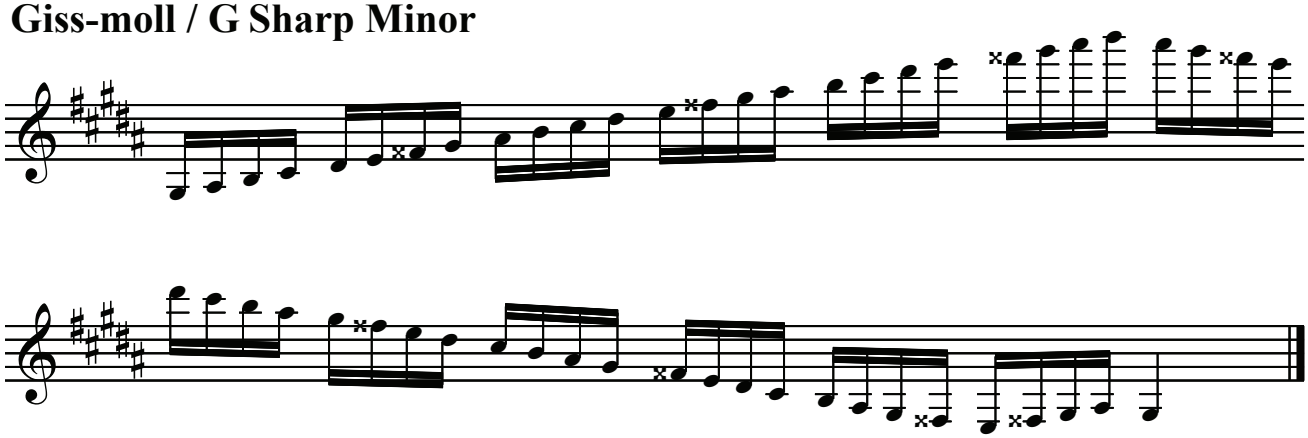


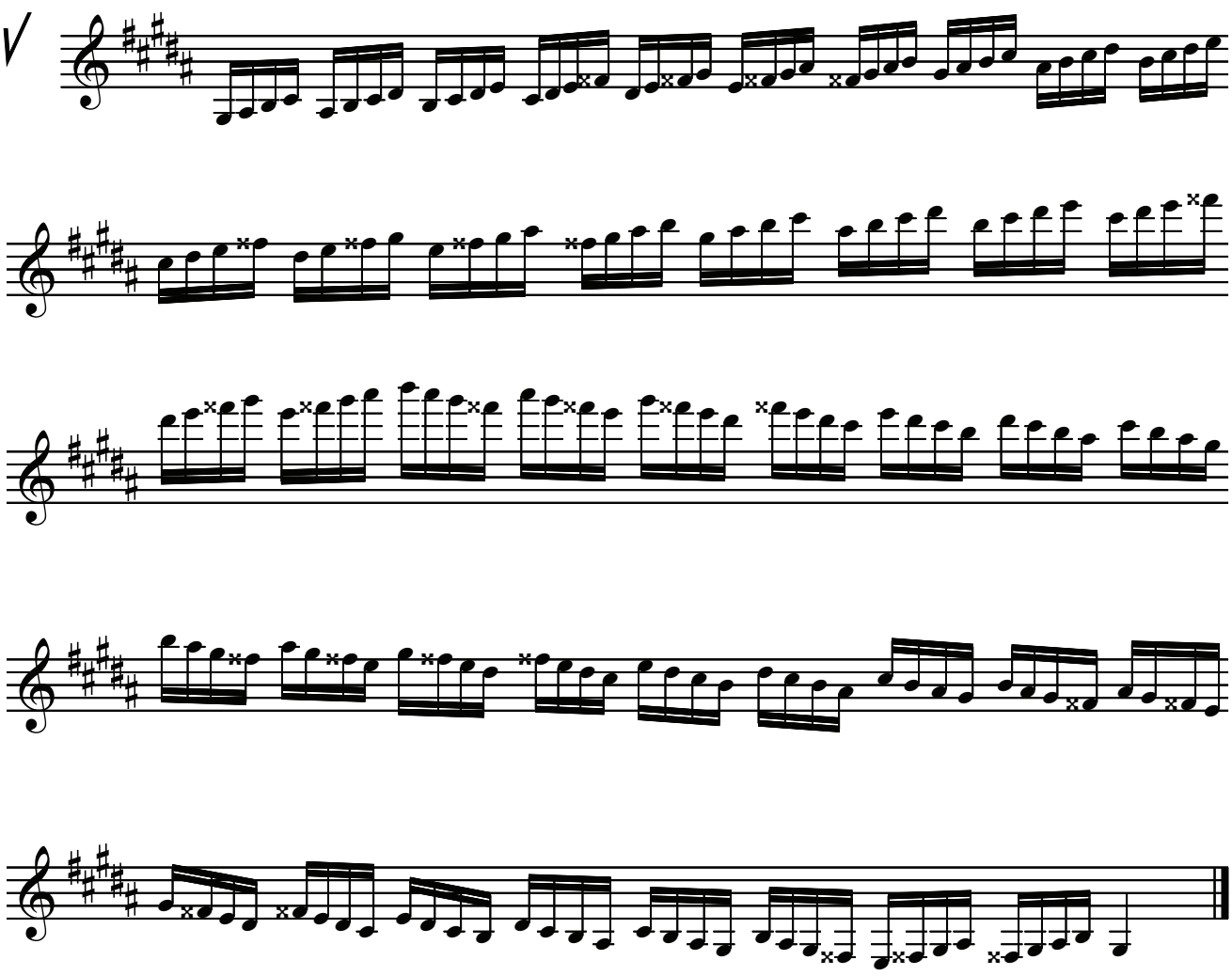


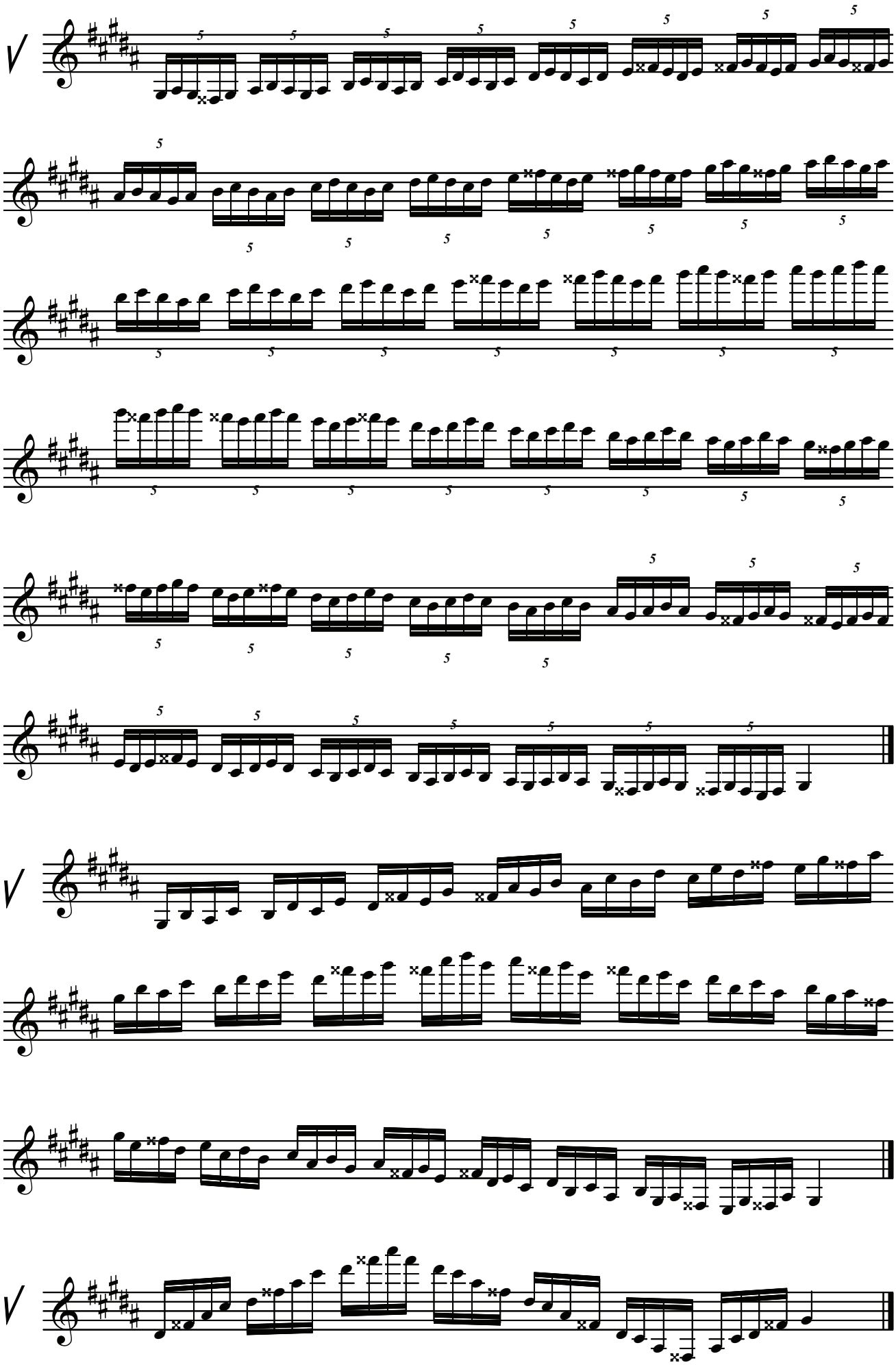


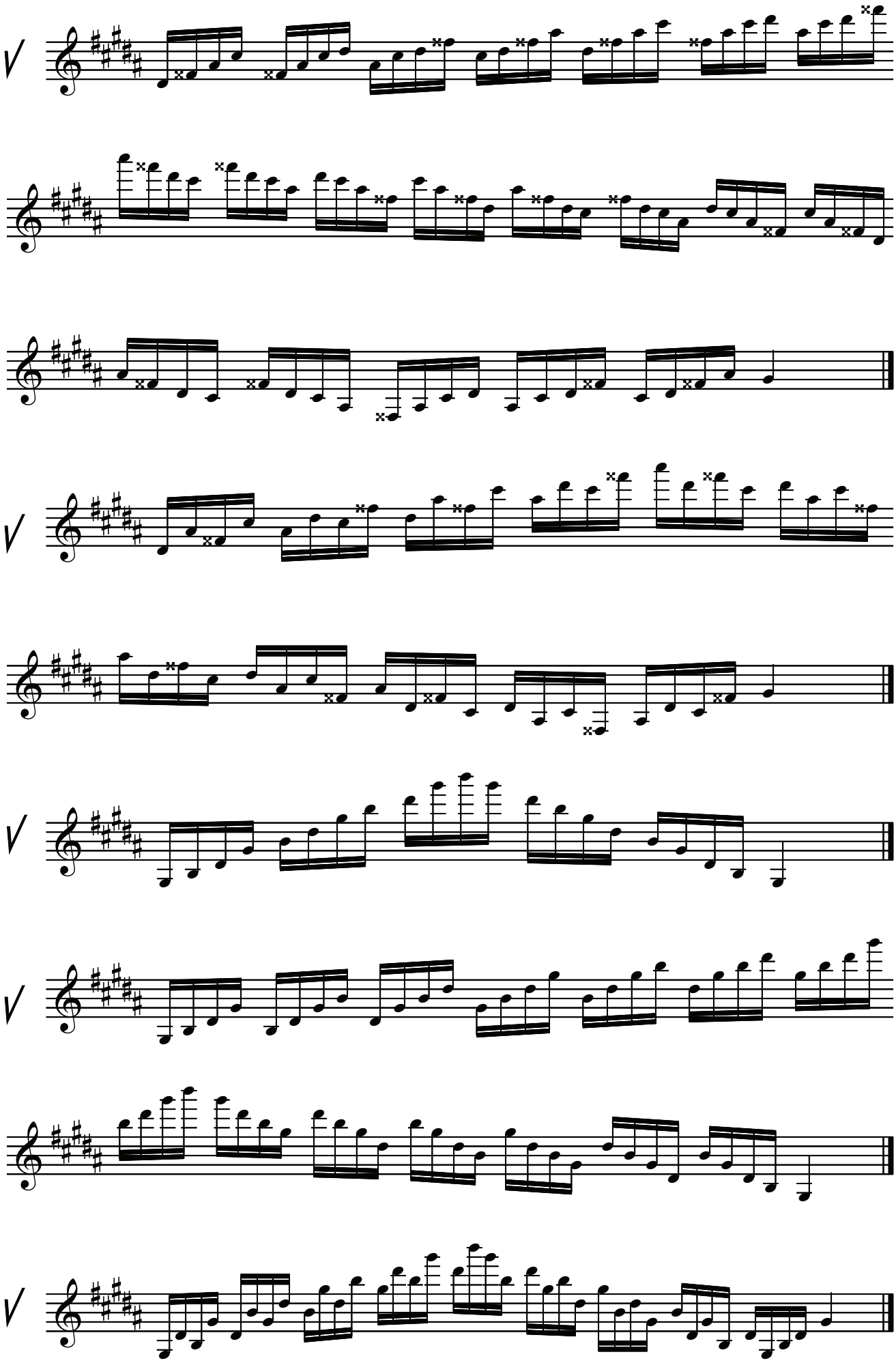


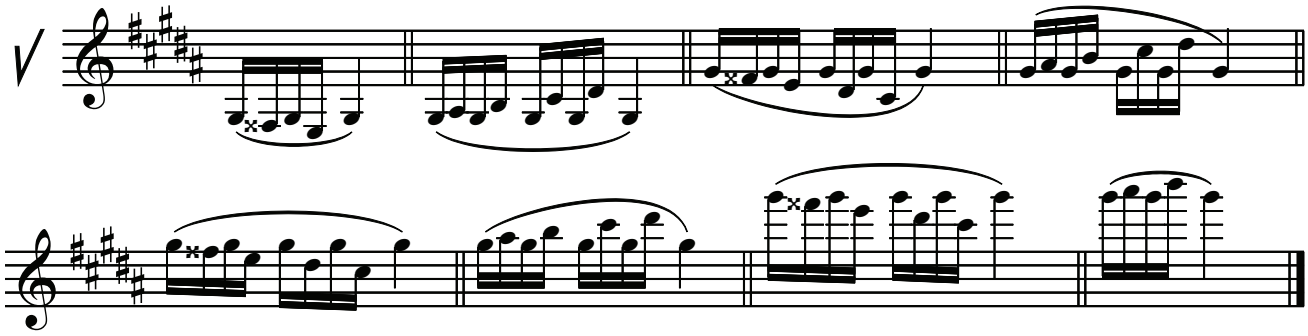
Giss-moll / G Sharp Minor



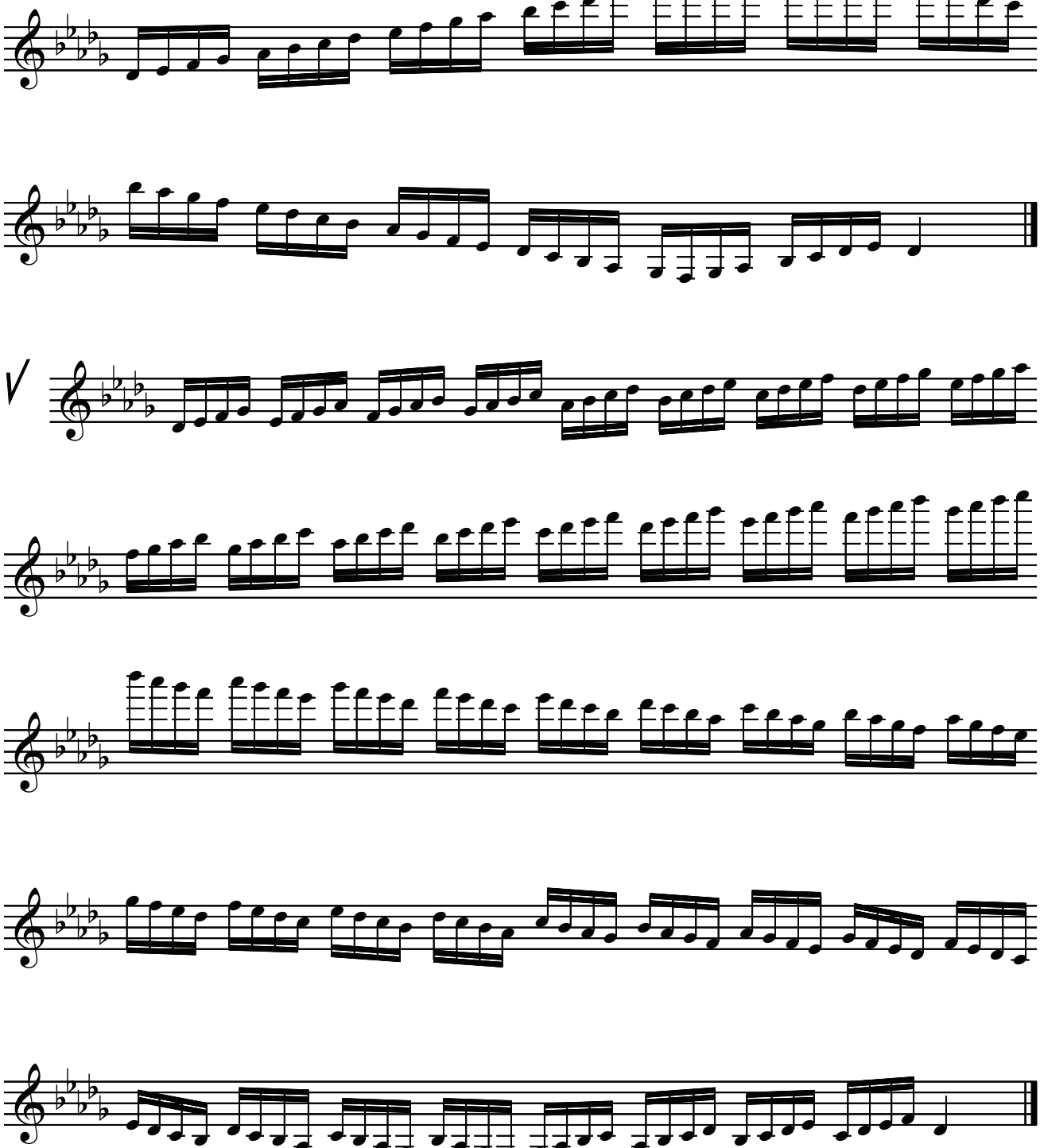


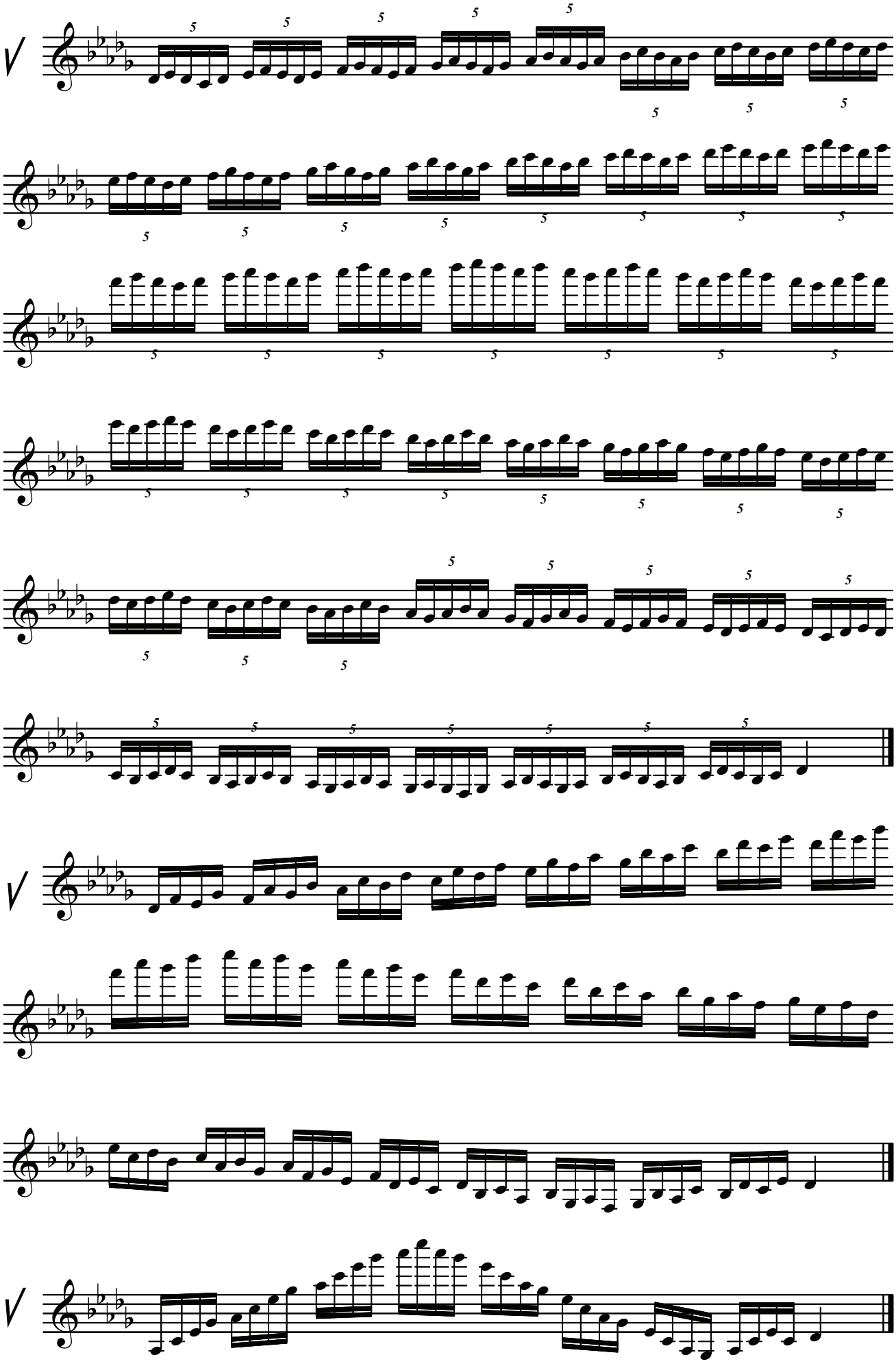


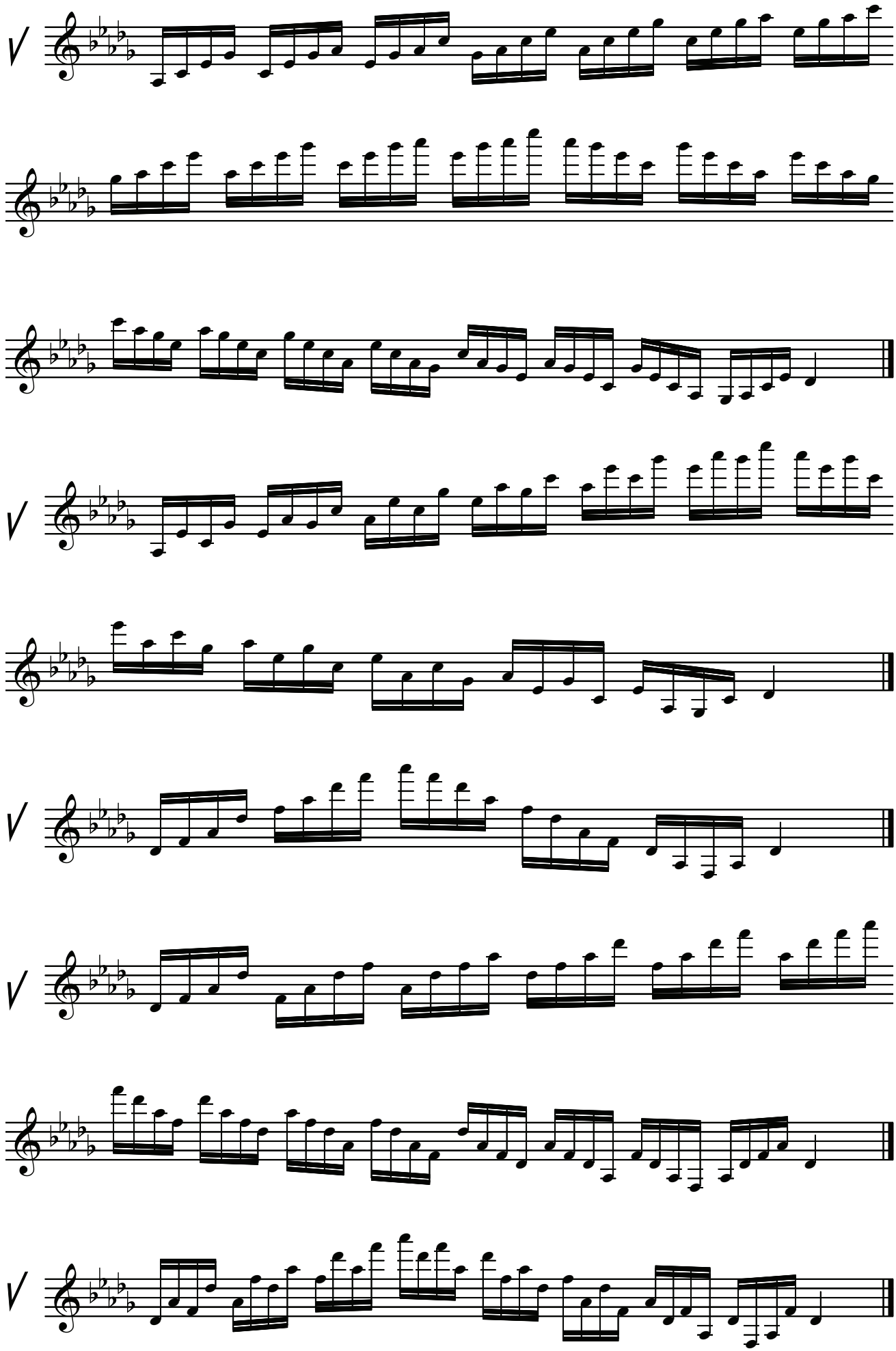


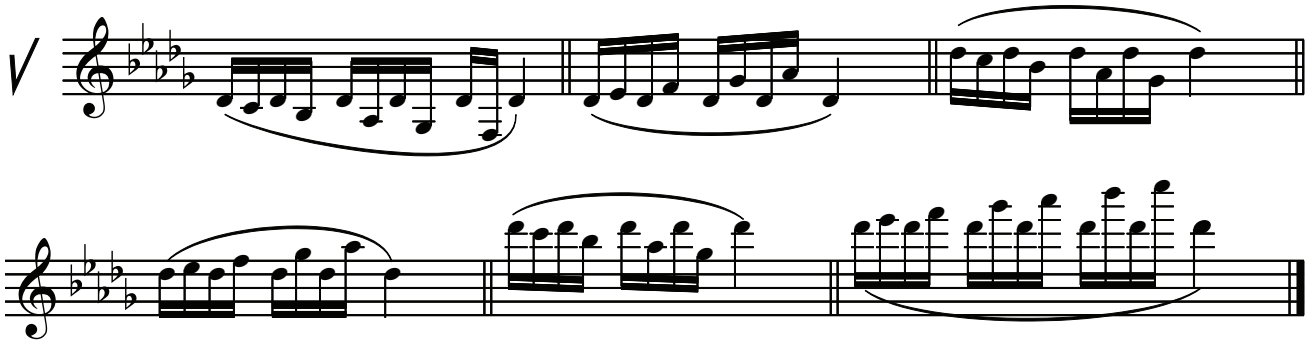


Dess-dur / D Flat Major

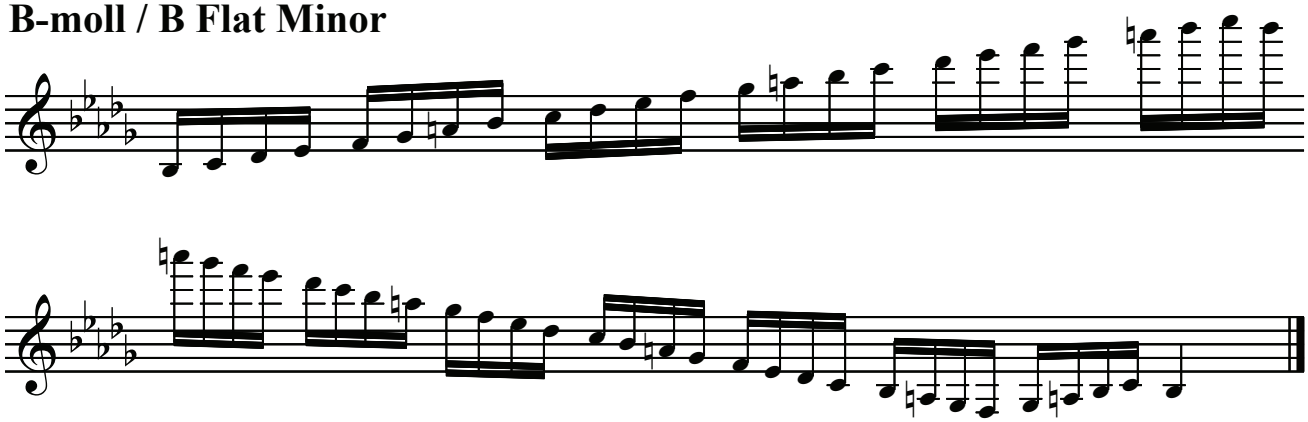


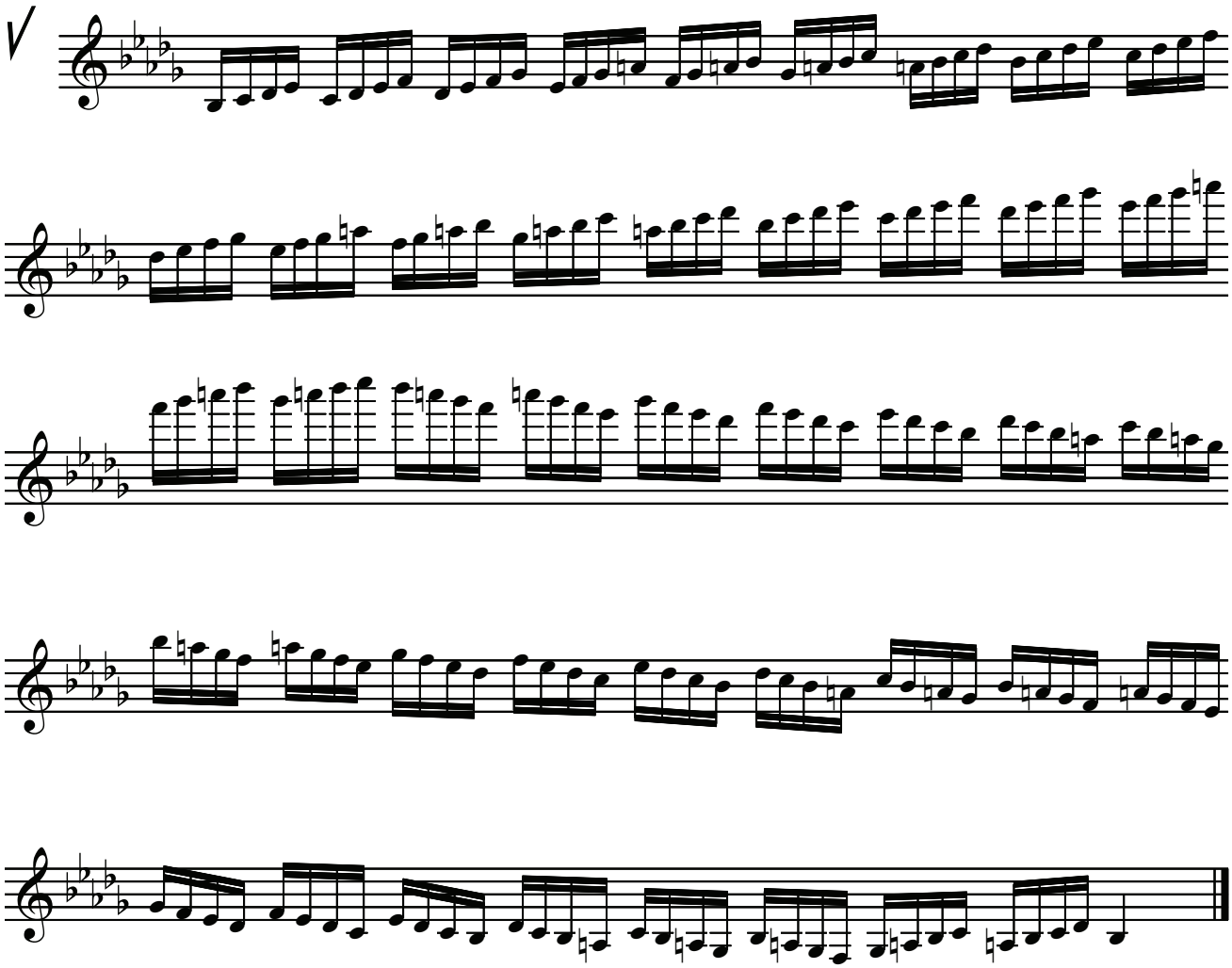


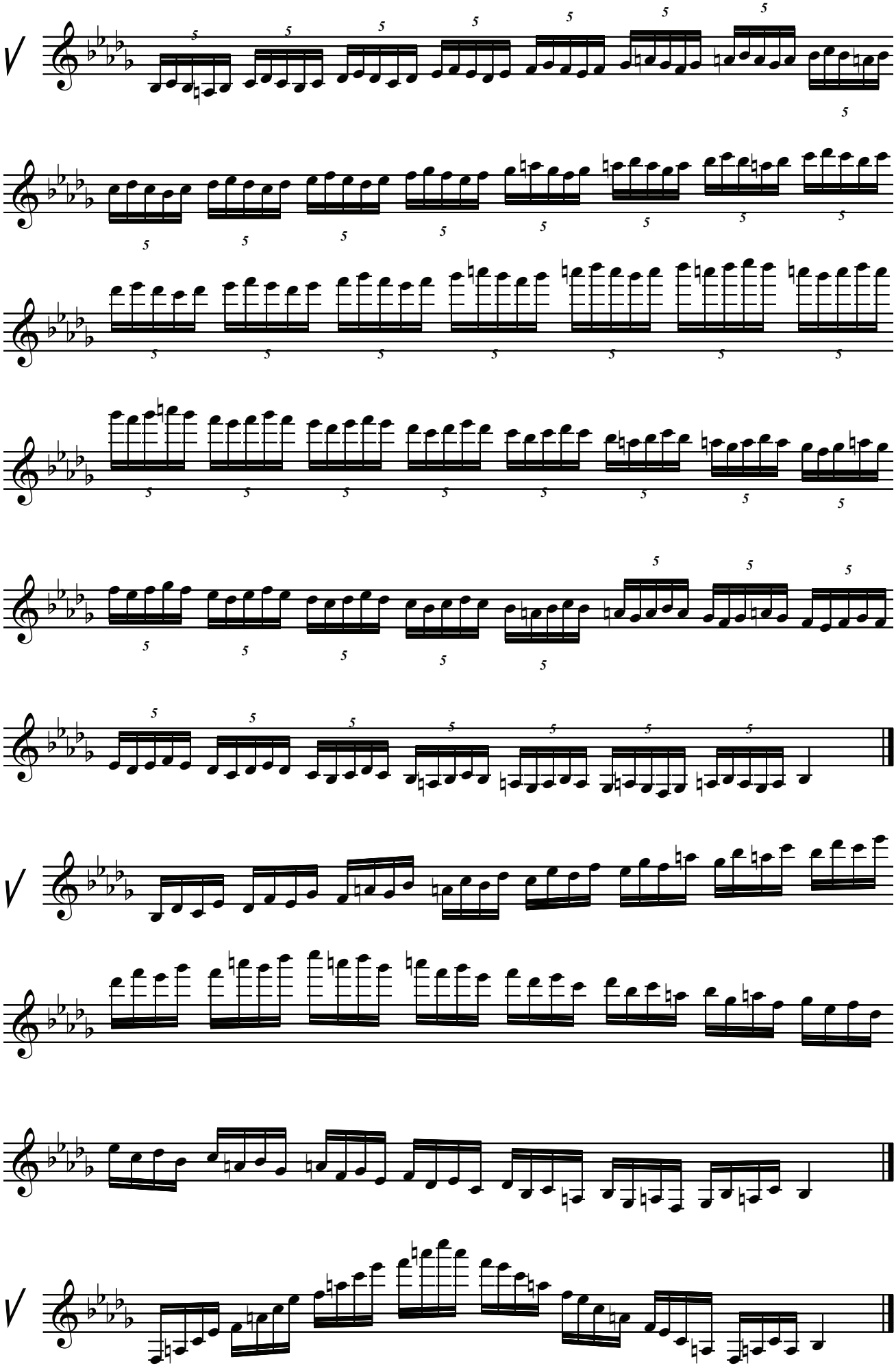


