Zinn Practice Regimen

by Eric Dannewitz

PRACTICE REGIMEN

The Zinn practice regimen started off as a brief description of what Bay Area saxophonist Dann Zinn does when he practices. At least as far as scales. It has grown from about 12 pages to 32. I kept it named Zinn Practice Regimen cause it sounds catchy, and if you know Dann Zinn, it also instills a sense of fear.

Scales are just one aspect of the Regimen. The Regimen suggests that you also focus on others other areas as well, and divide up your time accordingly (Practice Schedules)

Always strive to keep things **accurate**, **even**, and played with **good tone**.

Tone

1. Long Tones - De la Sonorite by Marcel Moyse
2. Top Tones for Sax by Sigurd Raschard
3. Slow movements from Classical Pieces

Technique (Covered in this book)

1. Chromatics (scales, 2nds, flat 3rds, etc.)
2. Scales (Major, Minors, Dim., etc.)
3. Intervals (Major & Minor 3rds, 4ths, 5ths, 6ths, 7ths)
4. Arpeggios (Major & Minor Triads, 7ths, Dim, Aug, etc.)

Etudes (Various Technical Studies in Different Styles)

Tunes

1. Classical Studies and Pieces
2. Jazz Transcriptions and Pieces
3. Improvisation

If any of the above are not happening, you must slow down!

Also: **ALWAYS USE A METRONOME**

PRACTICE SCHEDULES

30

10 Long Tones		5 Long Tones
10 Scales	or	15 Scales
10 Pieces		10 Pieces

45

10 Long Tones		5 Long Tones		5 Long Tones
20 Scales	or	15 Scales	or	25 Scales
15 Pieces		10 Etudes		15 Pieces
		15 Pieces		

60

10 Long Tones		10 Long Tones
25 Scales	or	30 Scales
10 Etudes		20 Pieces
15 Pieces		

90

20 Long Tones		15 Long Tones		15 Long Tones
35 Scales	or	40 Scales	or	30 Scales
10 Etudes		35 Pieces		20 Etudes
25 Pieces				25 Pieces

120

20 Long Tones		20 Long Tones		20 Long Tones		20 Long Tones
40 Scales	or	30 Scales	or	30 Scales	or	60 Scales
20 Etudes		30 Etudes		40 Etudes		40 Pieces
40 Pieces		40 Pieces		30 Pieces		

150

20 Long Tones		30 Long Tones
60 Scales	or	55 Scales
30 Etudes		25 Etudes
40 Pieces		40 Pieces

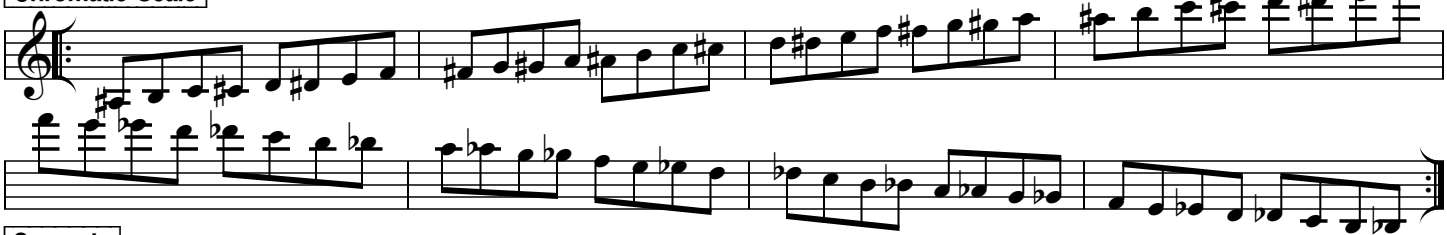
180

30 Long Tones		30 Long Tones
60 Scales	or	30 Scales
30 Etudes		60 Etudes
60 Pieces		60 Pieces

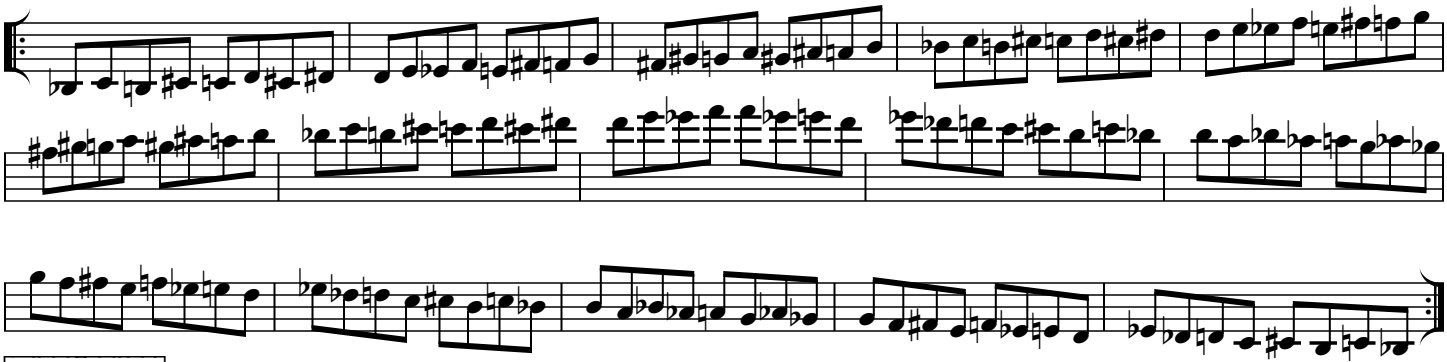
ZINN PRACTICE REGIMEN

For Saxophone

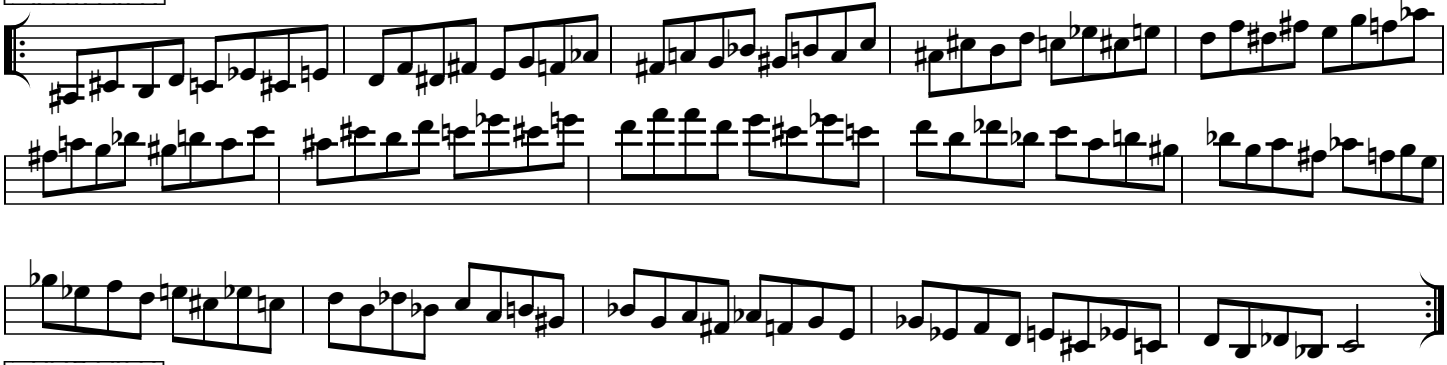
Chromatic Scale



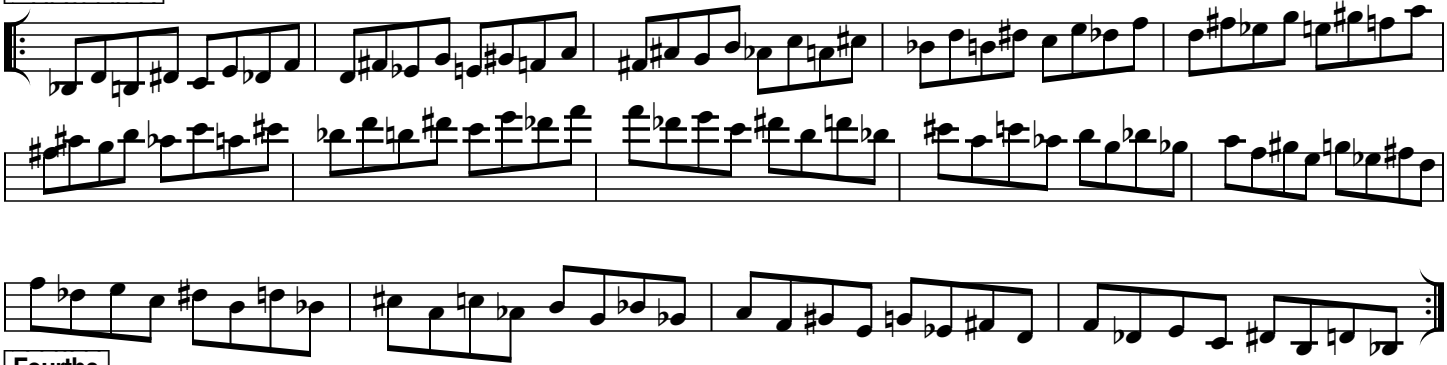
Seconds



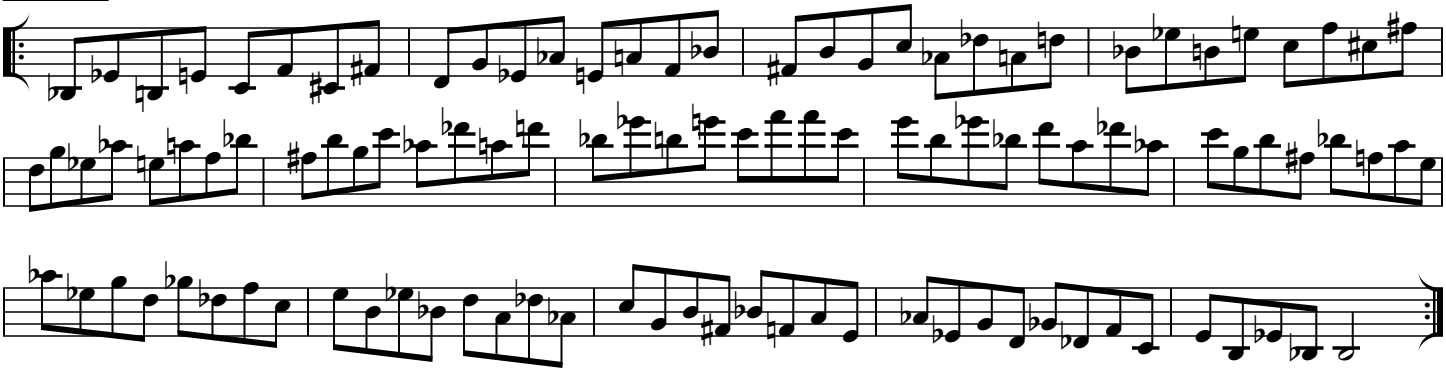
Minor Thirds



Major Thirds



Fourths



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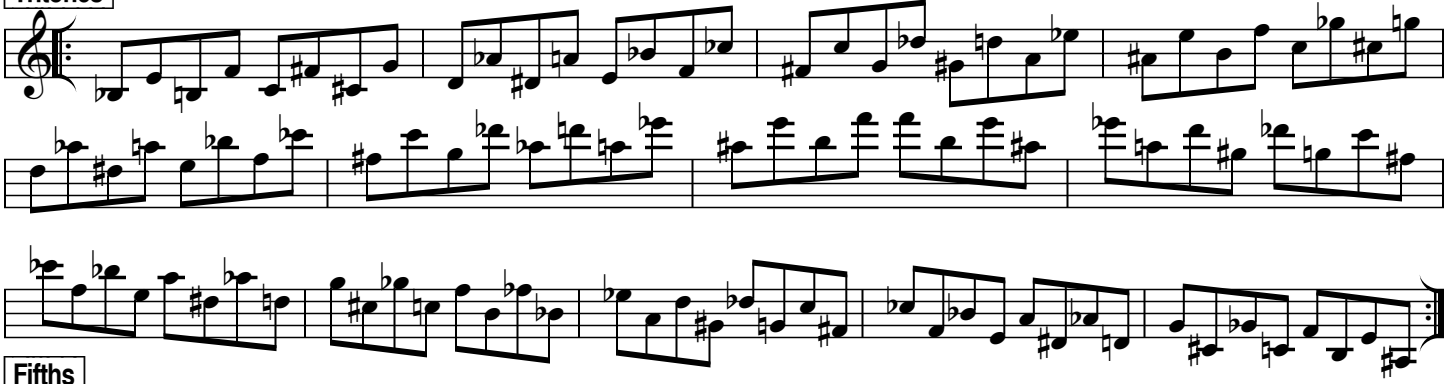
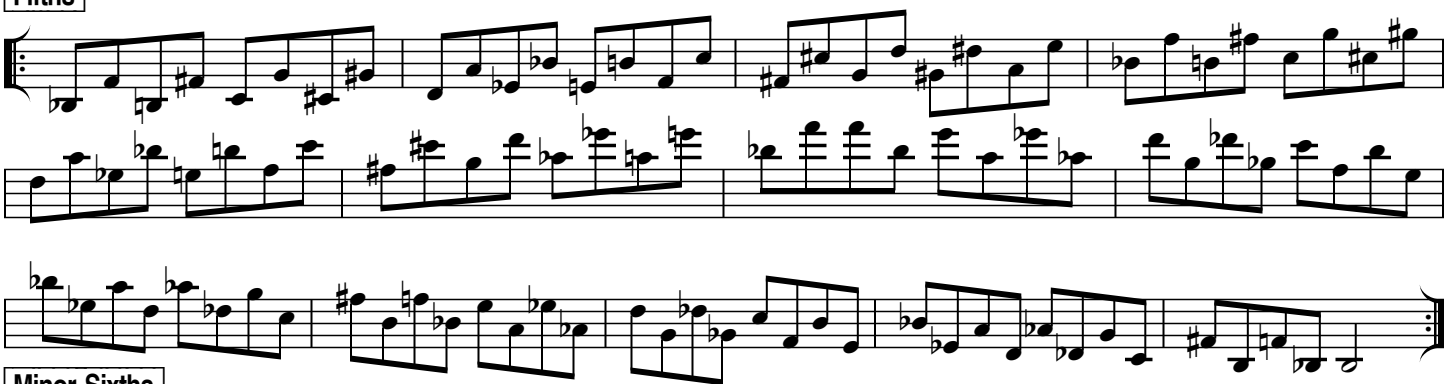
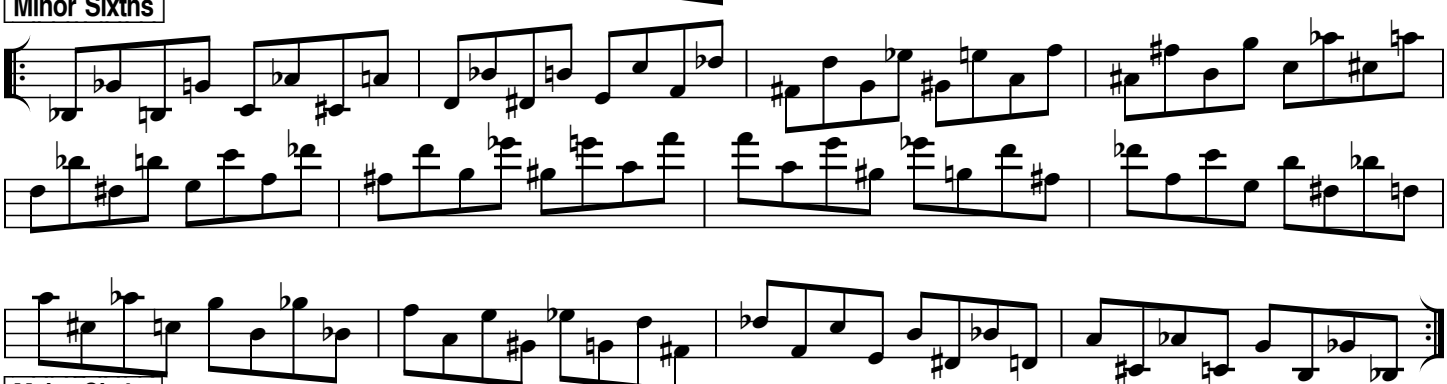
Tritones