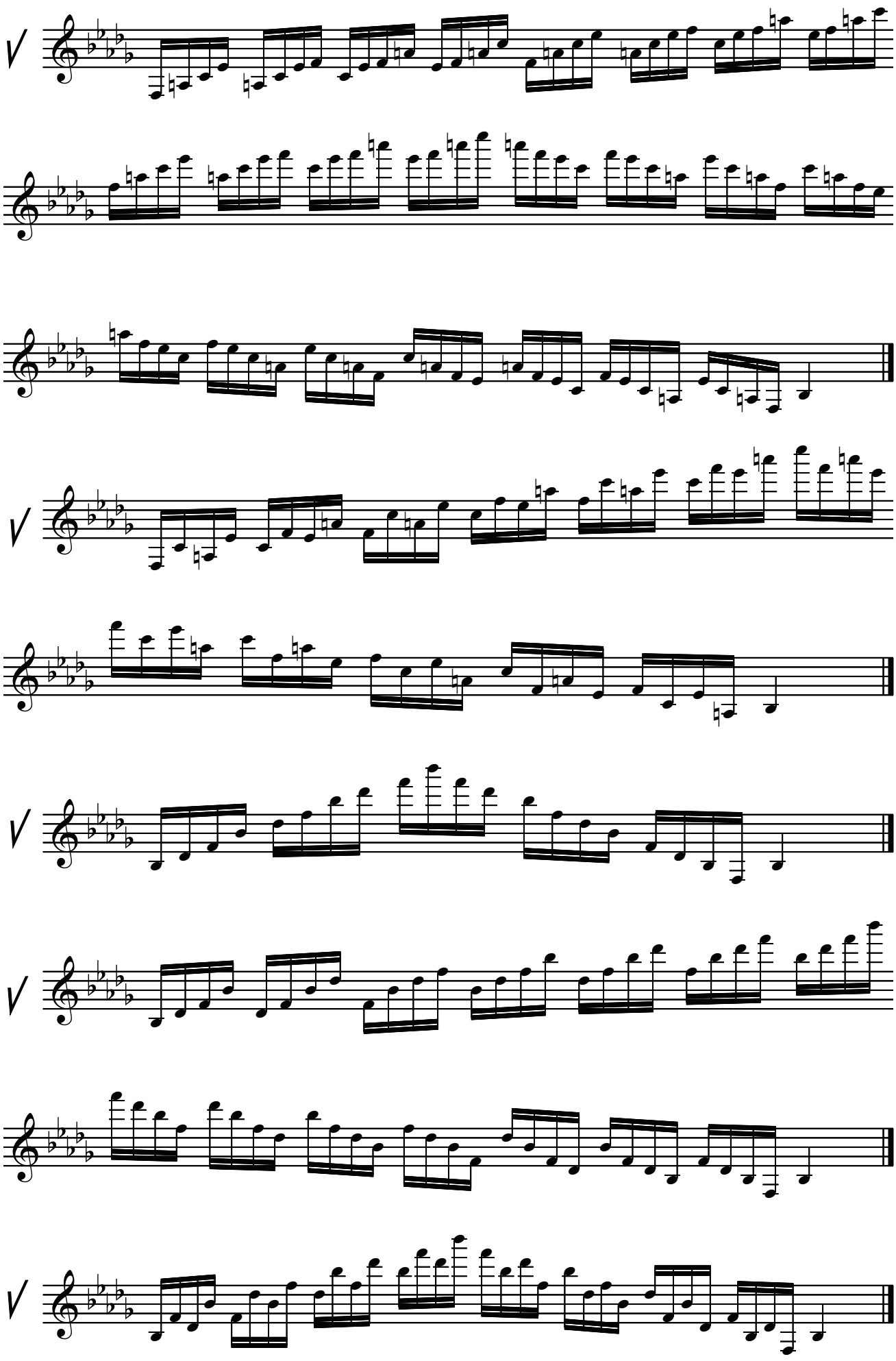


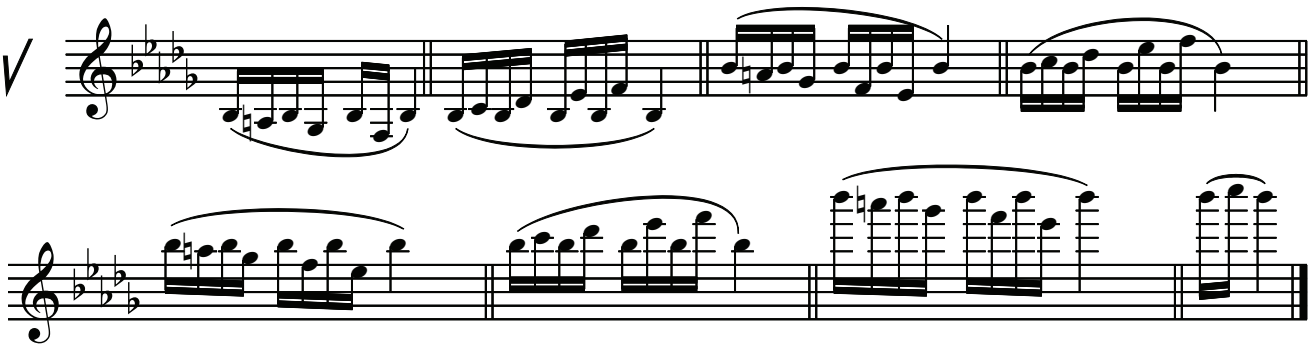
B-moll / B Flat Minor



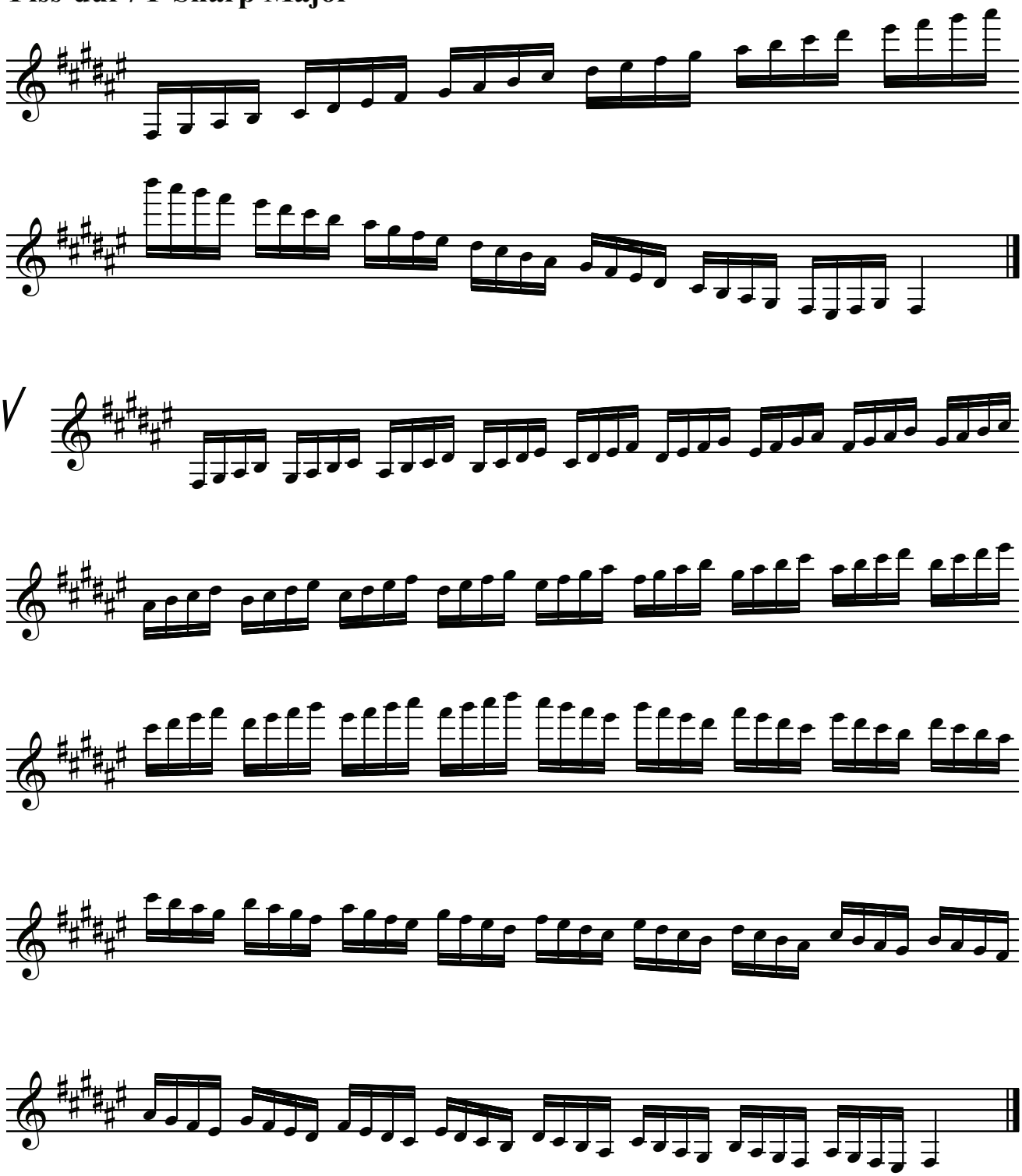


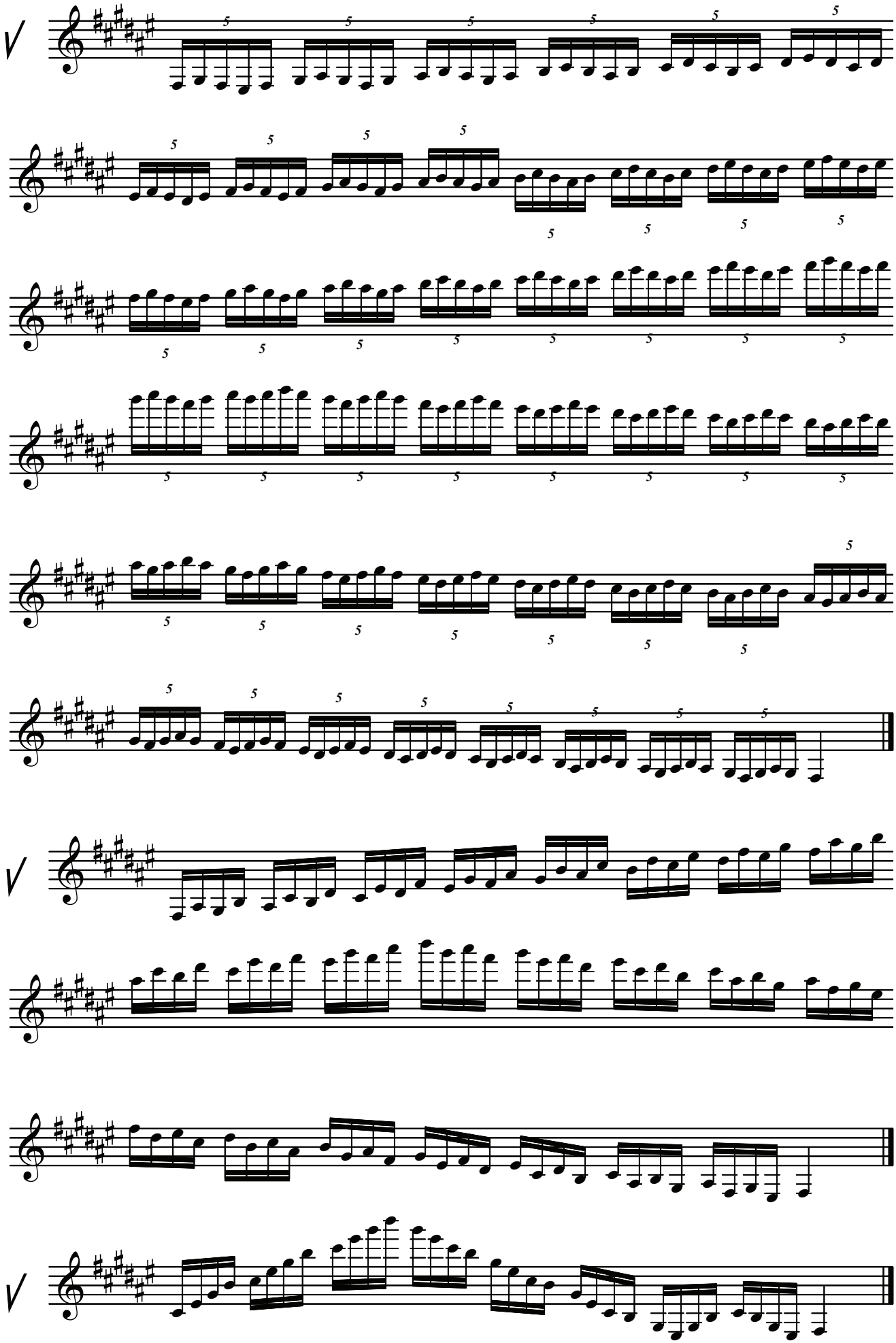


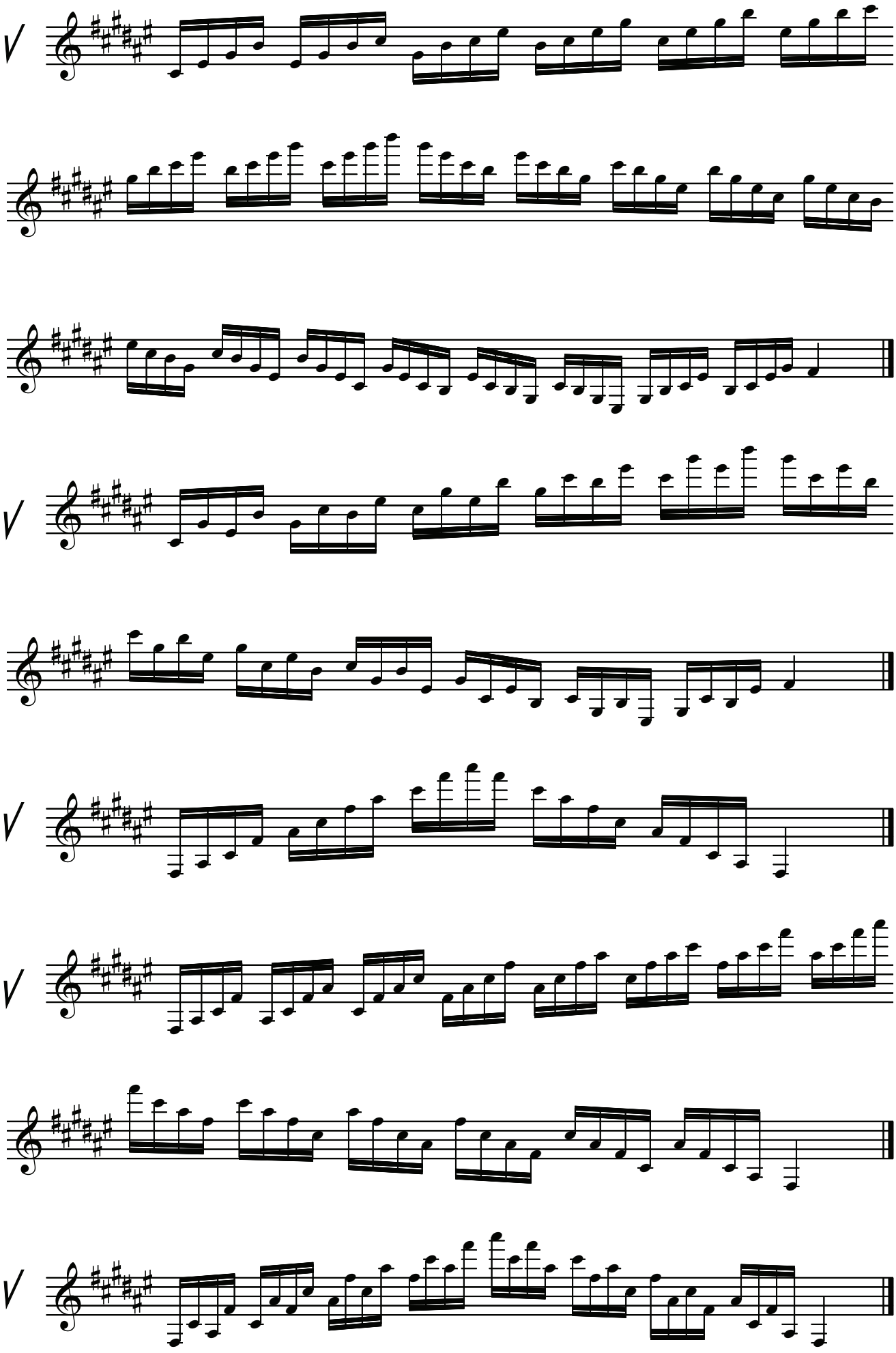


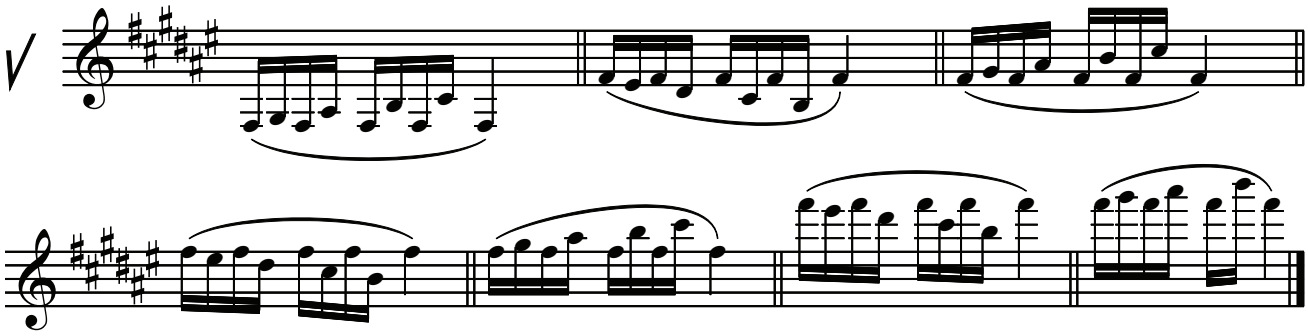


Fiss-dur / F Sharp Major

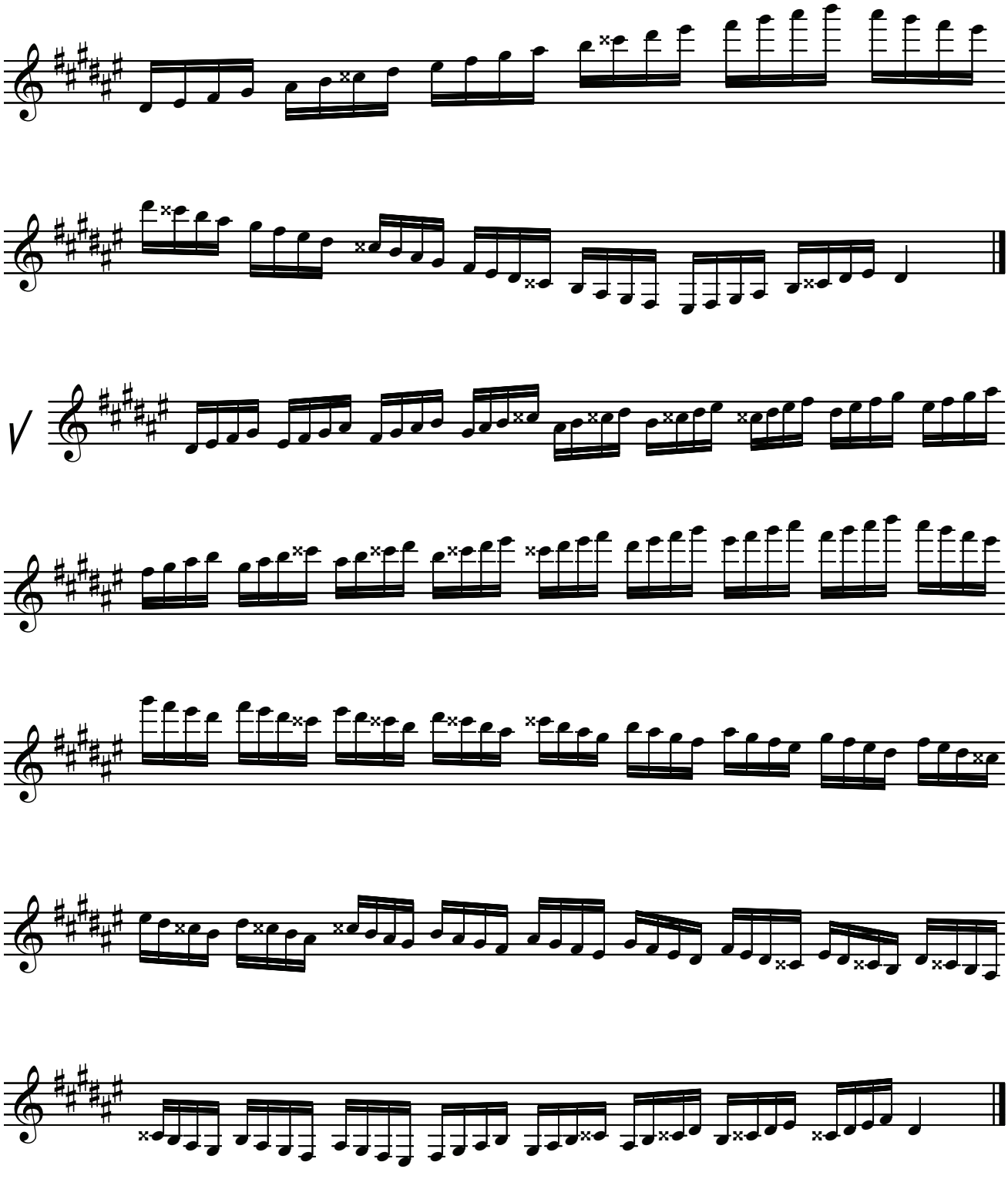


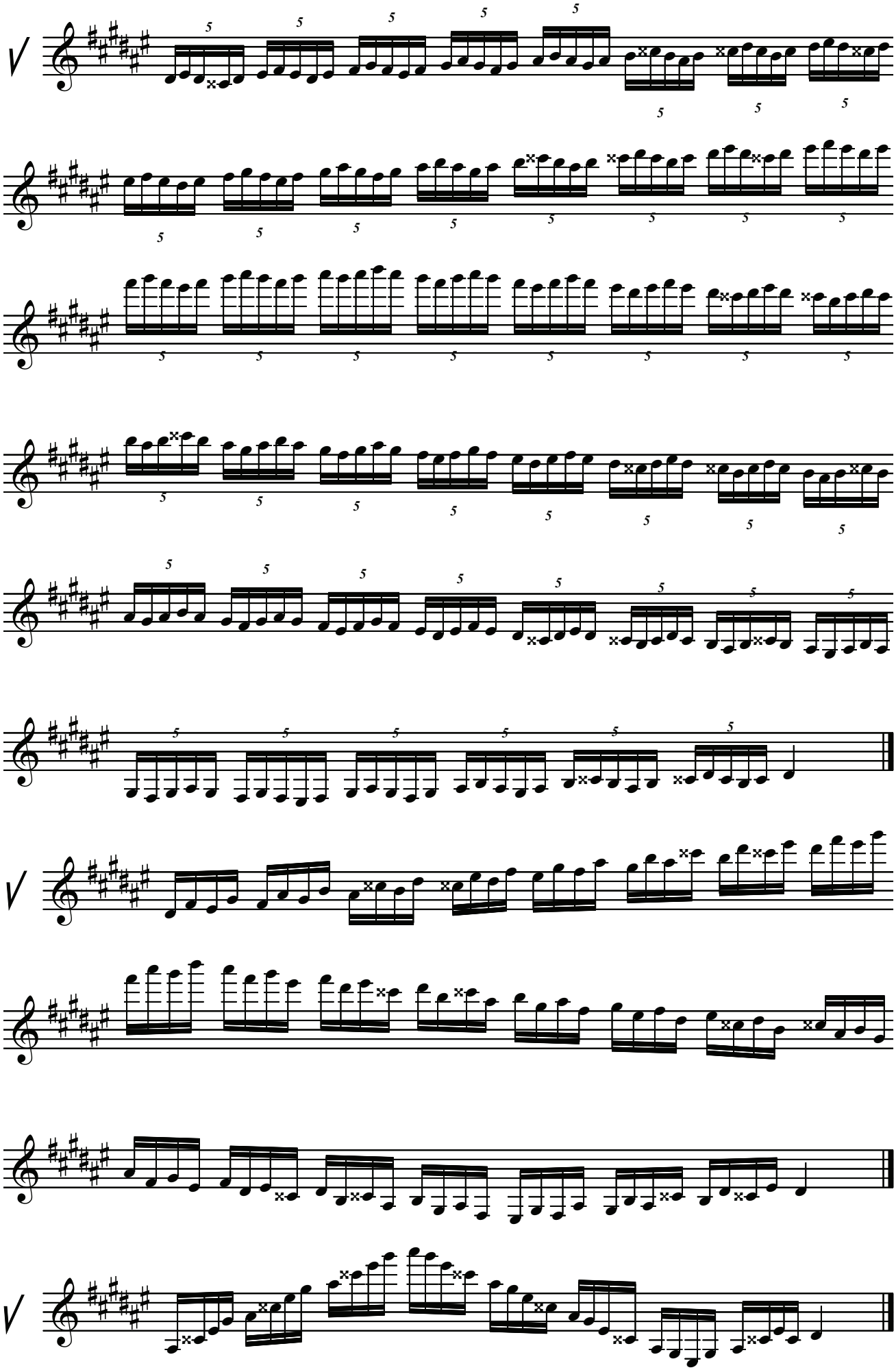


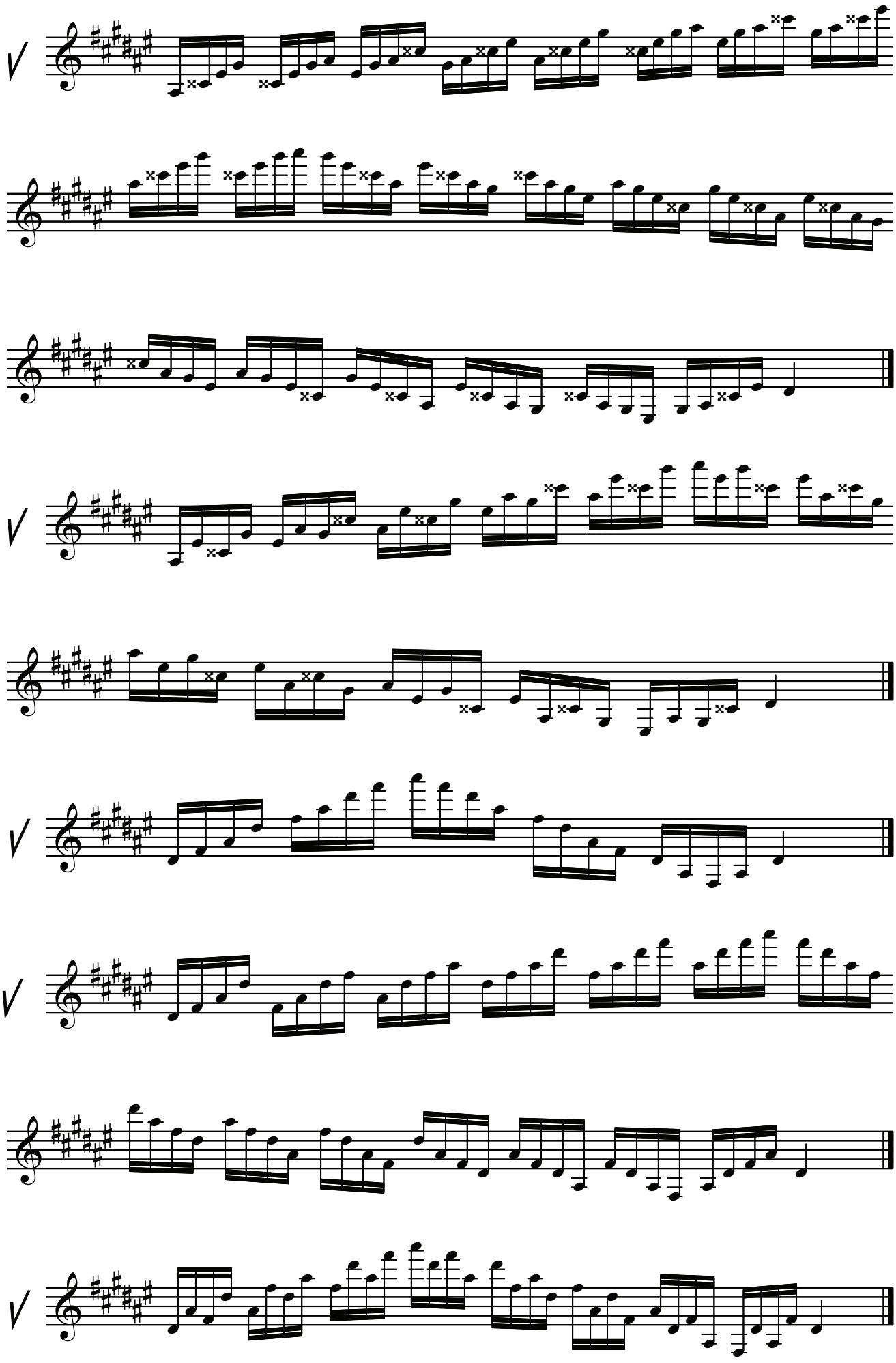


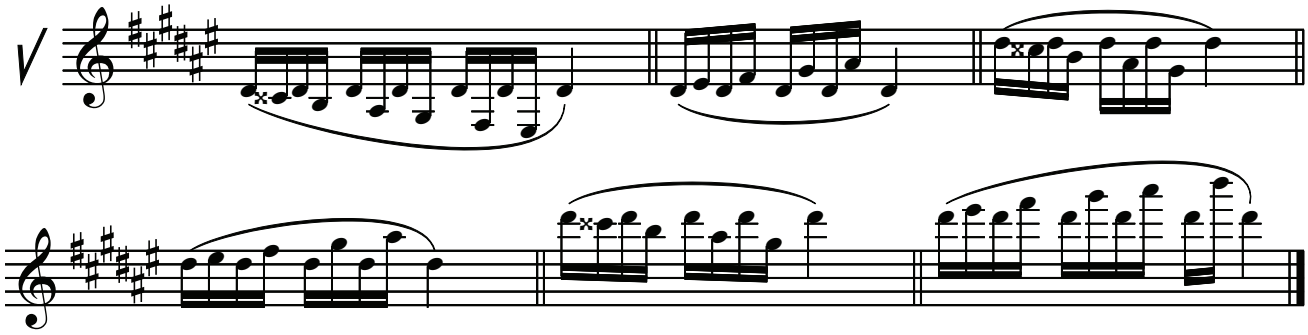


Diss-moll / D Sharp Minor

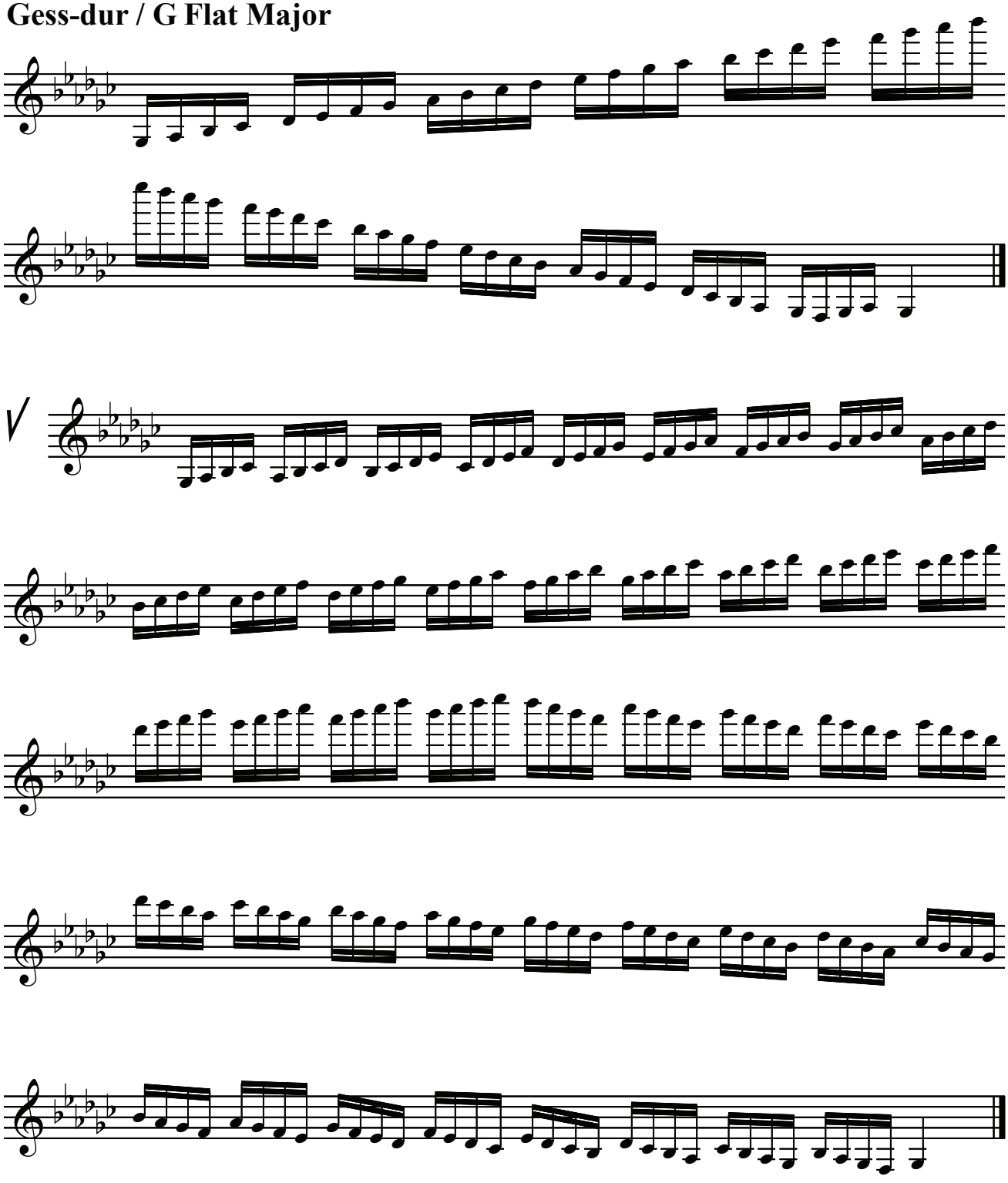


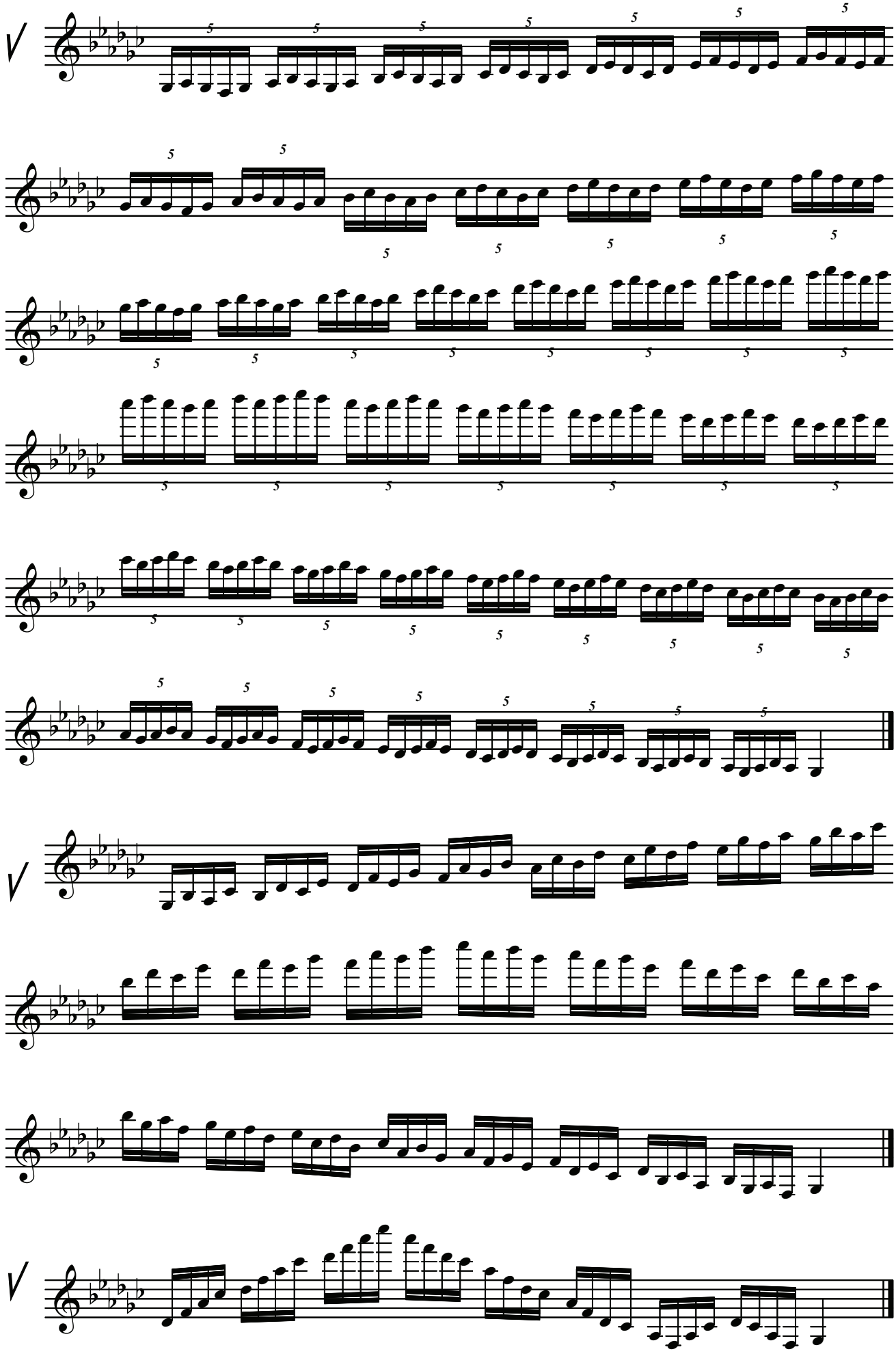


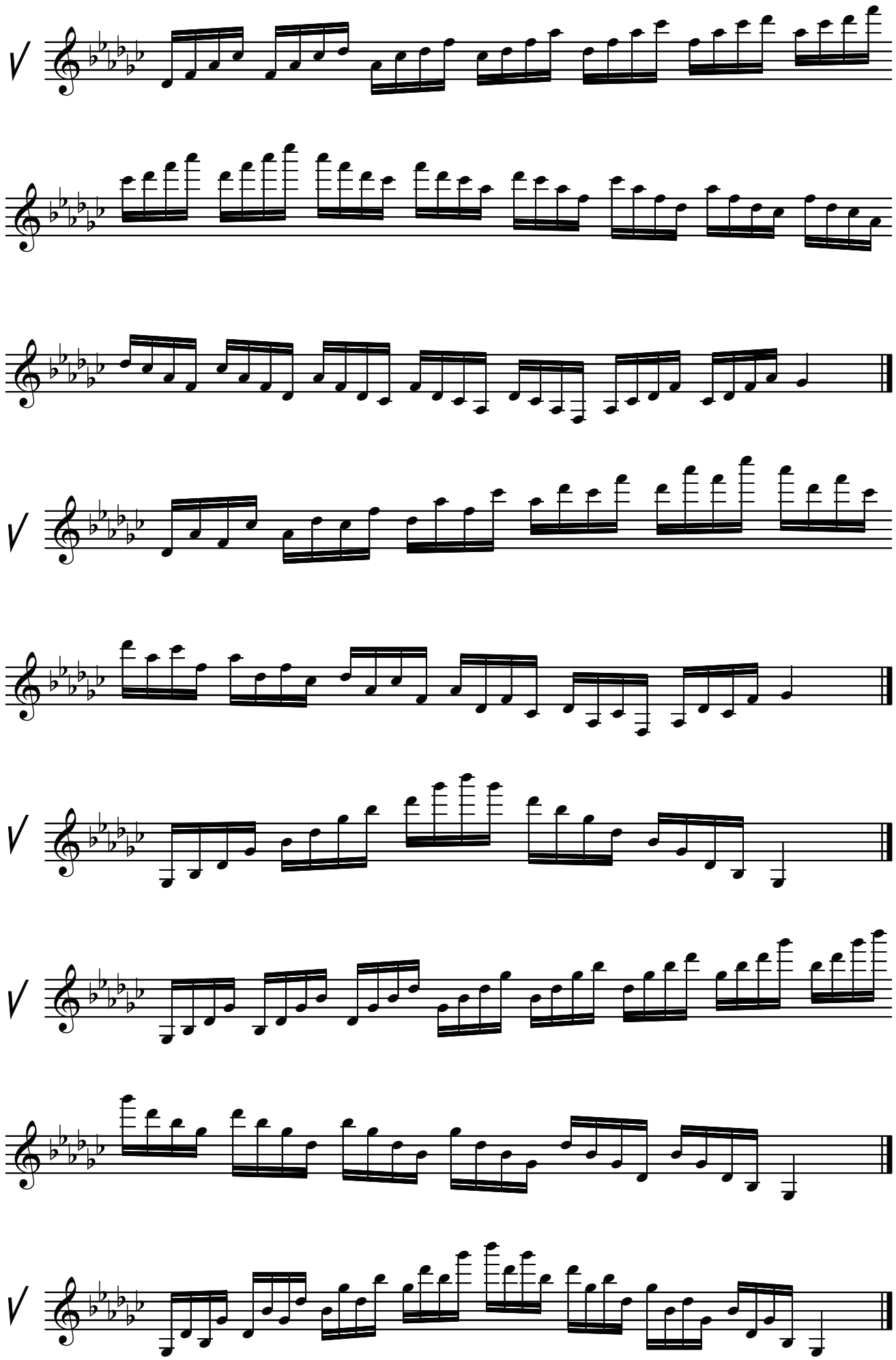


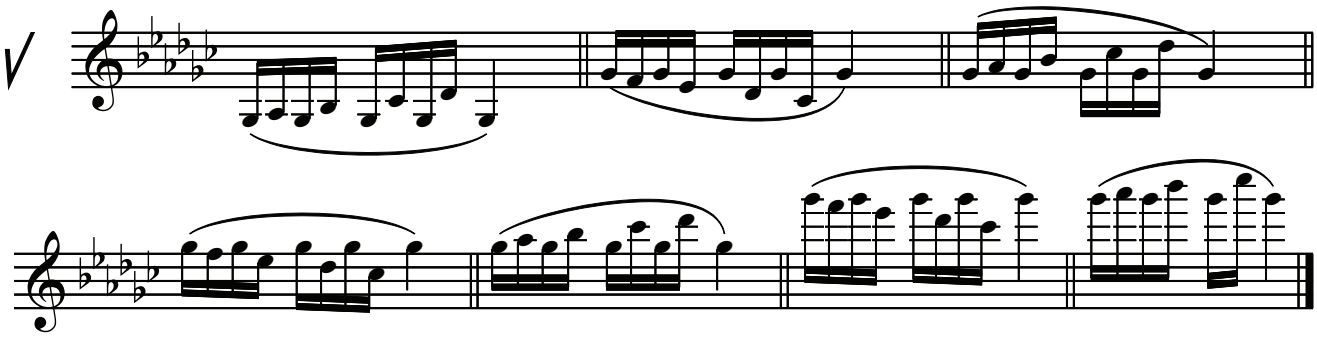


Gess-dur / G Flat Major

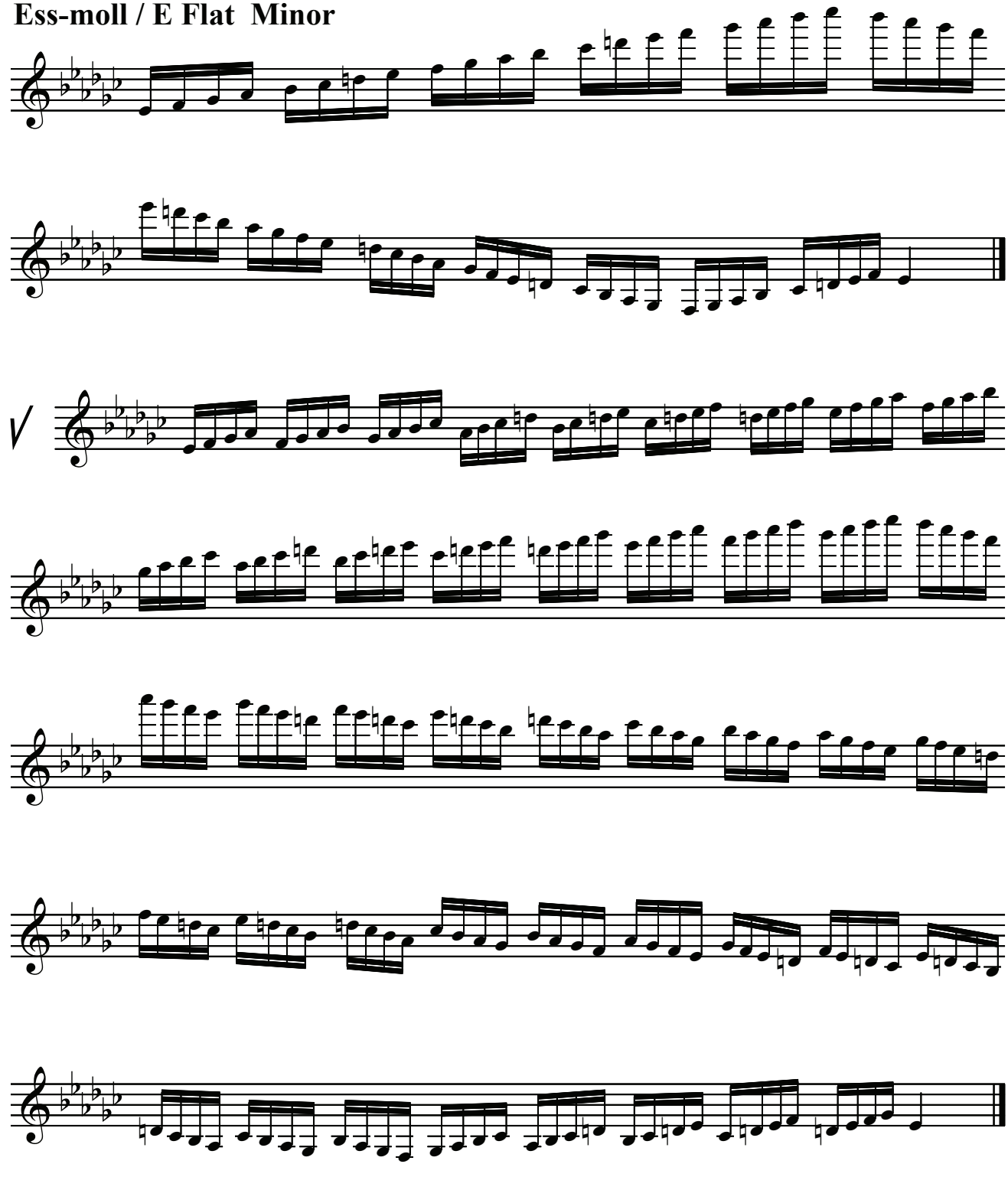


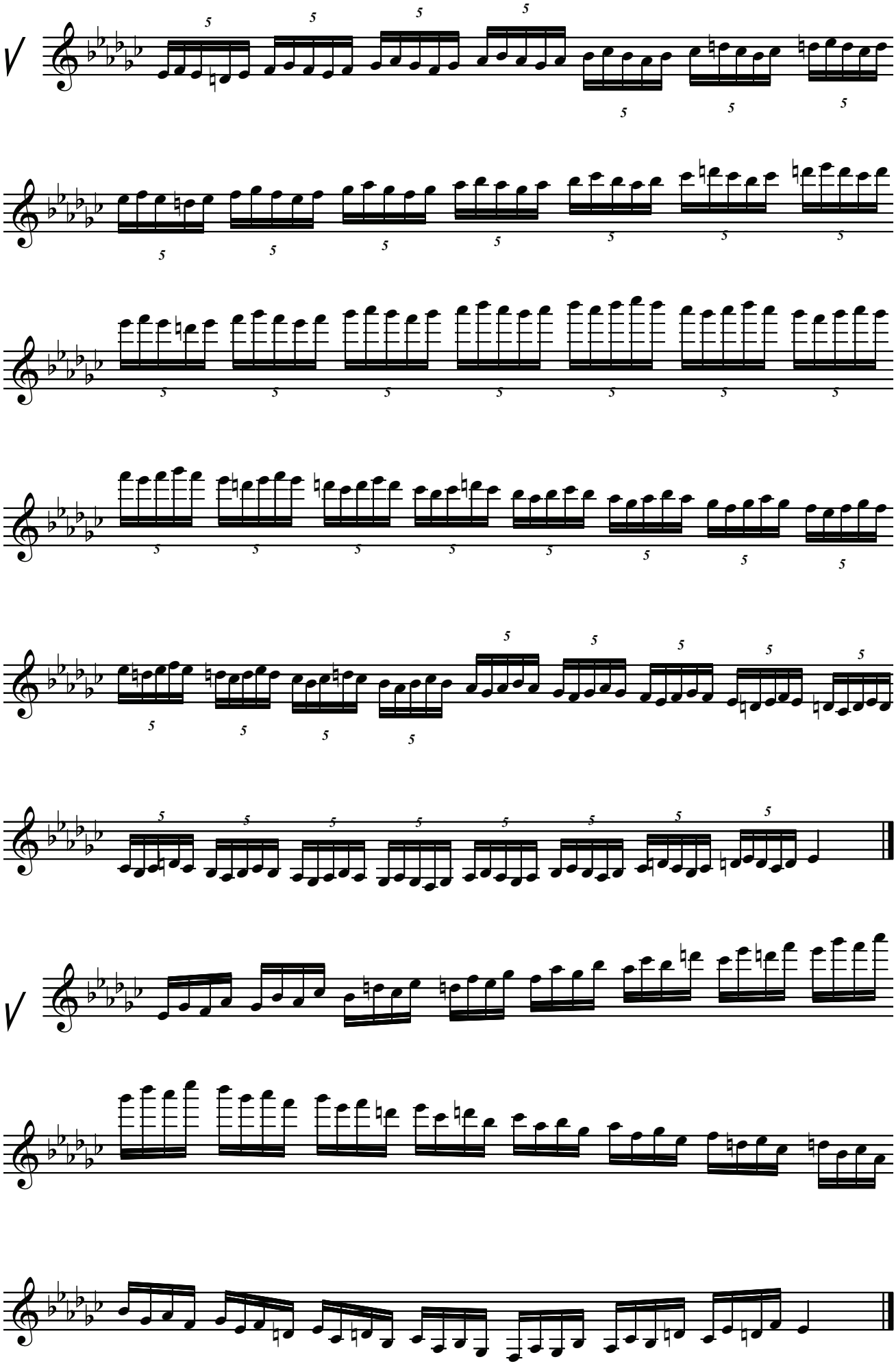


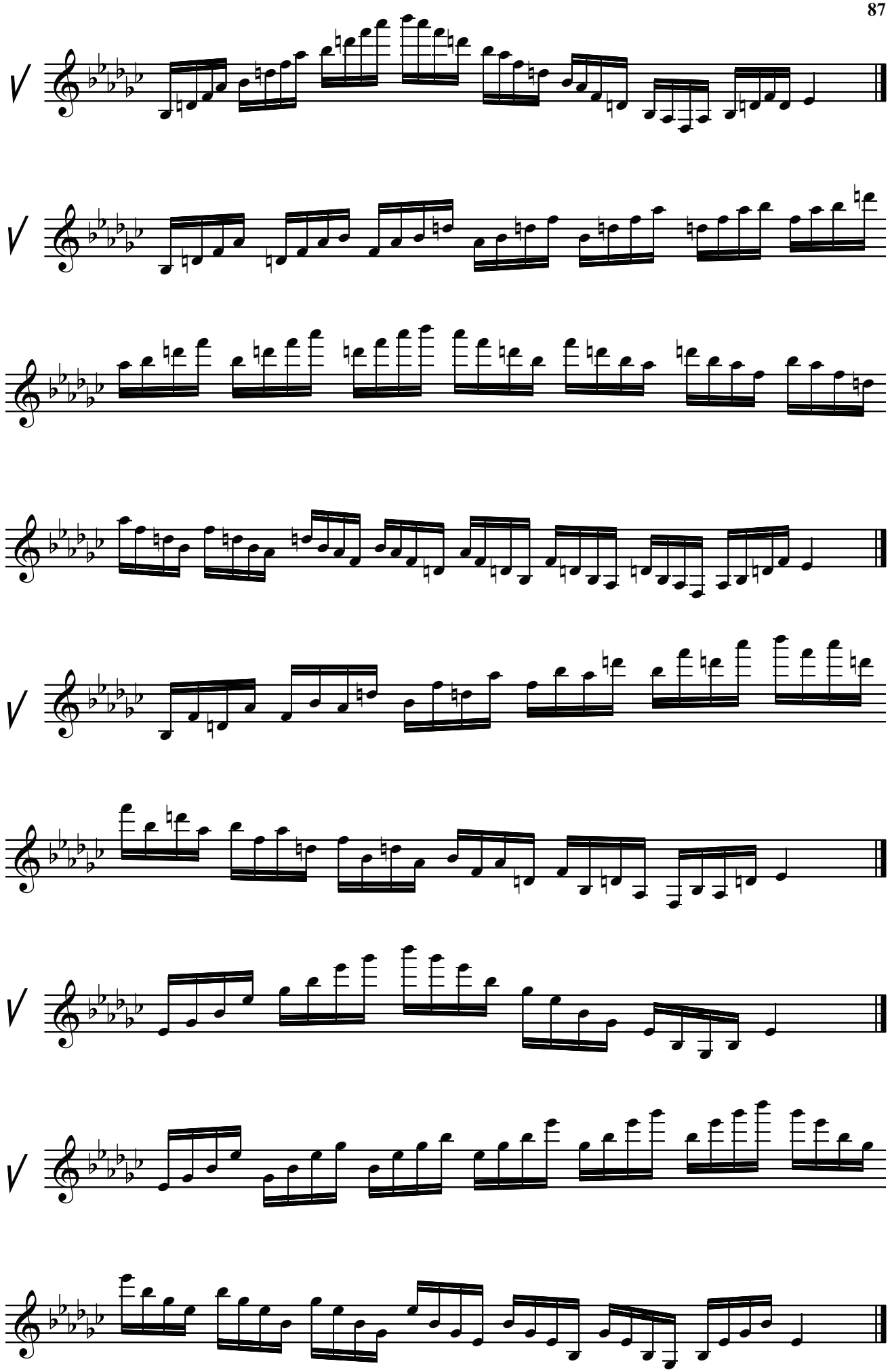


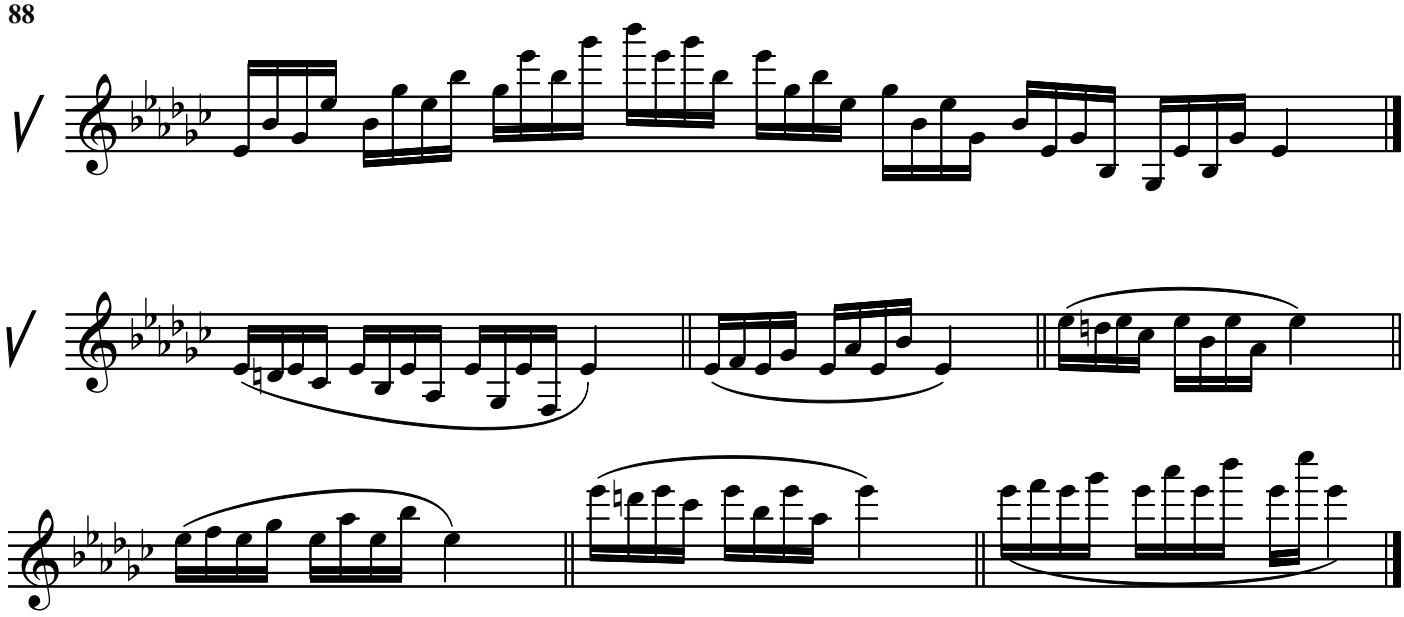


Ess-moll / E Flat Minor









HÅKON STØDLE

Daglige oppvarmingsøvelser

Alle musikere spiller oppvarmingsøvelser i den daglige øverutinen. Det finnes like mange typer oppvarmingsøvelser som det finnes musikere. Noen øvelser, som lange