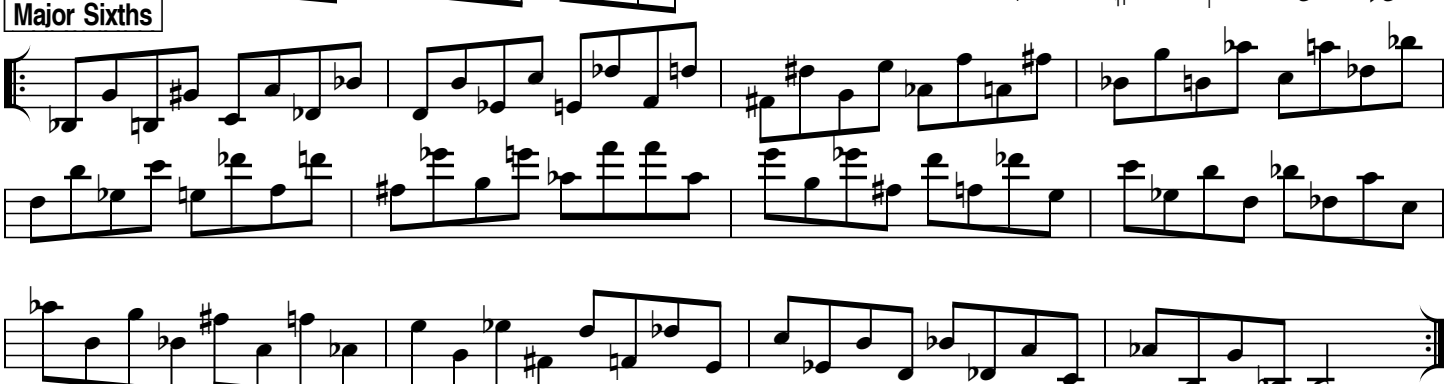
Fifths



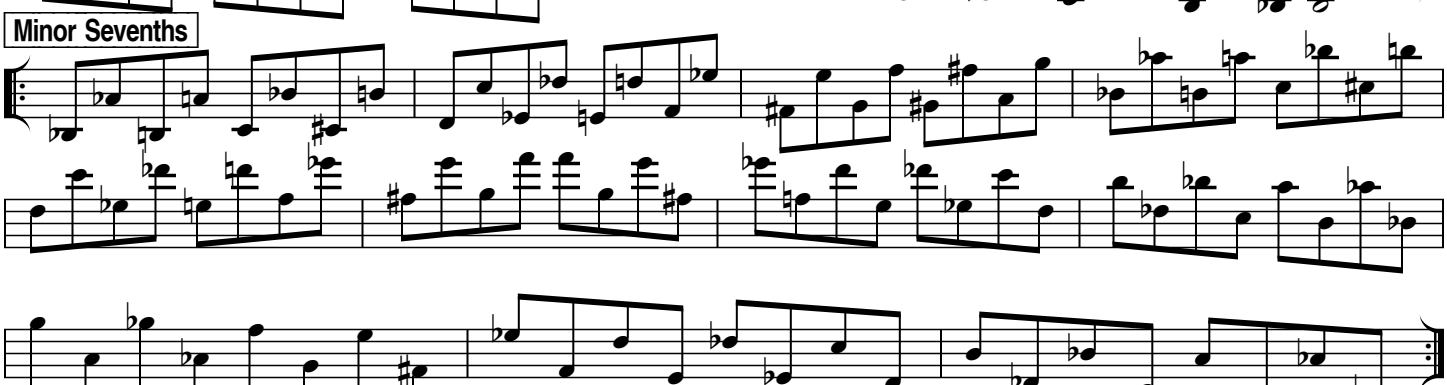
Minor Sixths



Major Sixths



Minor Sevenths



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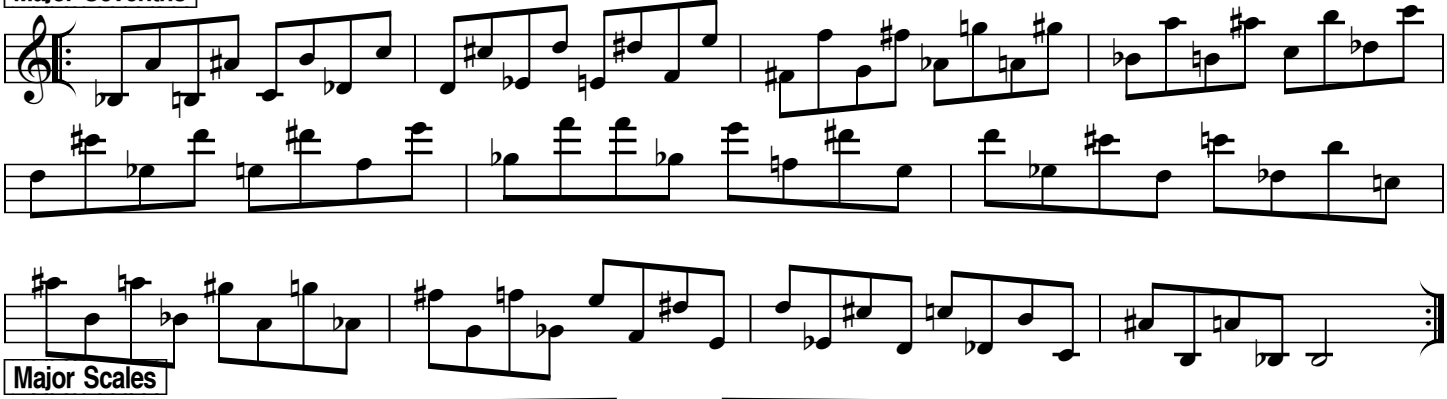
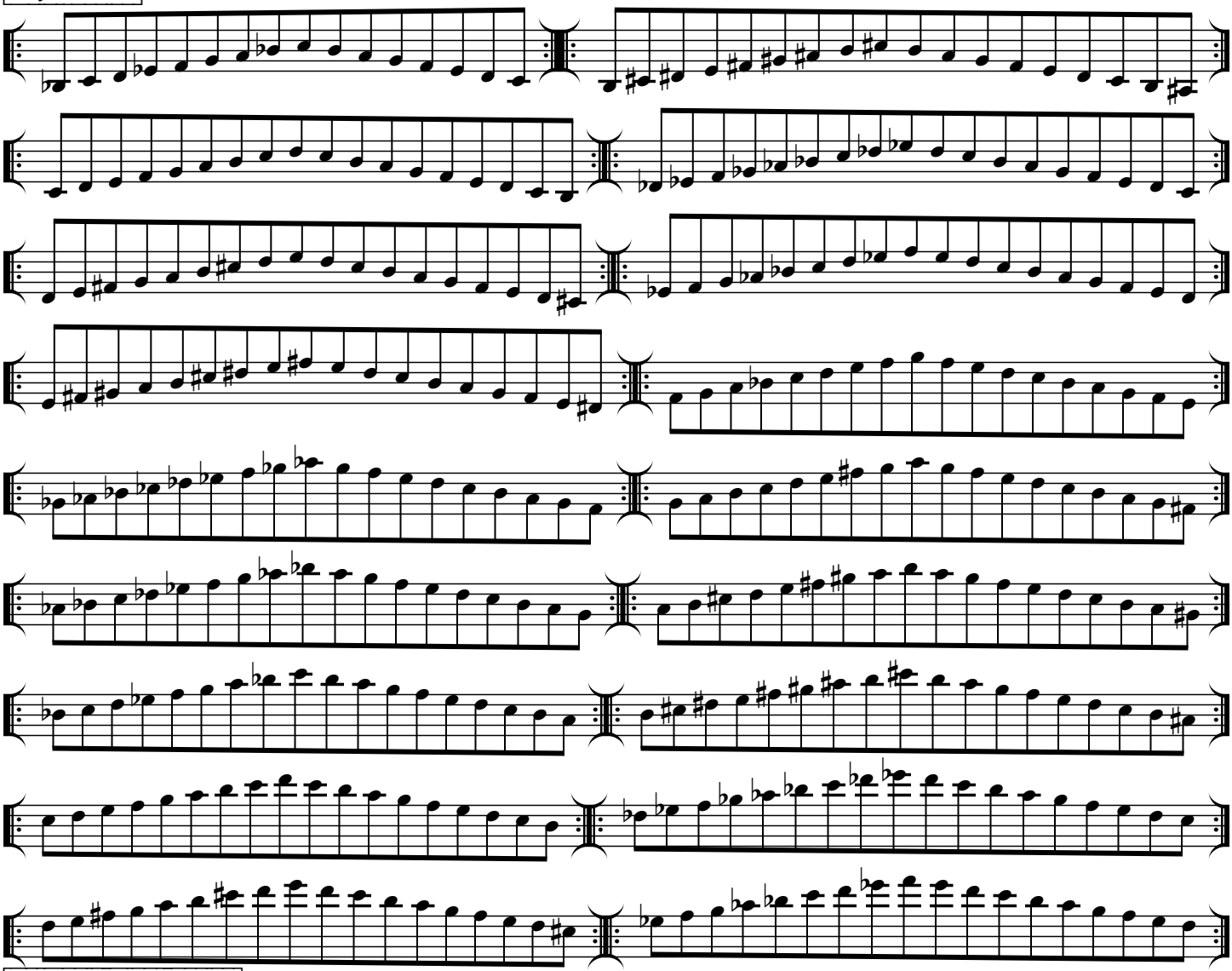
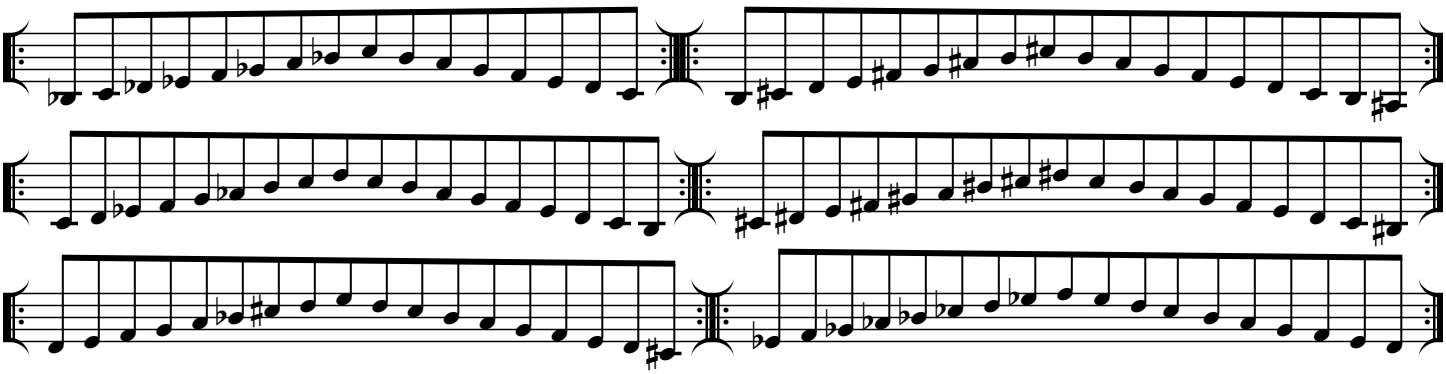
Major Sevenths



Major Scales



Harmonic Minor Scales



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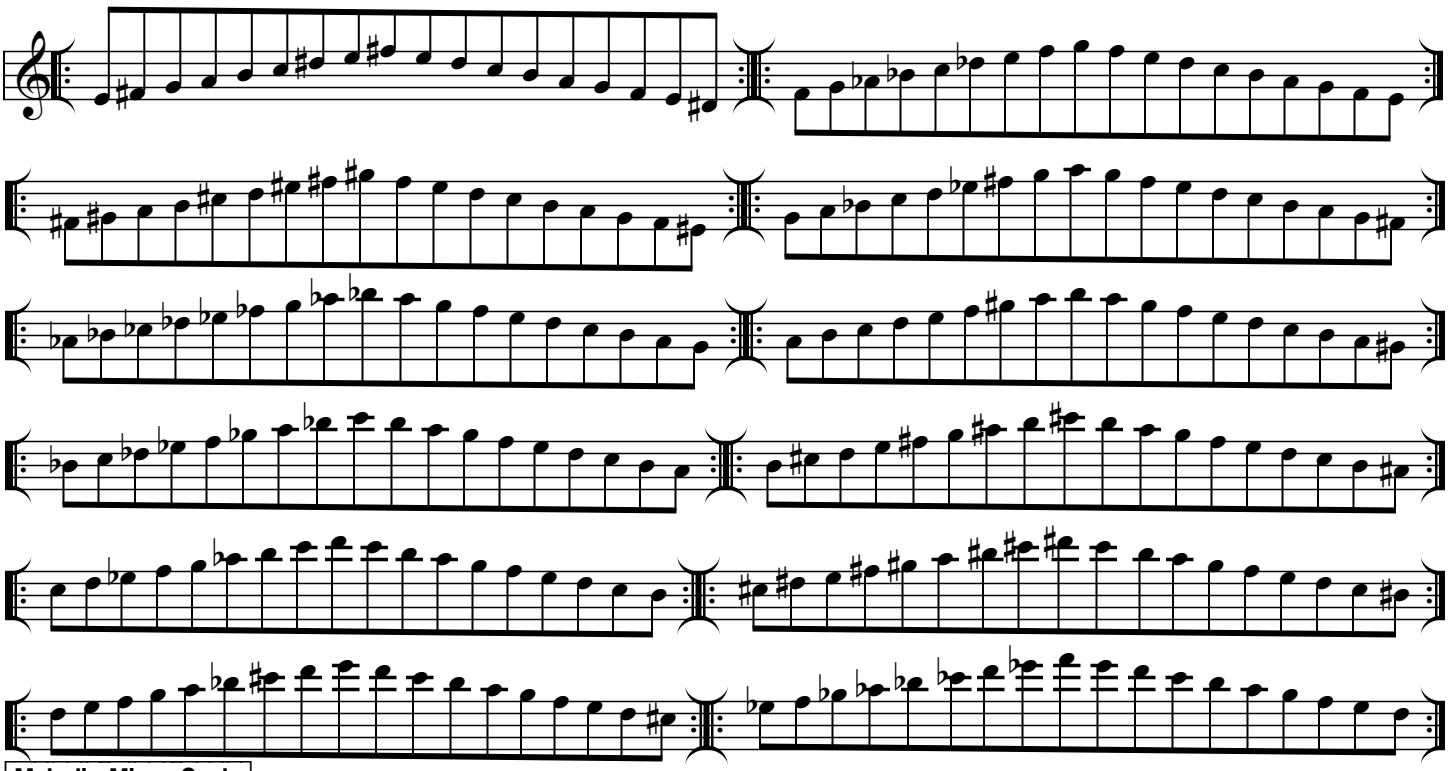
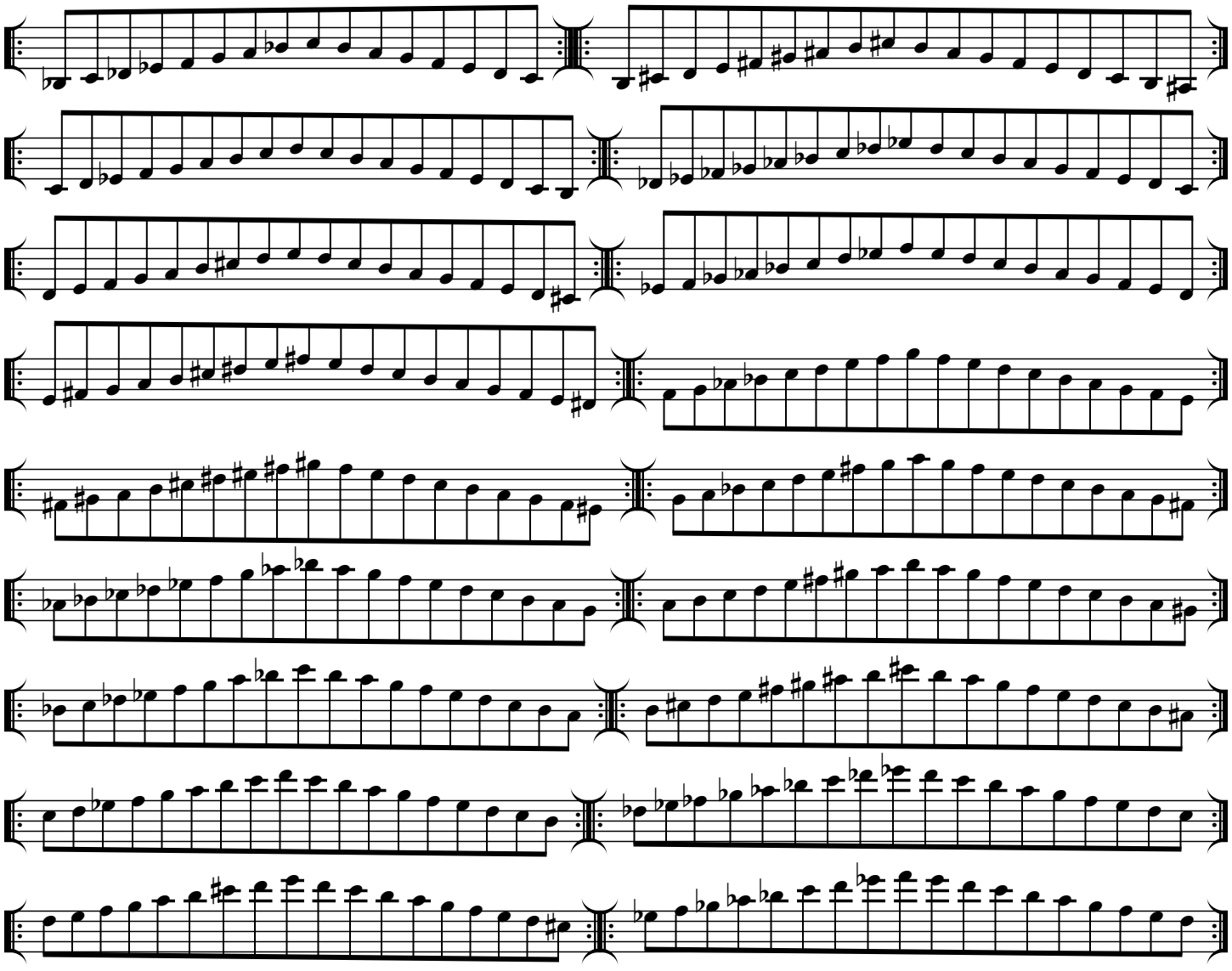


Melodic Minor Scale



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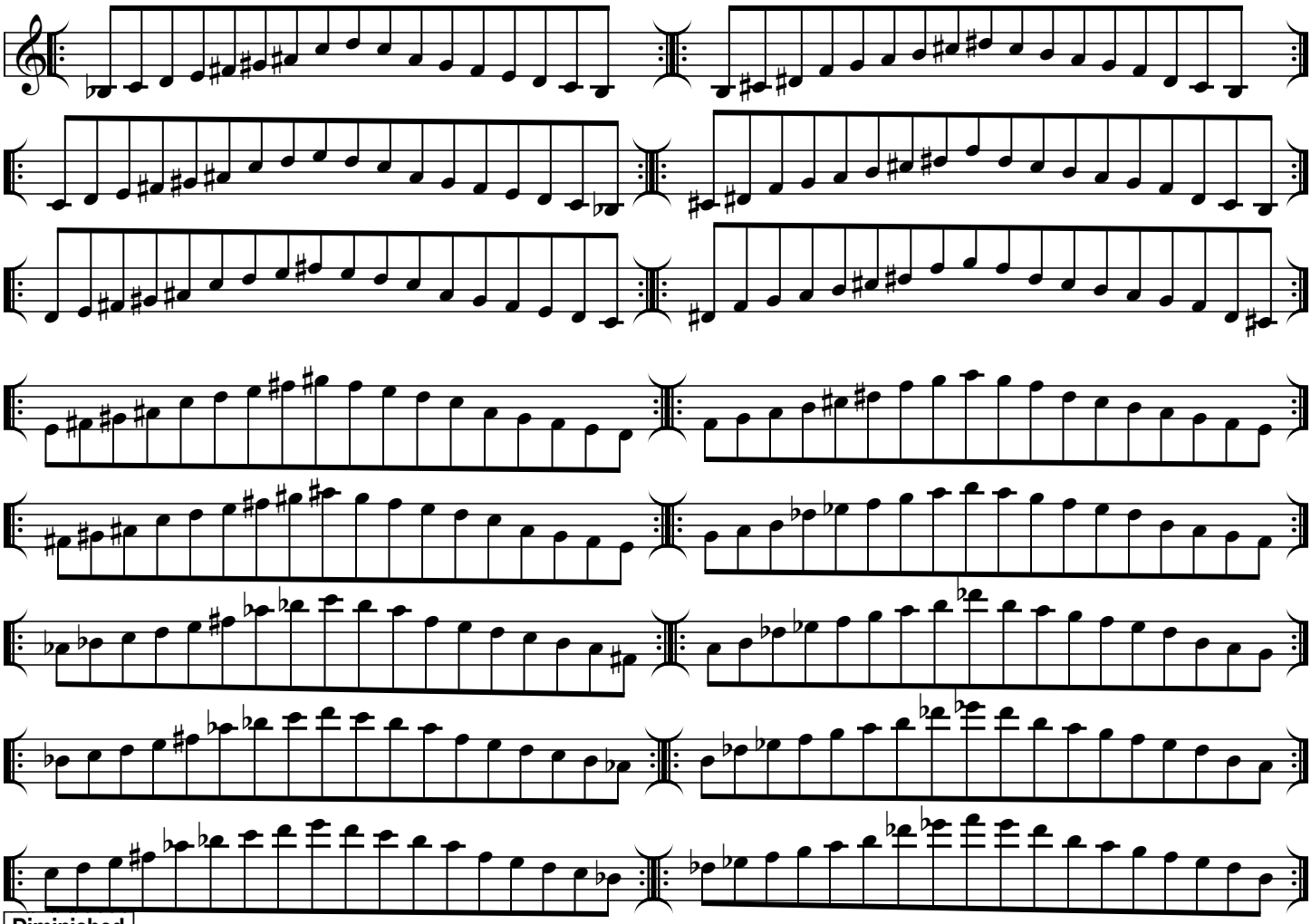
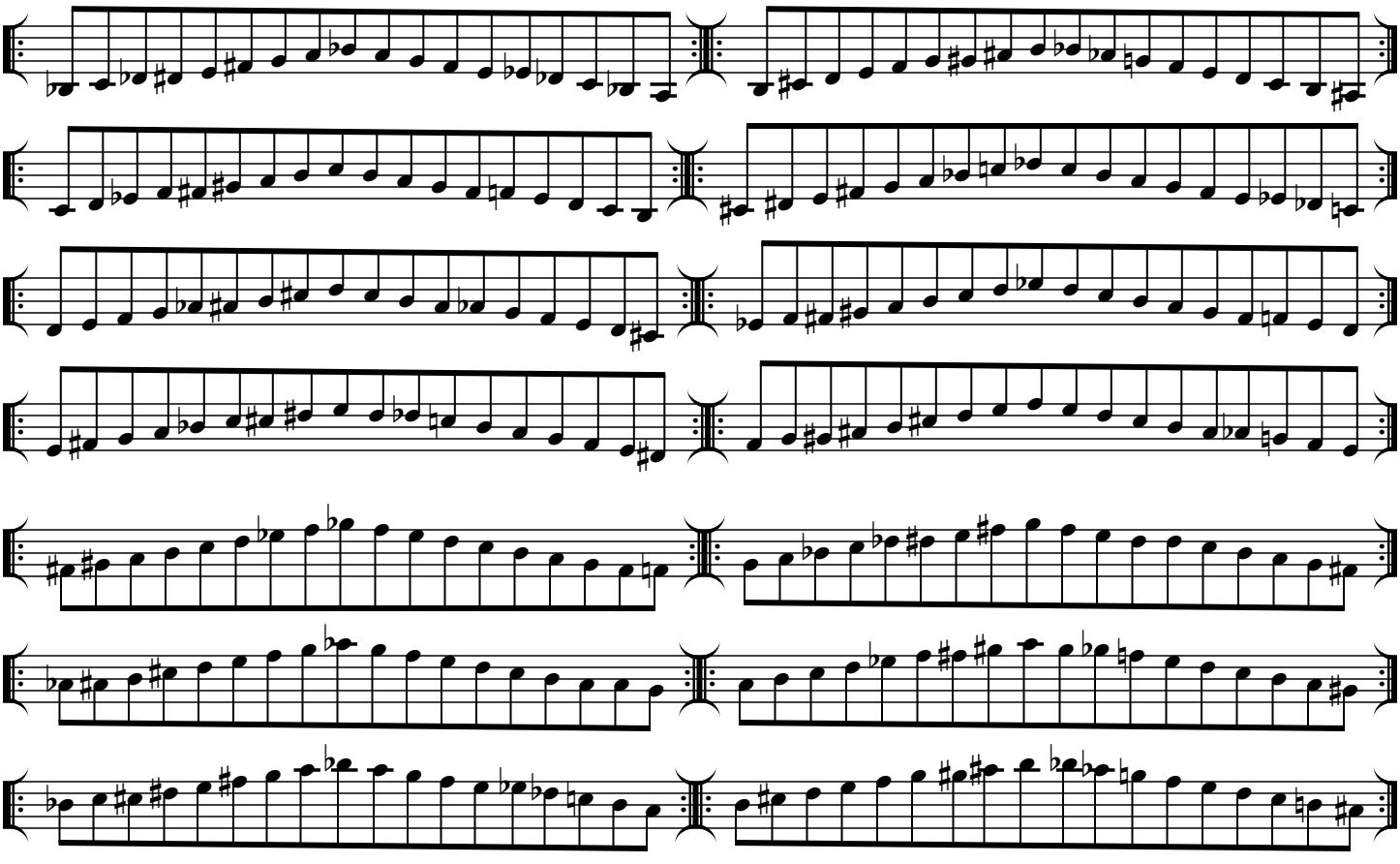
Wholetone



Diminished



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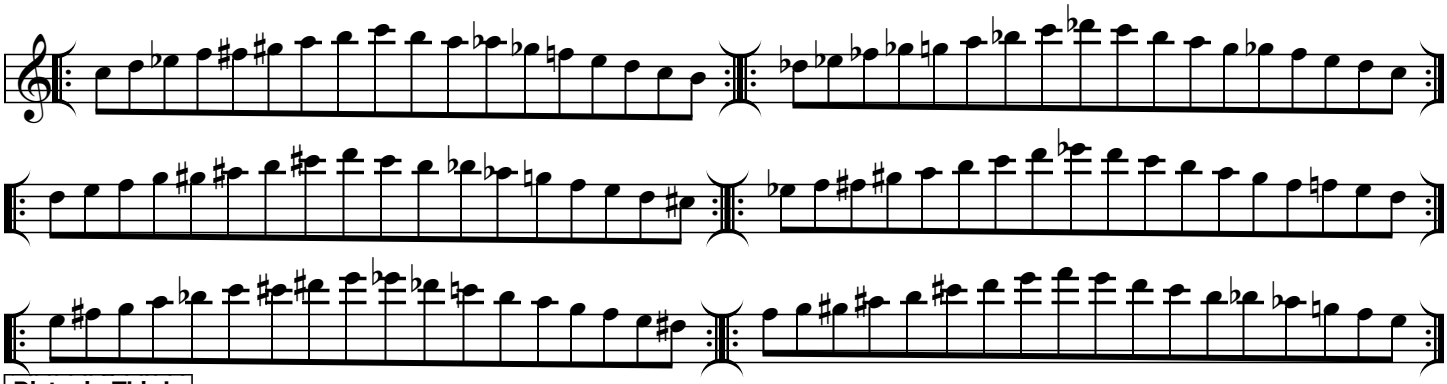
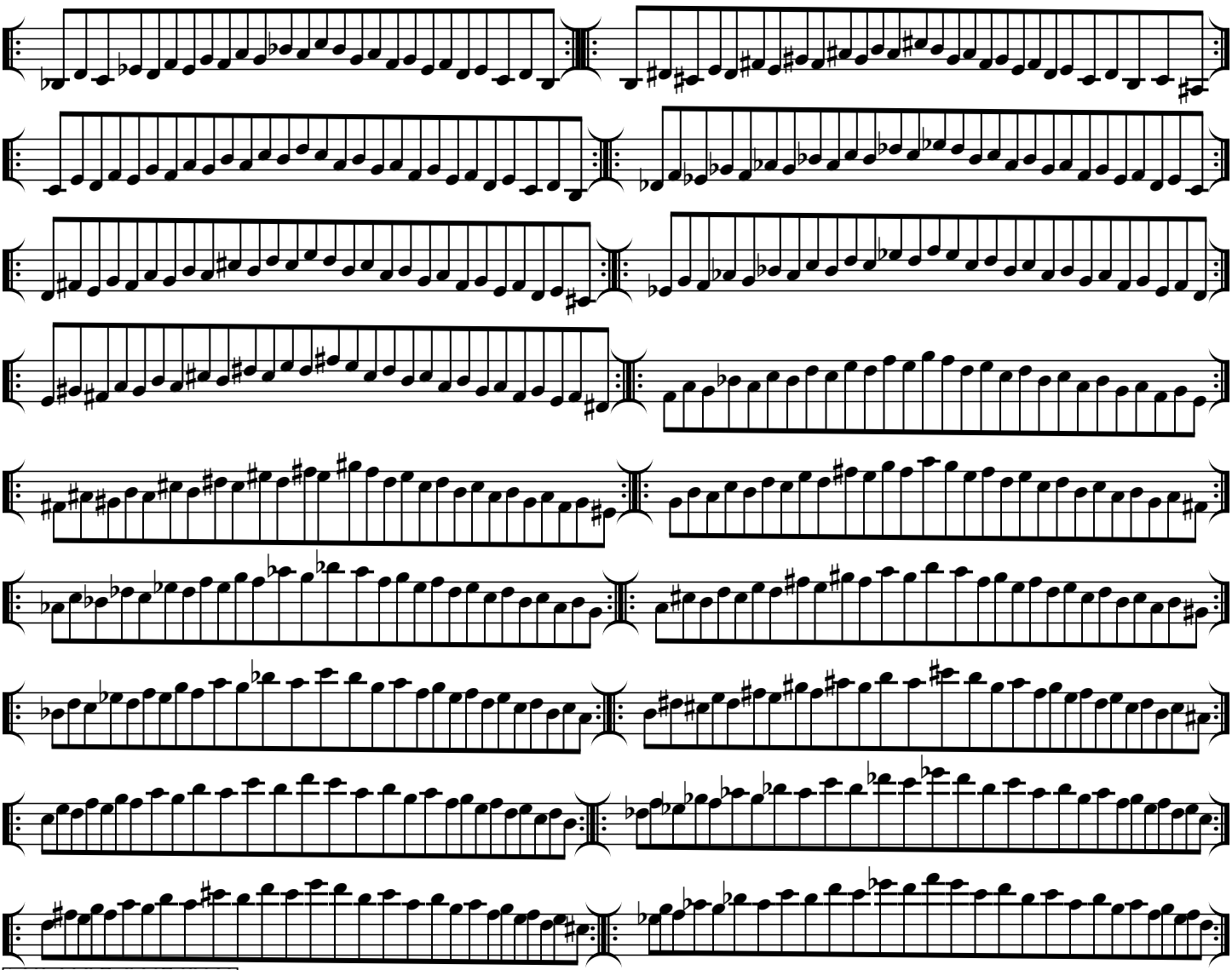
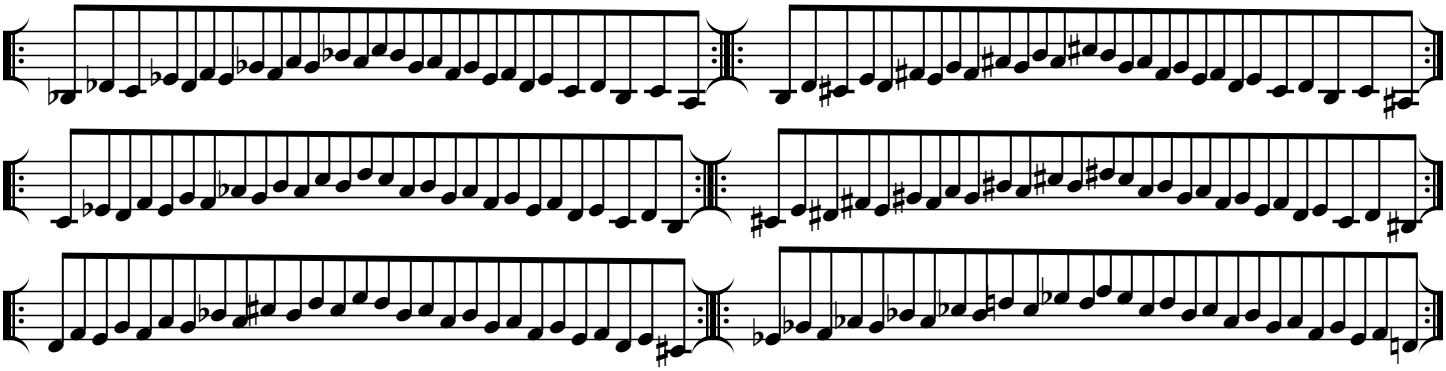