toner, skalaer og arpeggioer, er felles. De finnes også i dette heftet. Men utvalget og mønstrene kan være forskjellige ut fra erfaring og individuelle behov. Øvelsene i dette heftet er tilrettelagt slik at de skal dekke hele det normale omfanget til A- og B-klarinetter – fra lille e til firstrøken c. De omfatter kromatisk skala og skalaer og arpeggioer i dur og harmonisk moll i en fastlagt rekkefølge som er funnet gunstig for den videre øving.

Daily Warm-Up-Routine

Every musician performs a warm-up-routine in the course of his daily practice. There are as many warm-up-routines as there are musicians. There are however general practices which are included in almost every routine – sustained notes, scales and arpeggios – and these are also to be found in this book. The choice of exercises and the way in which they are practised will vary from one player to another depending on experience and individual needs. The exercises in this book are composed in such a way as to cover the normal compass of the A and Bb clarinets - from the "e" below "middle c" up to the "c" three octaves above "middle c"- using the major, harmonic minor and chromatic scales, together with arpeggios and arranged in a way which from experience has proved to be the most efficient for successful practice.

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Håkon Stødle er førsteamanuensis i klarinett ved Høgskolen i Tromsø – Avdeling for kunstfag – Musikkonservatoriet siden 1972. Han er Cand.philol. med musikk hovedfag fra Universitetet i Oslo med hovedoppgaven *Klarinetten i norsk musikk frem til 1830*. Han studerte med Olav Rimstad, Richard Kjelstrup, Jacques Lancelot og David Weber. Han gjorde sin solodebut i 1973, har vært solist med orkestre i inn- og utland og er en aktiv kammermusiker med konserter i flere land og med tallrike opptredener i radio og tv. Han har også vært gjestelærer ved Petrozavodsk Statlige Musikkonservatorium og Arkhangelsk Musikkfagskole. Han har gitt ut albumet *Musikk fra nord* og har mottatt mange stipend og priser.

Håkon Stødle is Associate Professor of Clarinet at Tromsø University College, Faculty of Art, Music Conservatory since 1972. He graduated with a Master's Degree from the University of Oslo with the theses *The Clarinet in Norwegian Music up to 1830*. His teachers include Olav Rimstad, Richard Kjelstrup, Jacques Lancelot, and David Weber. He made his solo debut in 1973. He has appeared as soloist with orchestras both at home and abroad, is an active chamber music performer with recitals in many countries, and numerous recordings on radio and TV. He has been visiting professor at the Petrozavodsk State Music Conservatory and the Music College in Archangel. He has released the LP *Music from the North*, and has received numerous grants and prizes.