Diatonic Thirds



Harmonic Minor Triads



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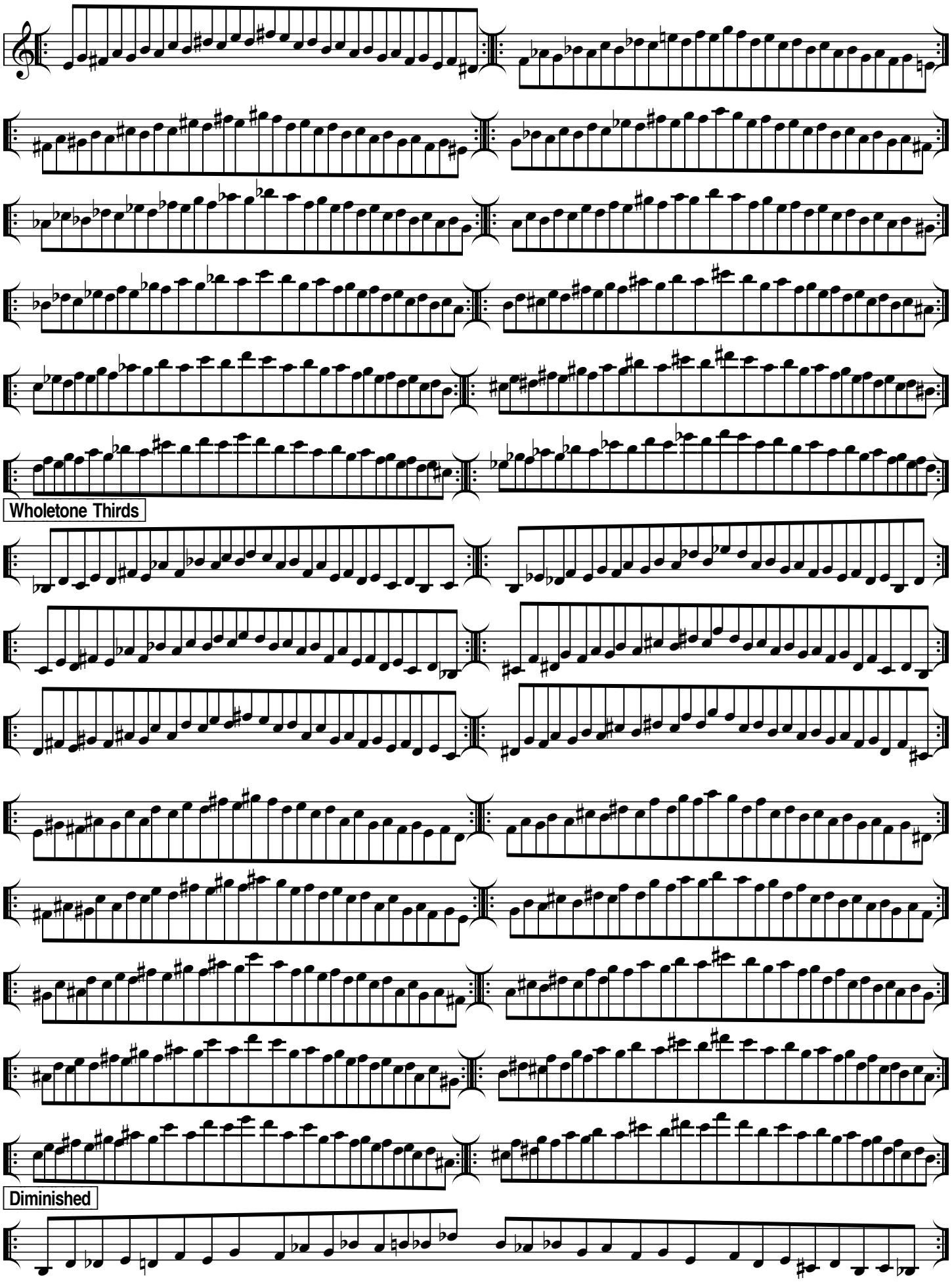

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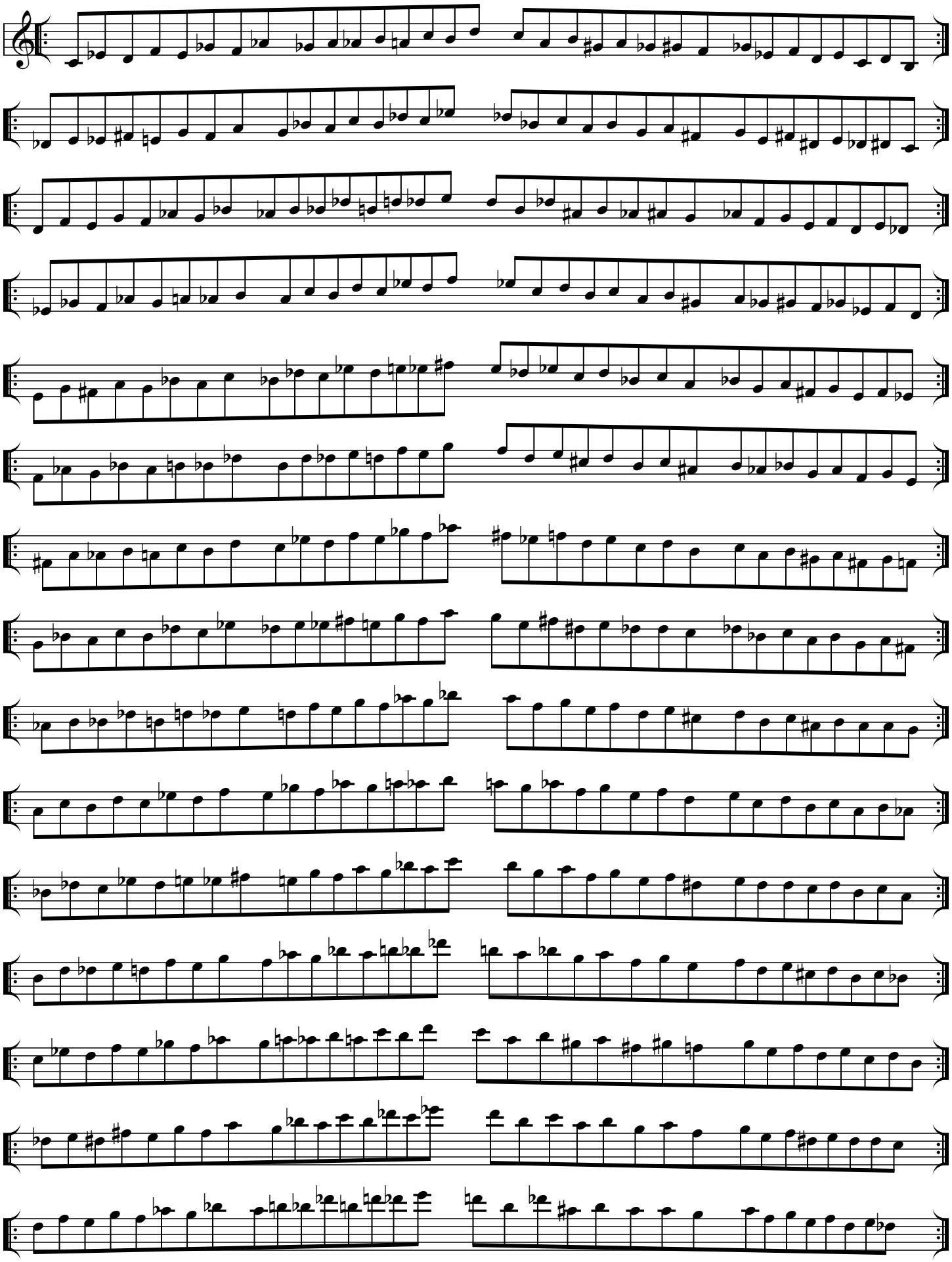

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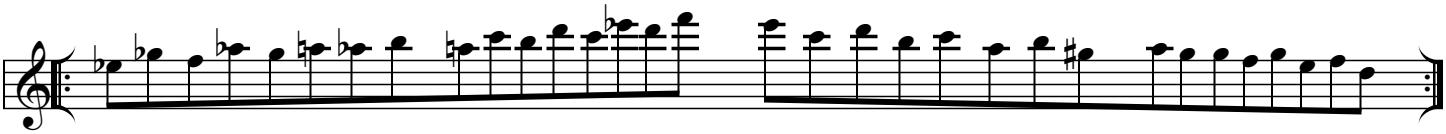
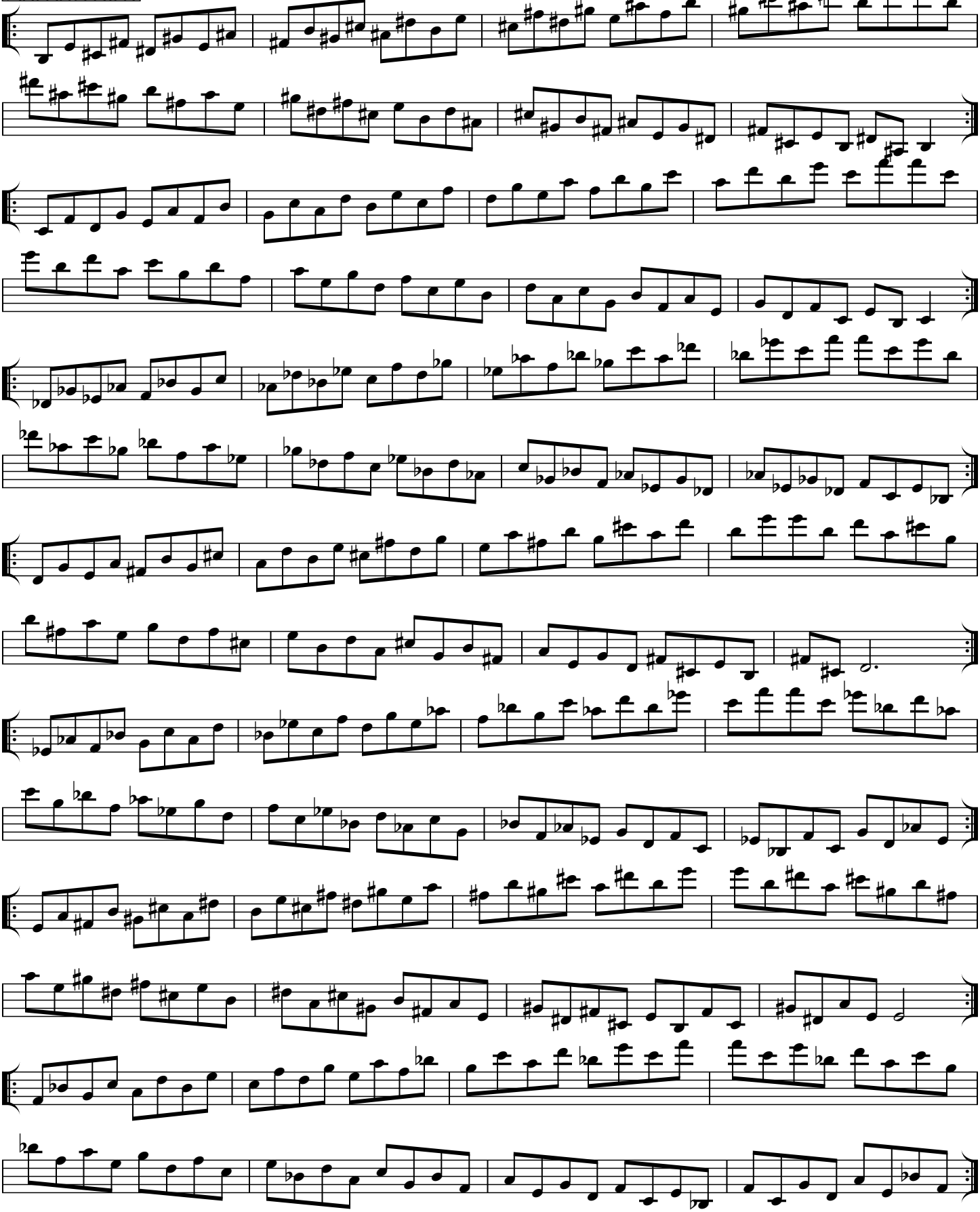


Diatonic Fourths



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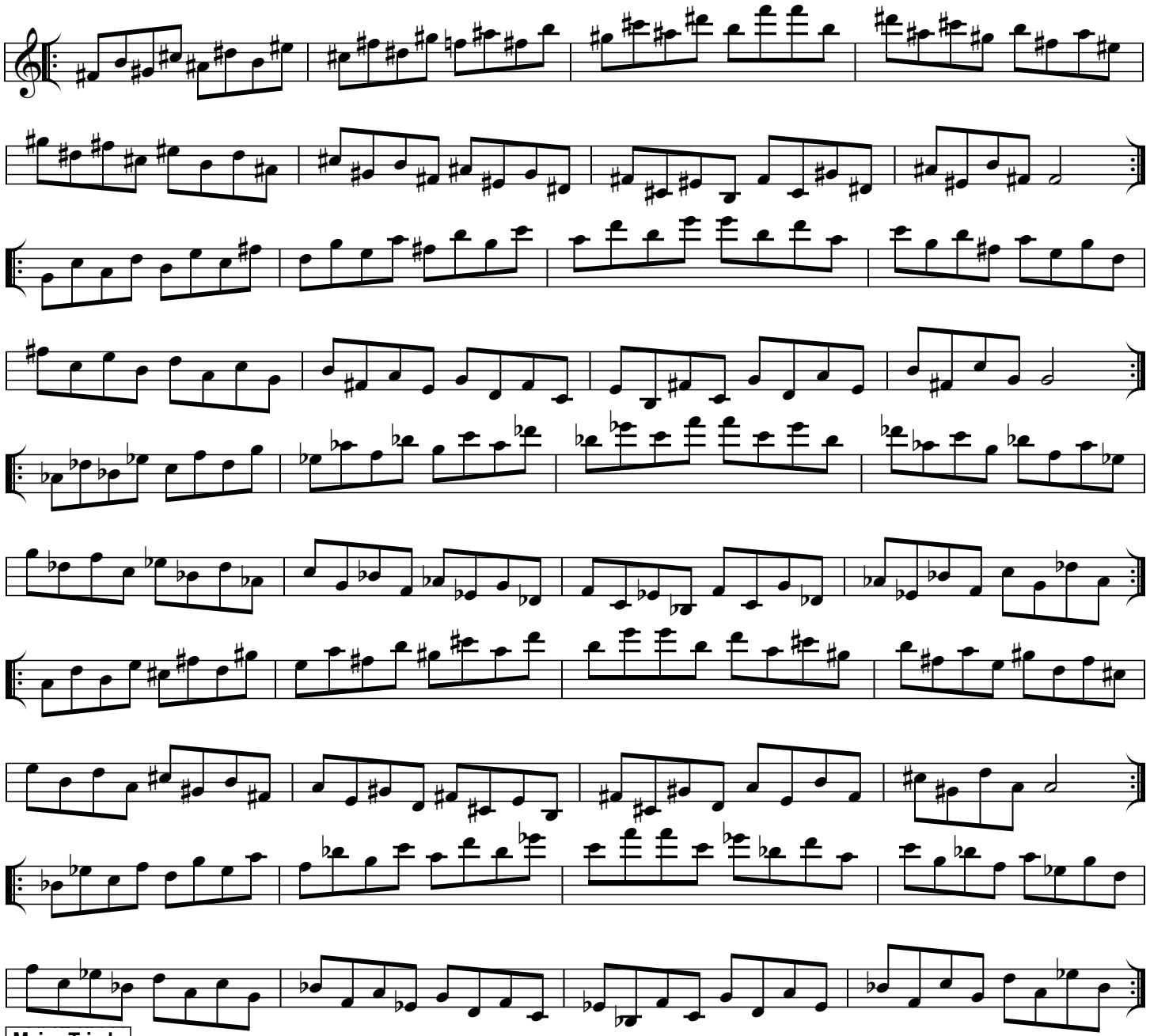
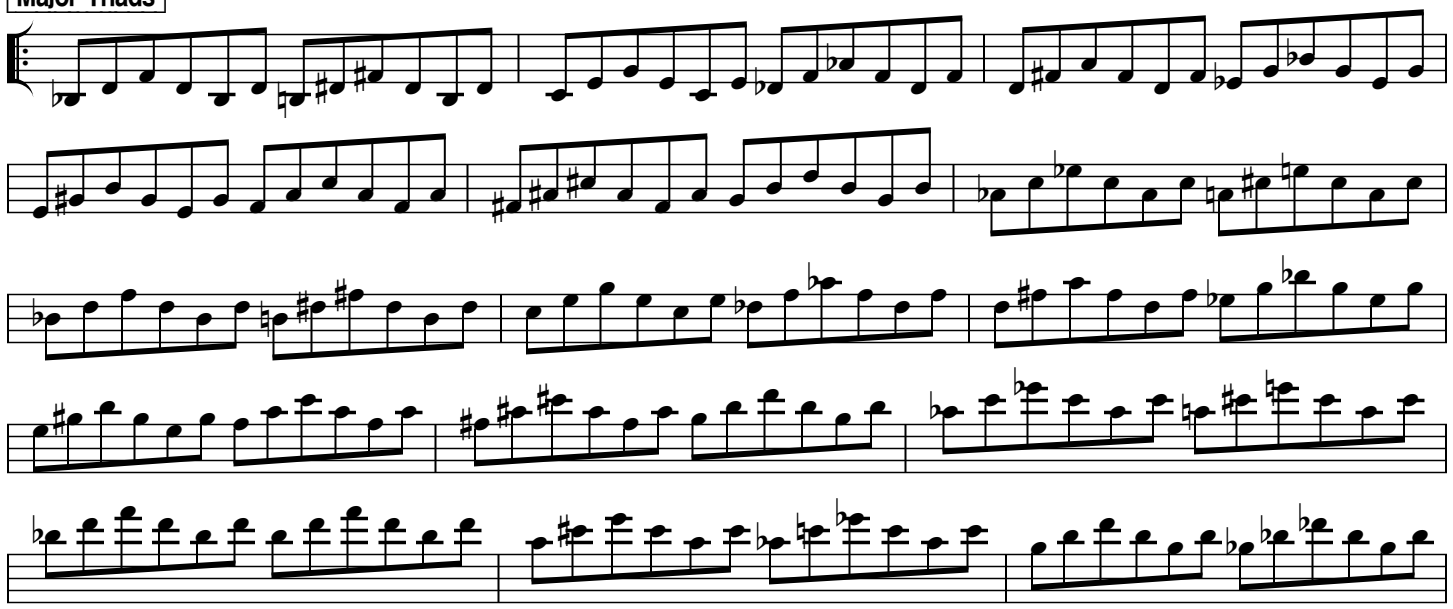


Major Triads



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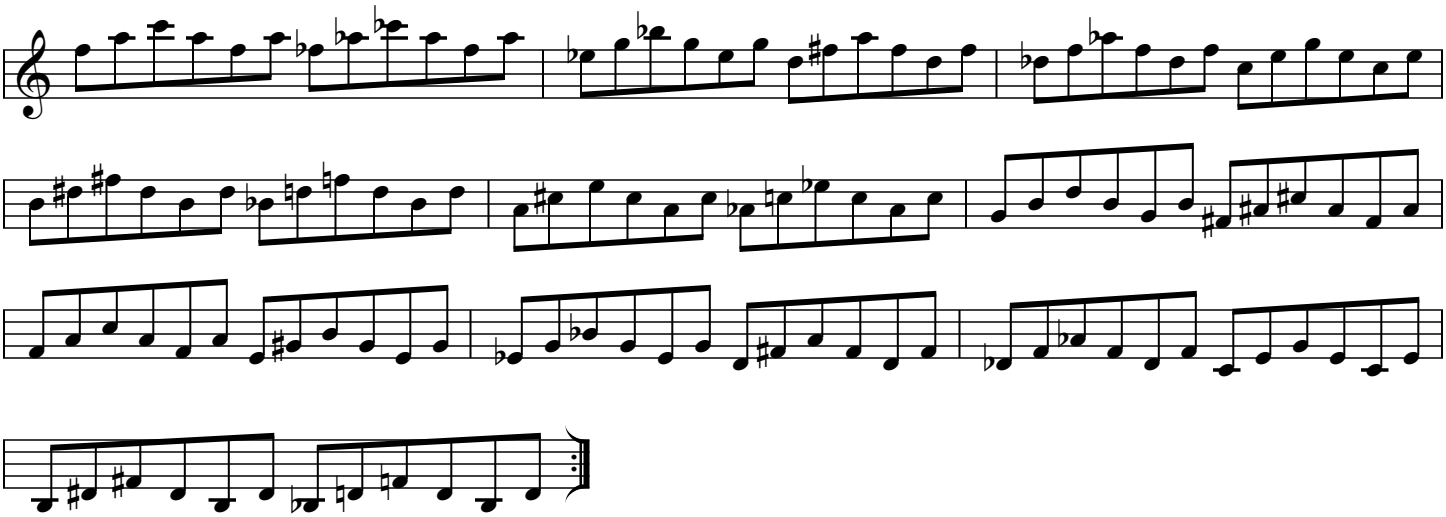
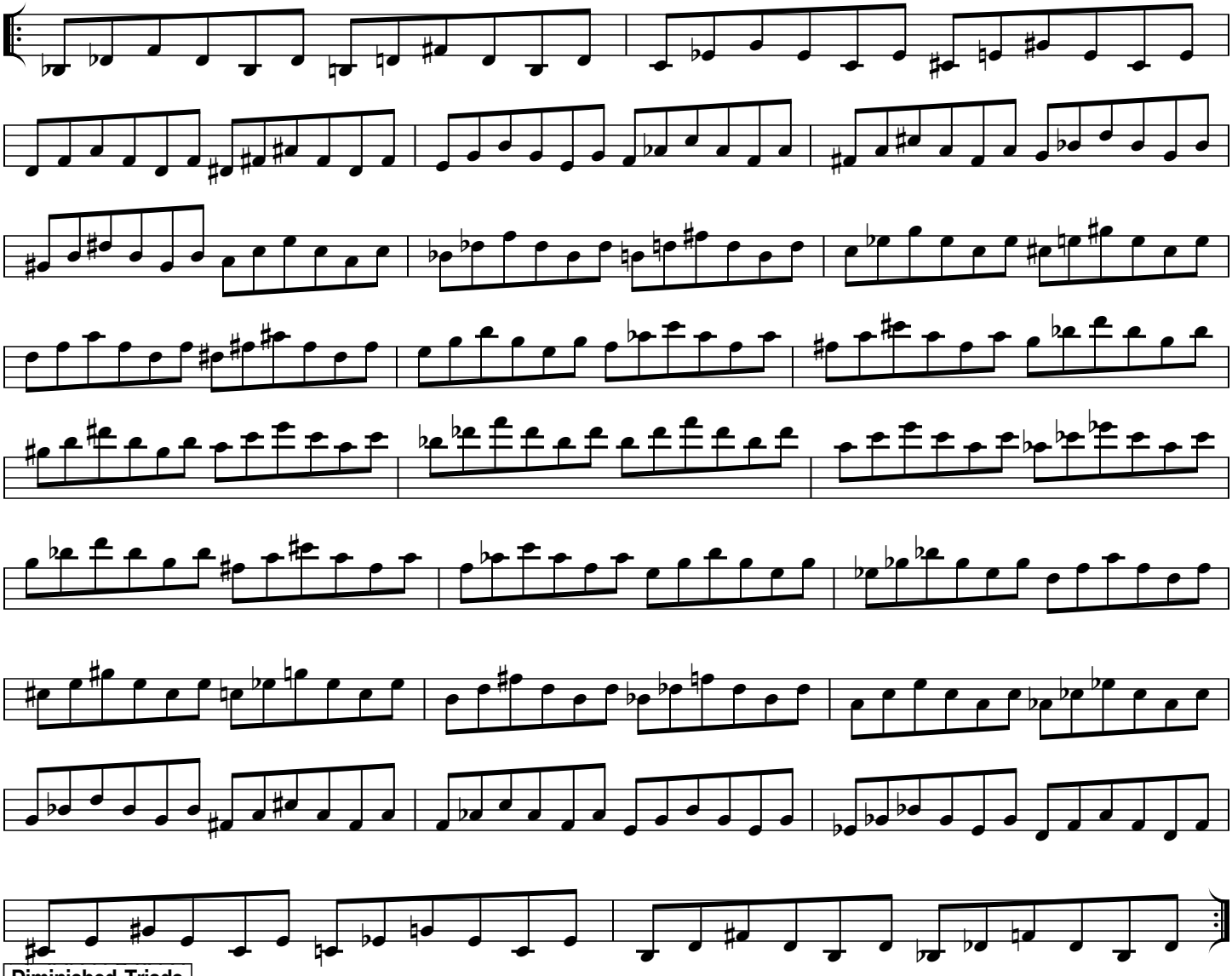
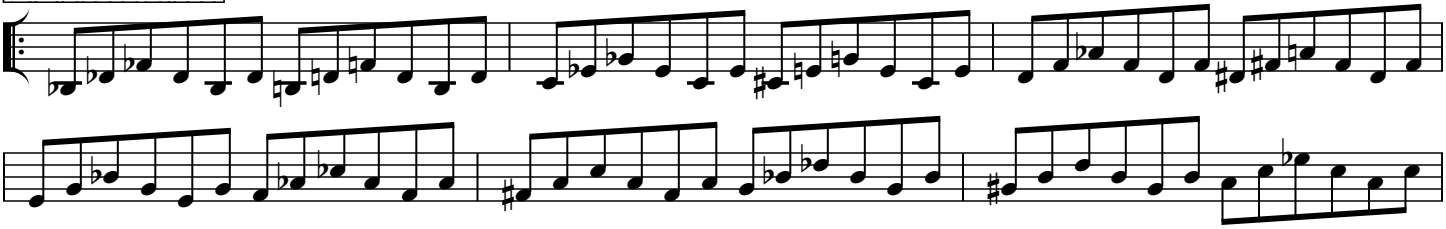


Minor Triads



Diminished Triads



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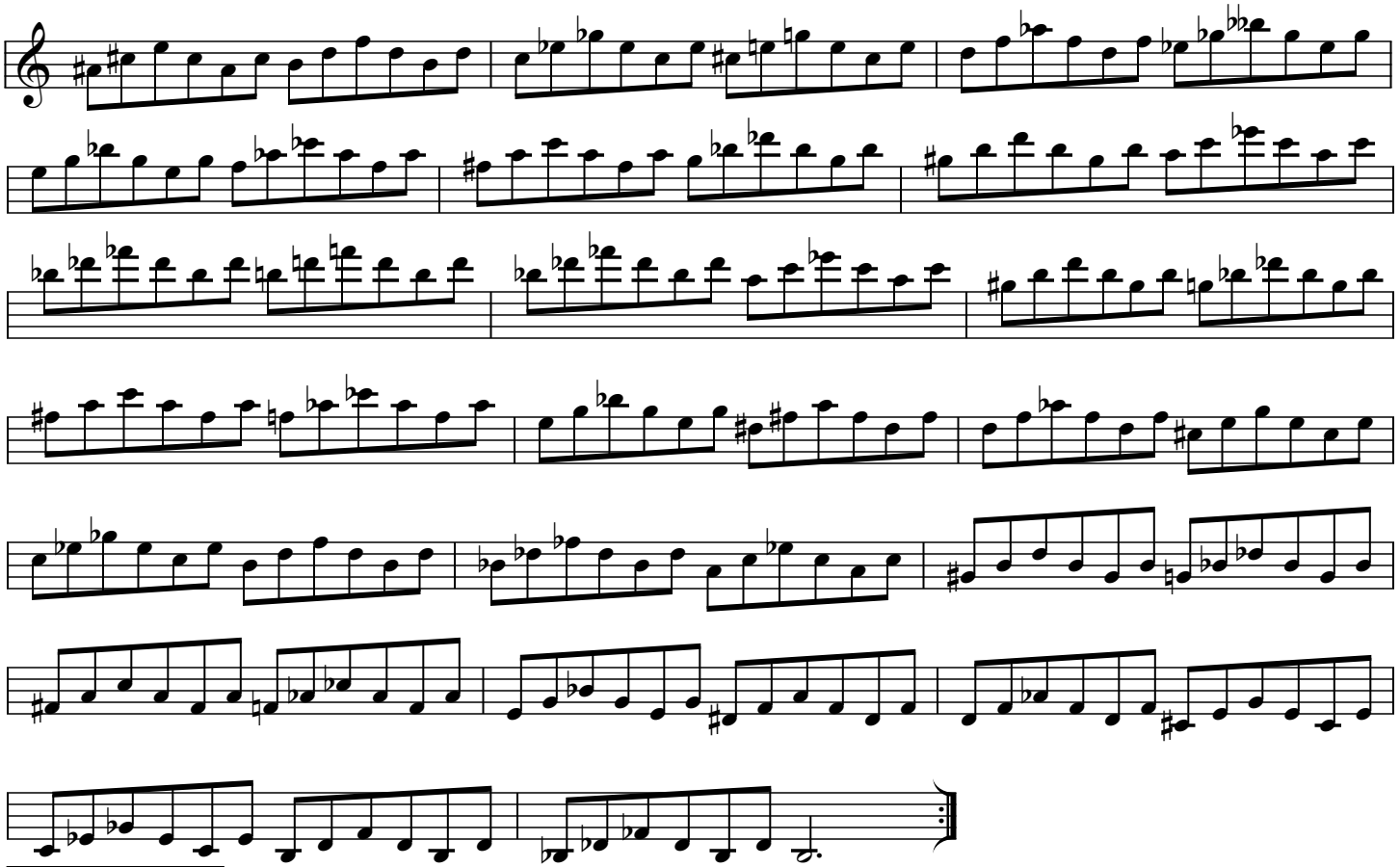
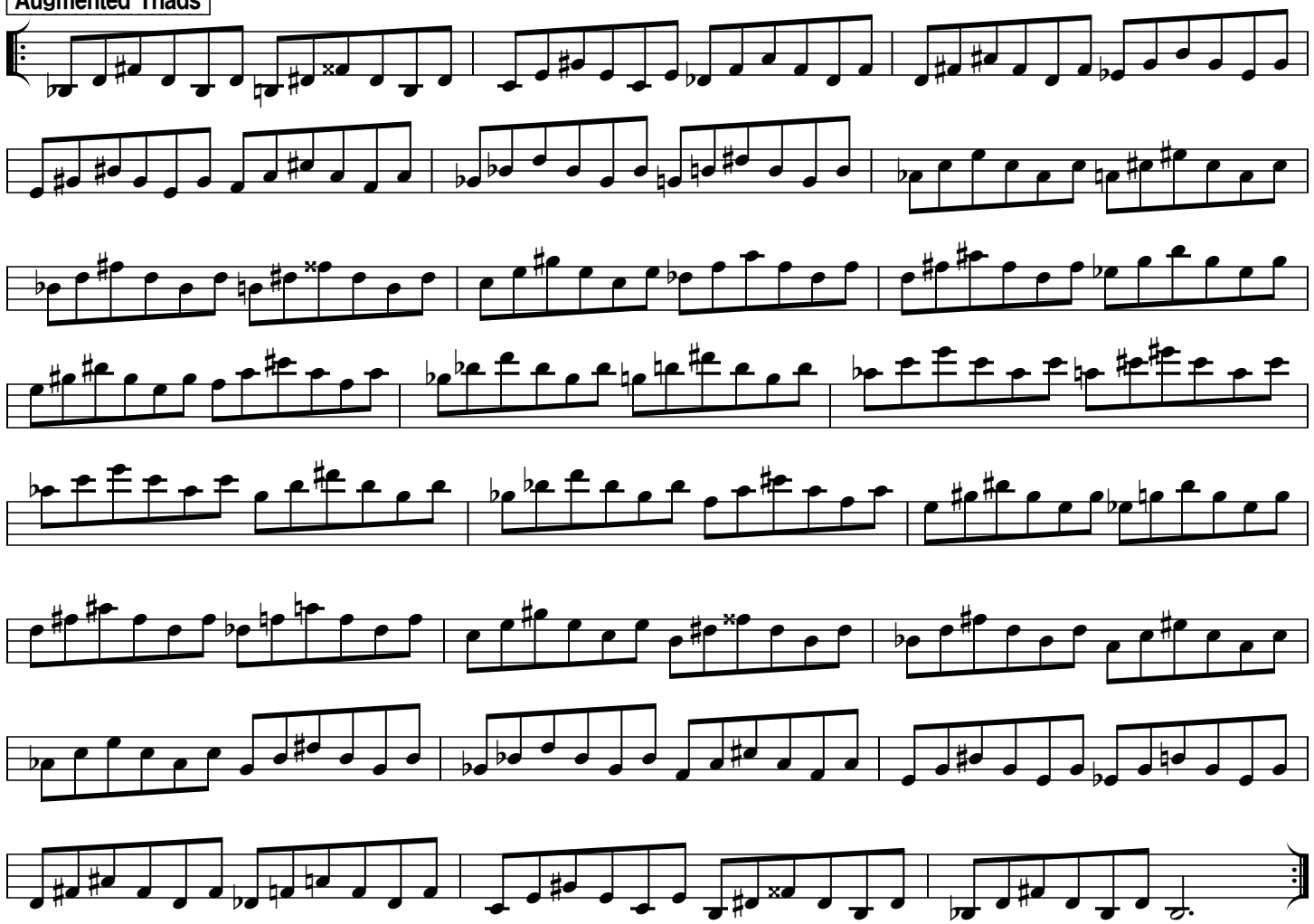


Augmented Triads



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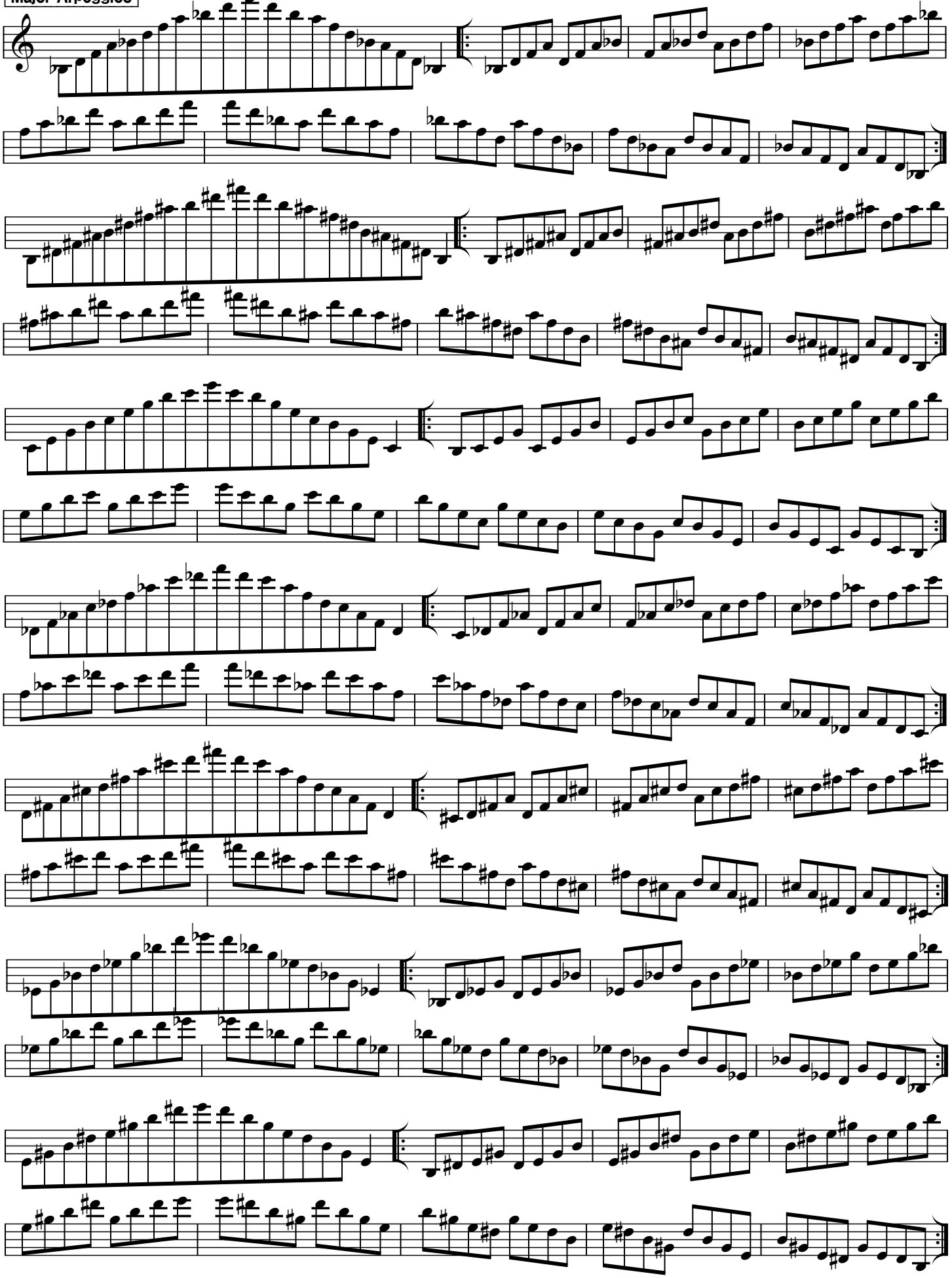
Major Arpeggios



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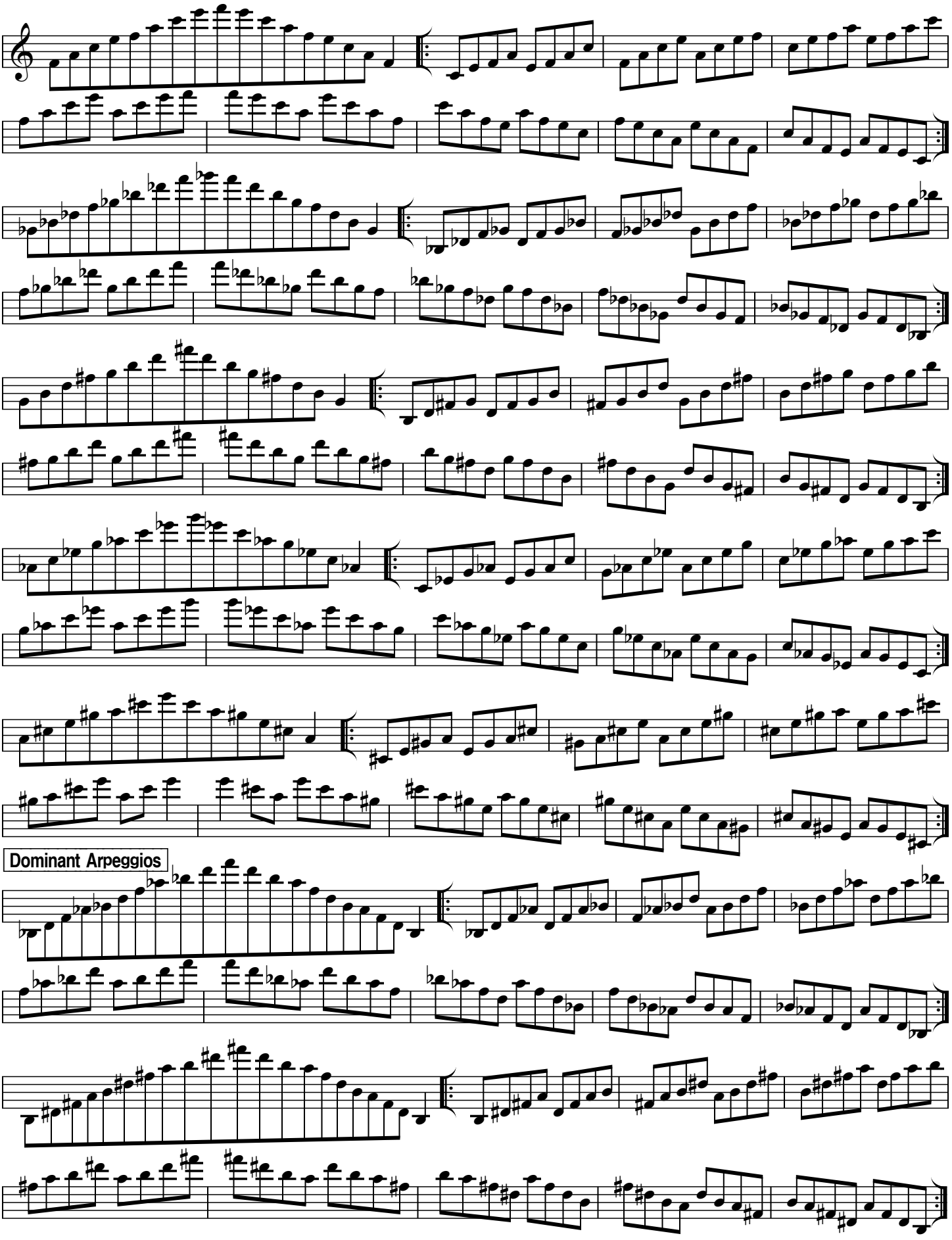

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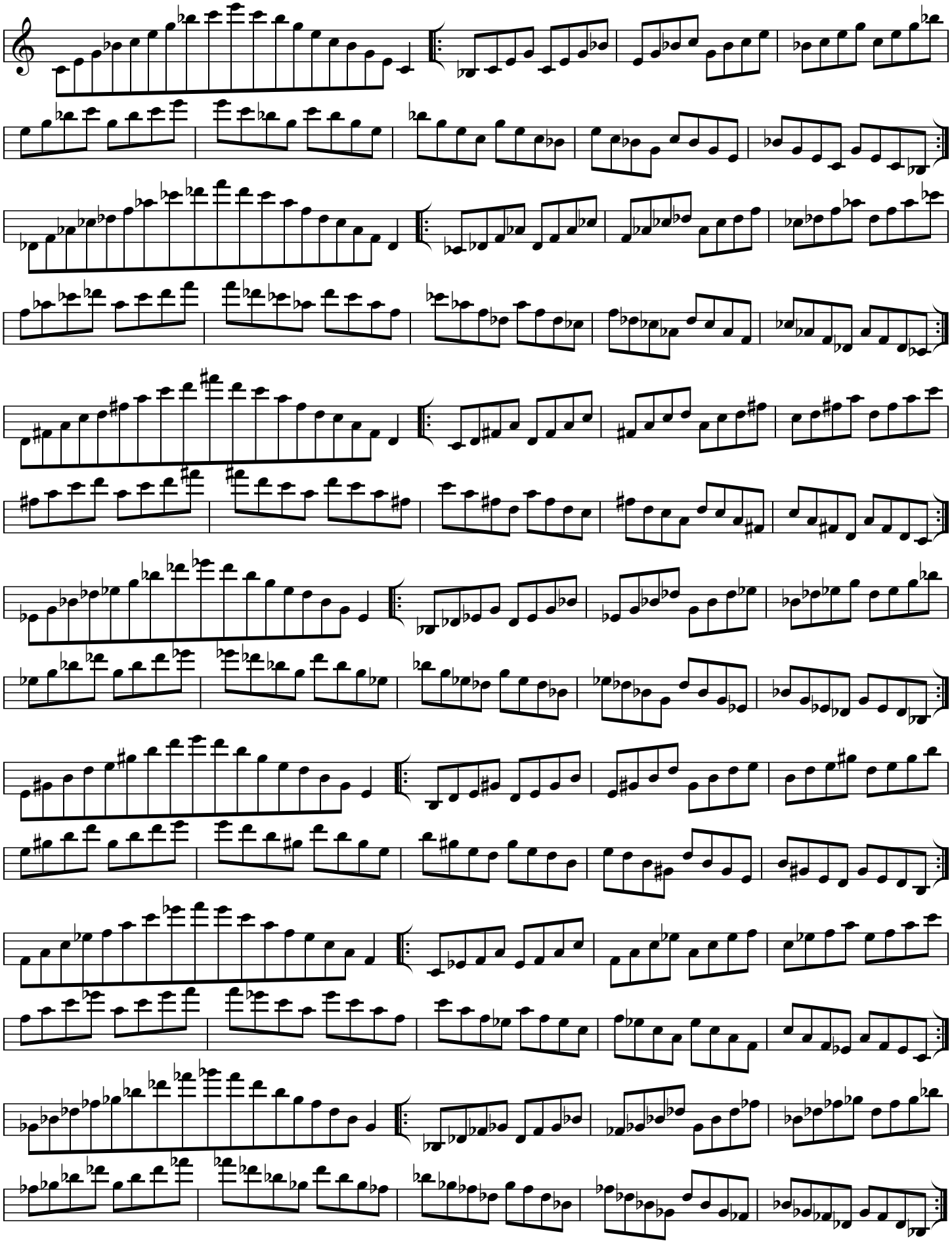

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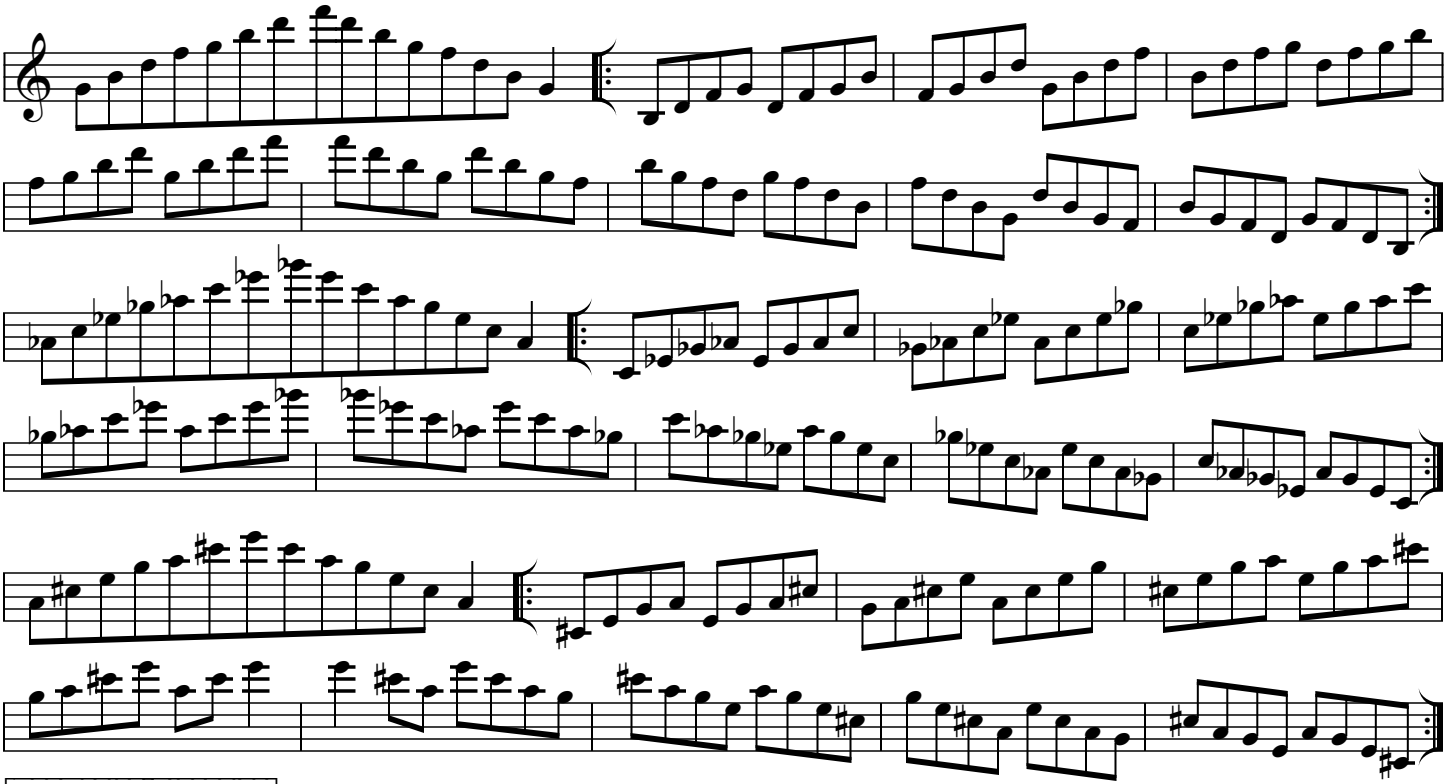
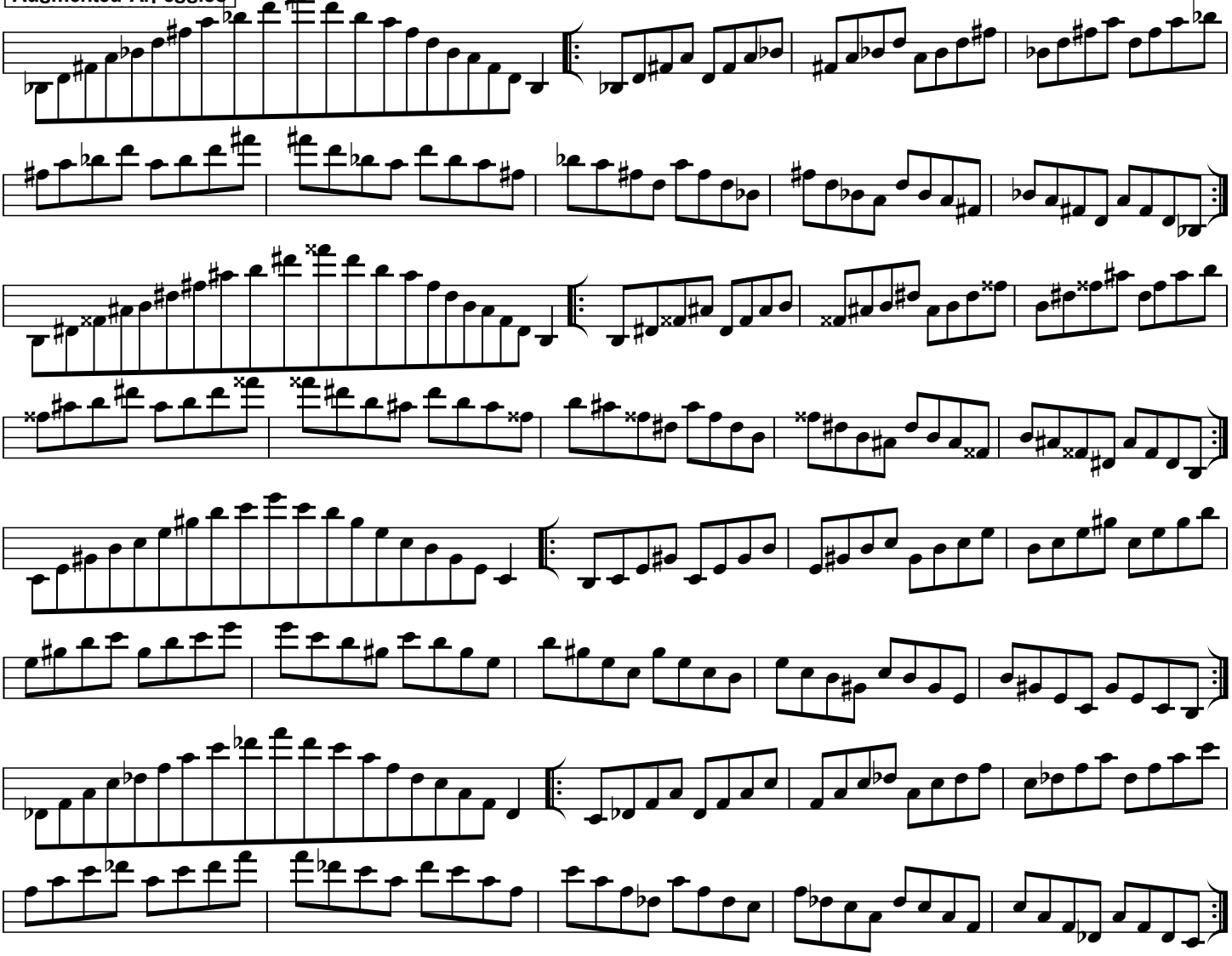


Augmented Arpeggios



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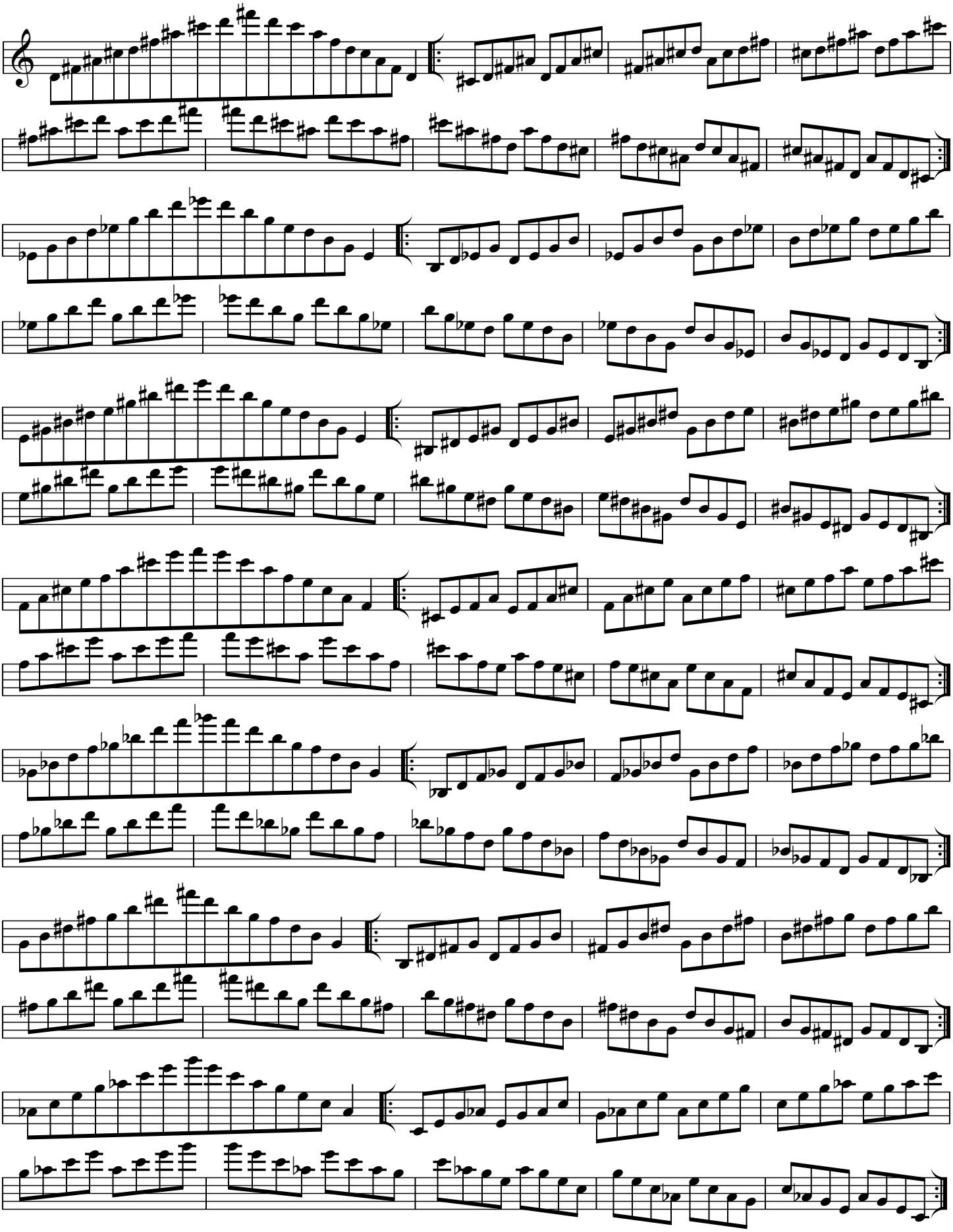

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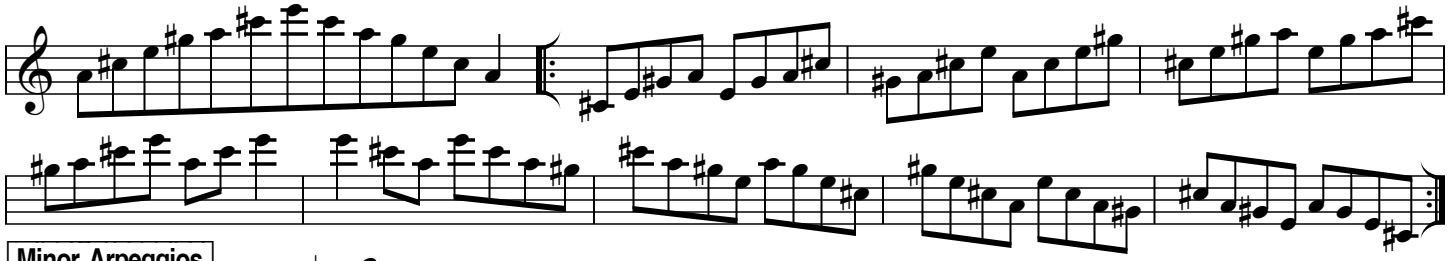
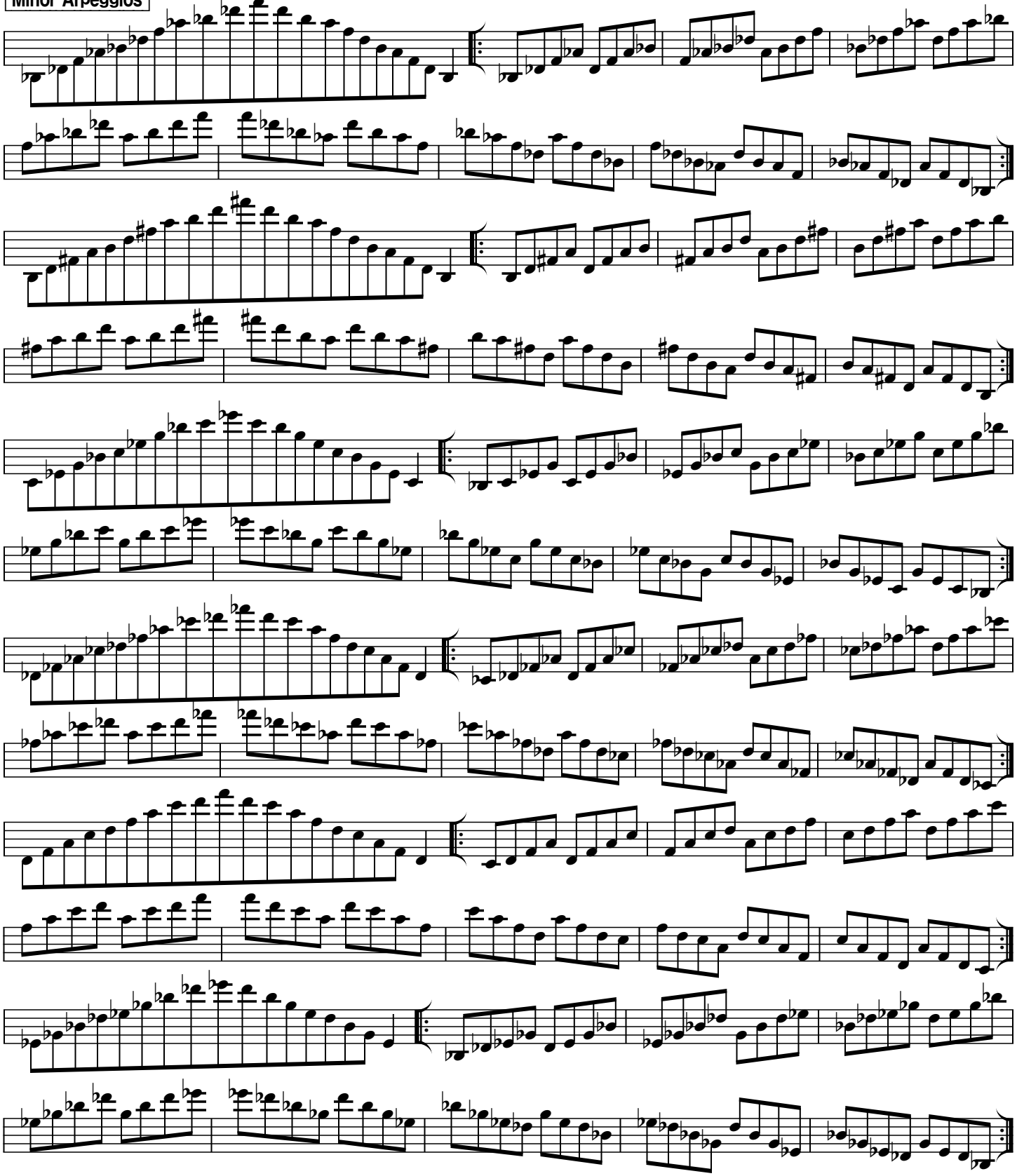


Minor Arpeggios



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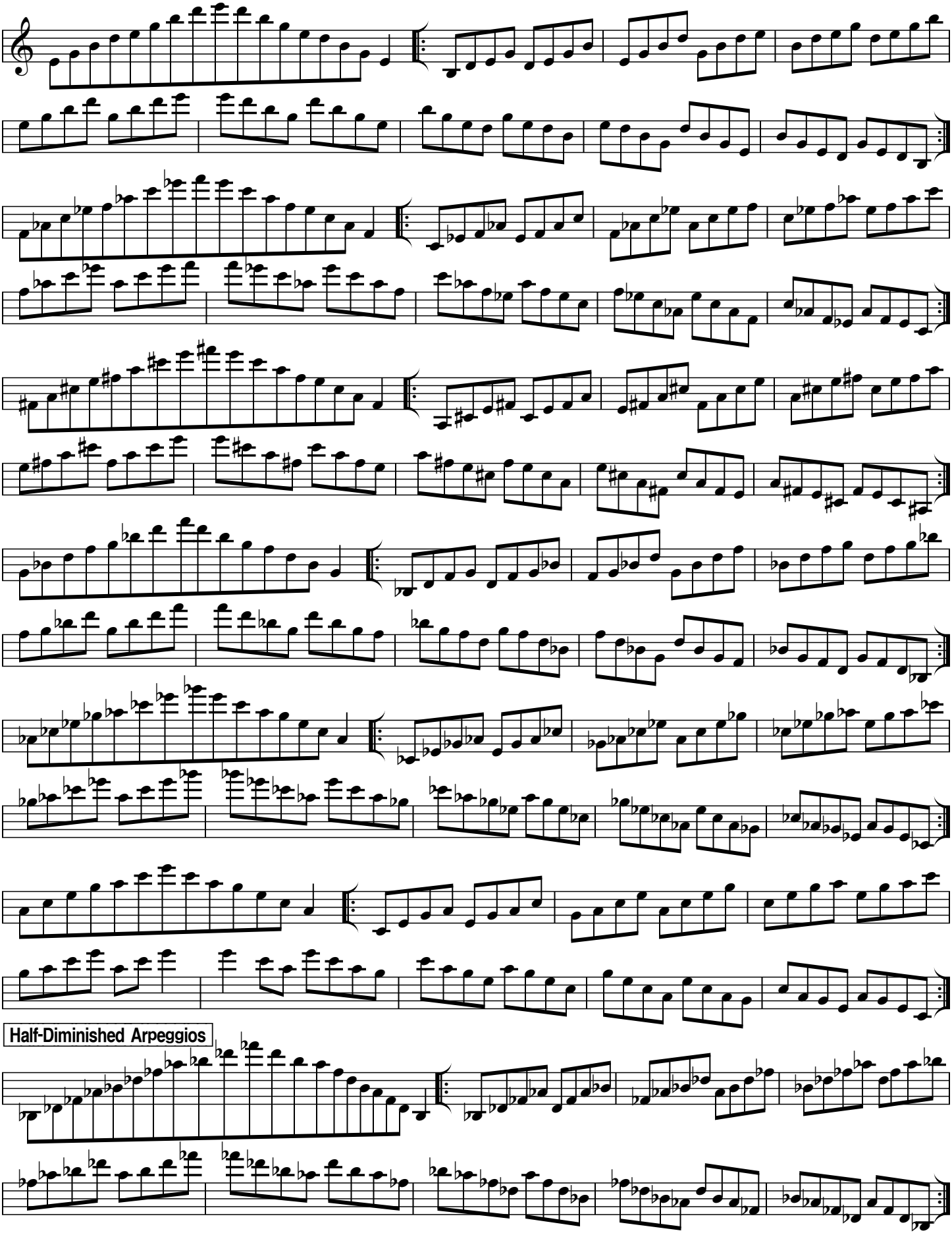

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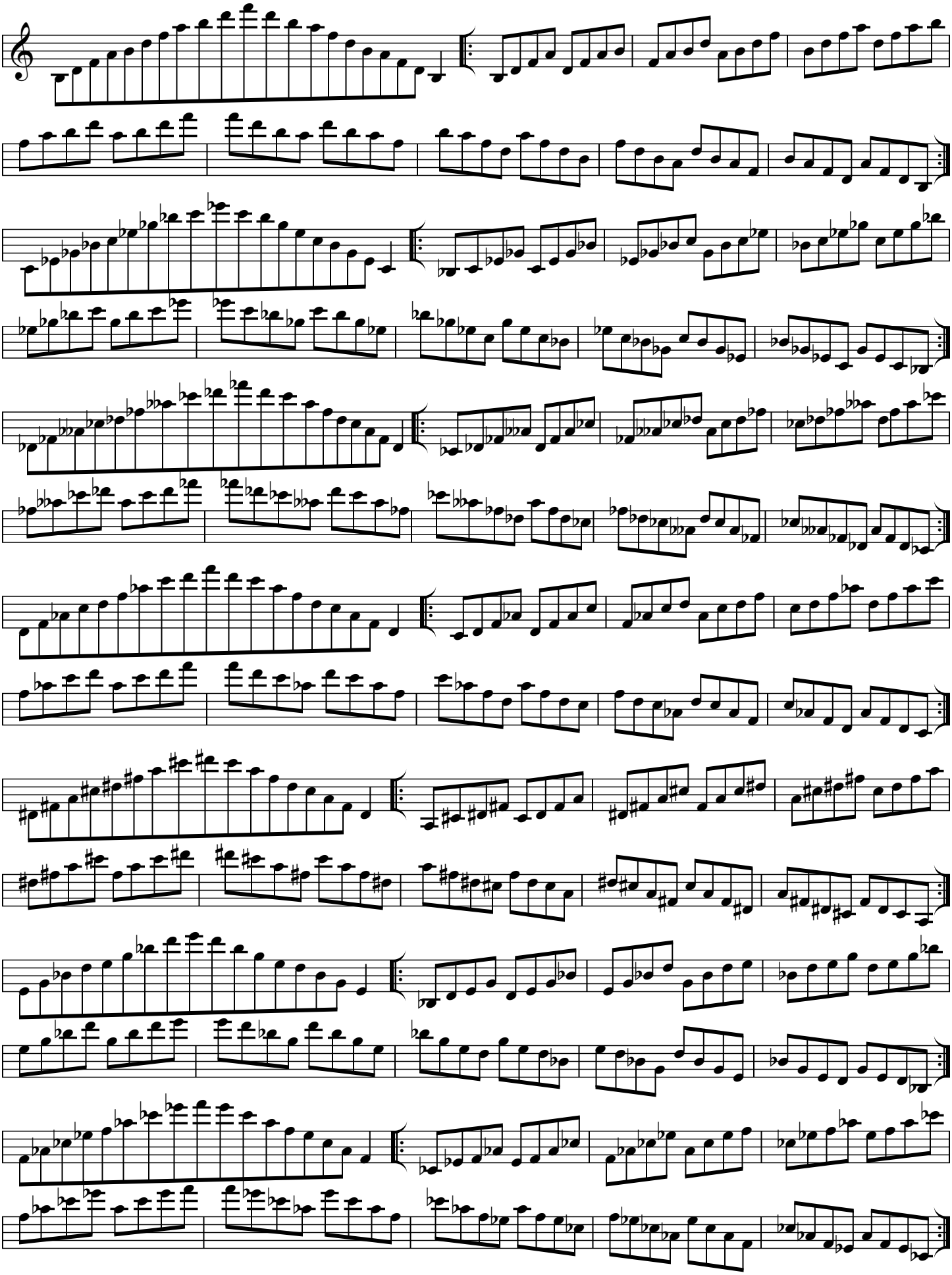

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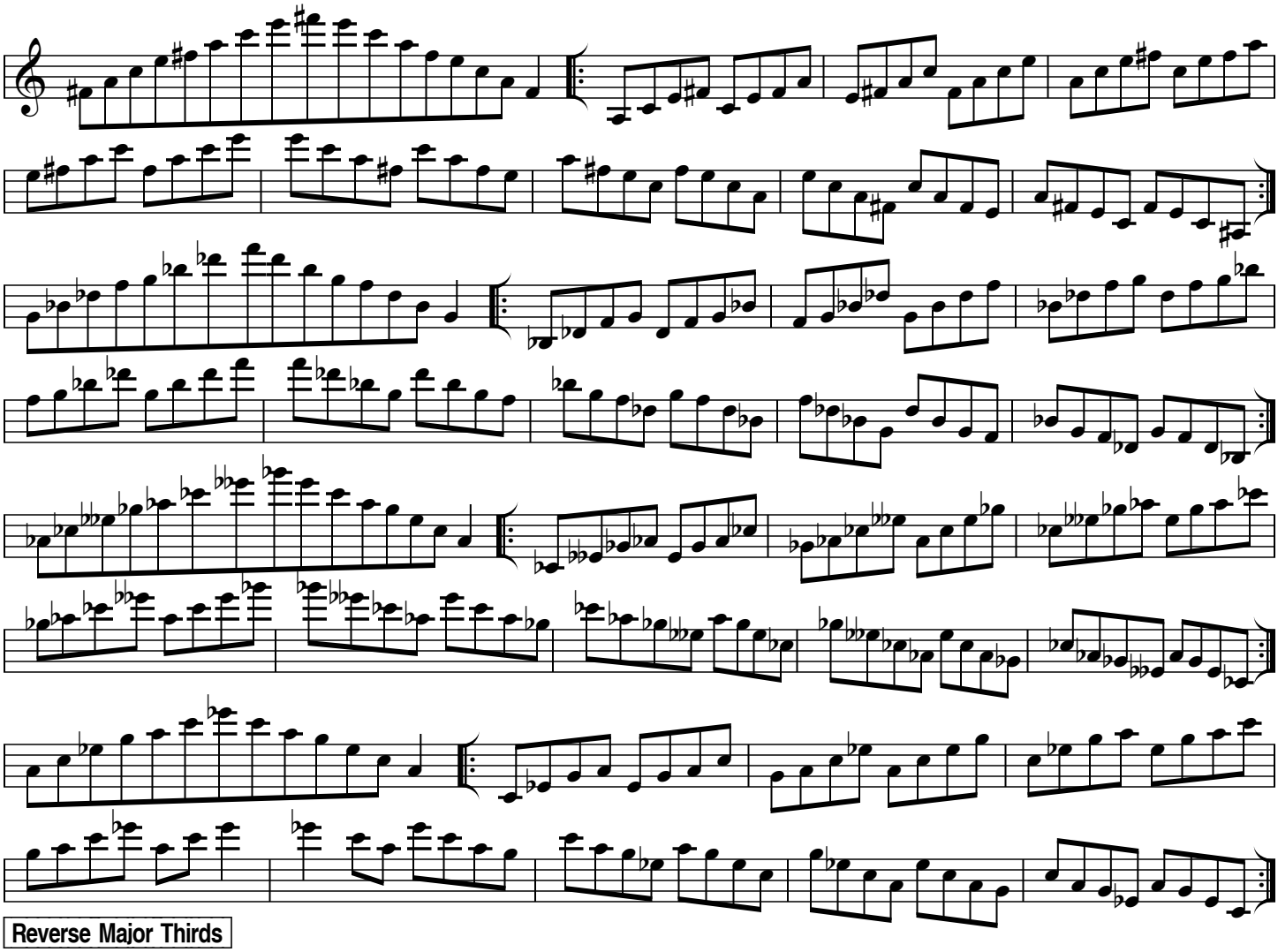
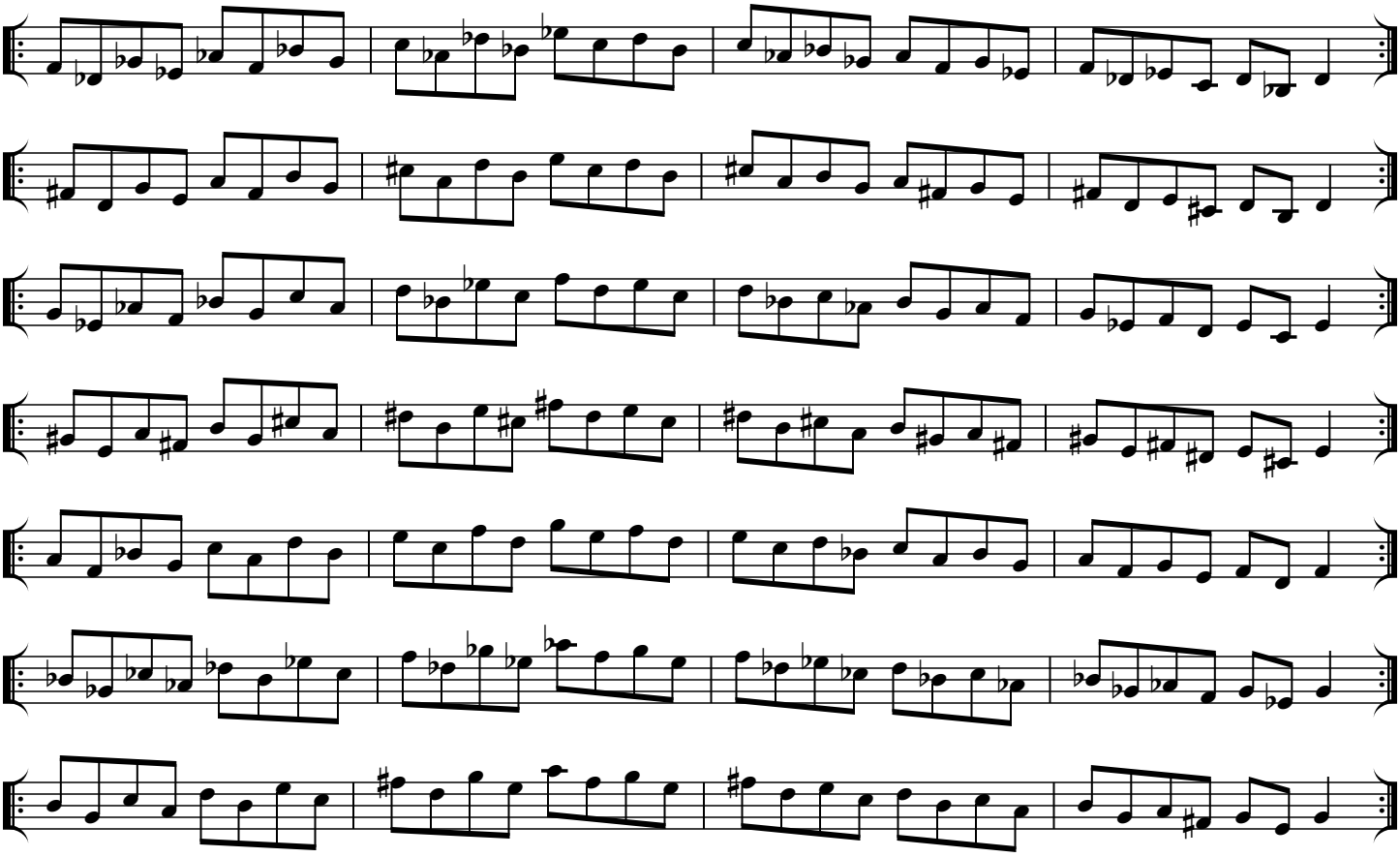


Reverse Major Thirds



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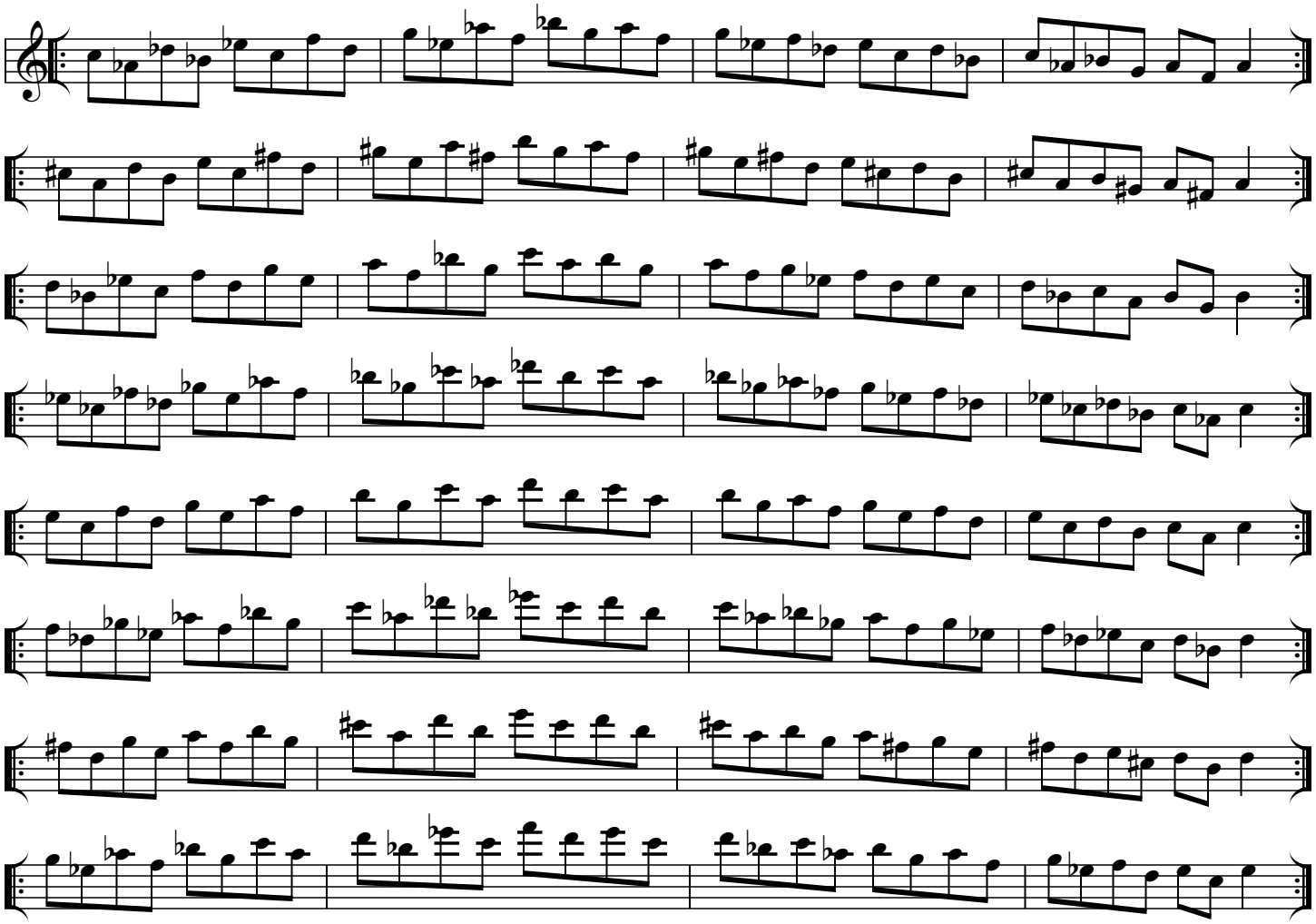
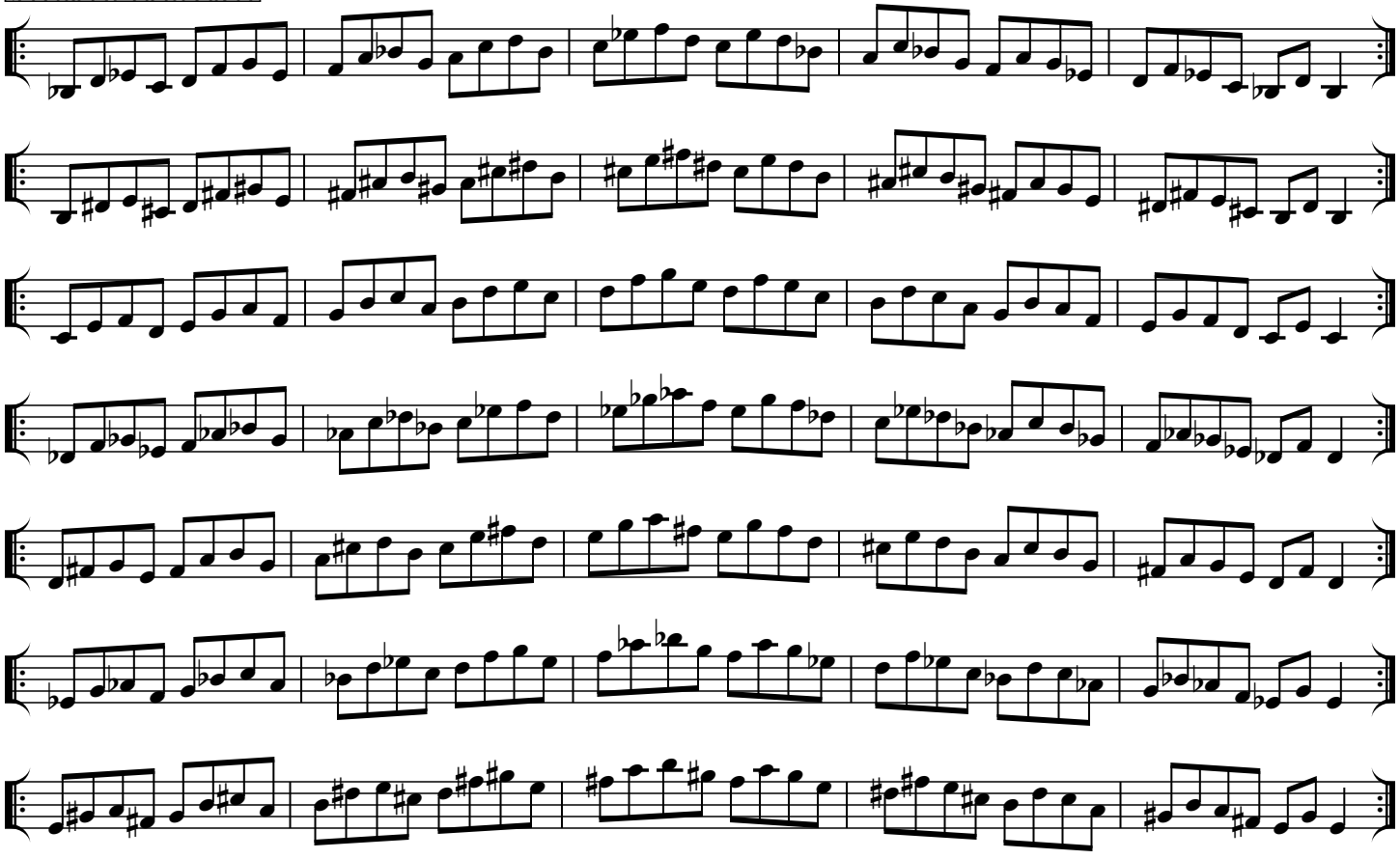


Inverting Major Thirds



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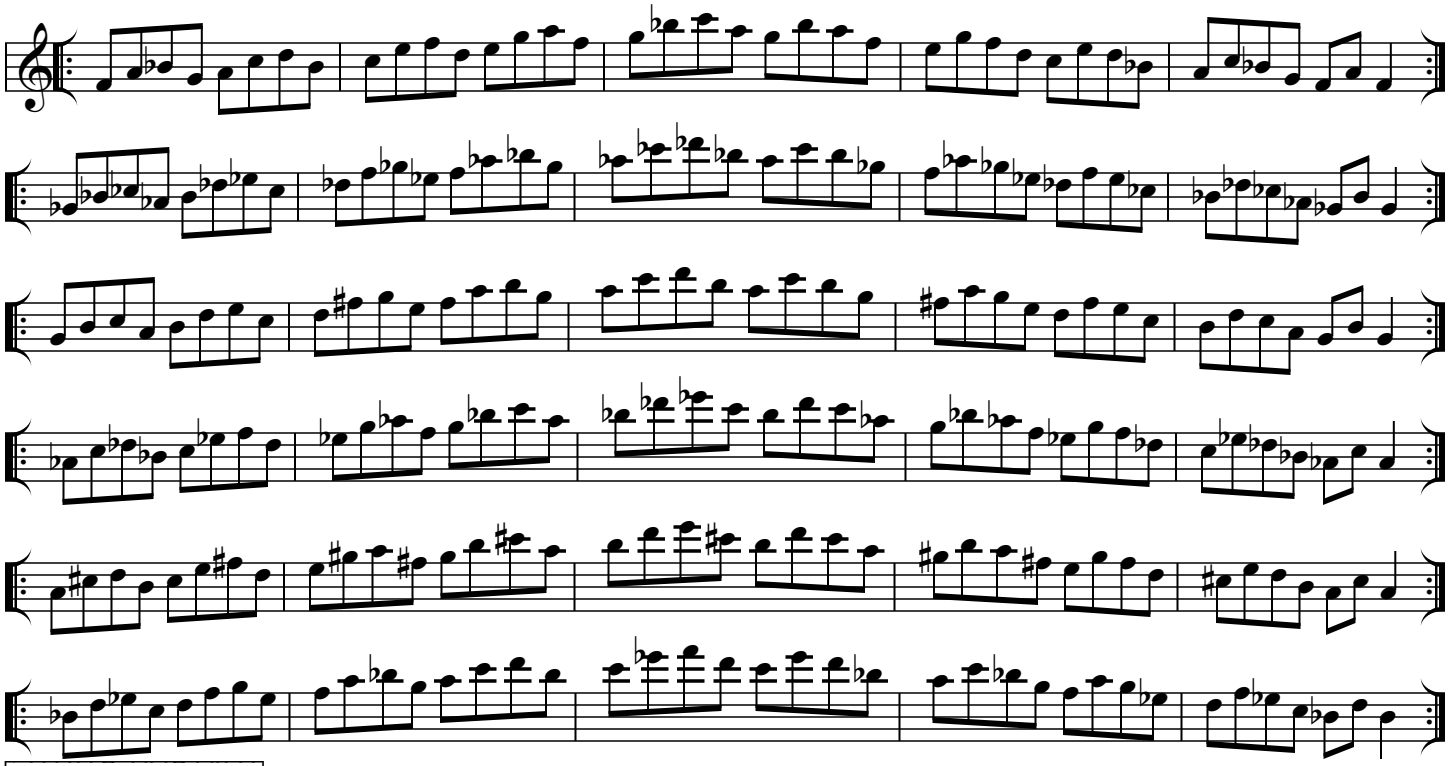
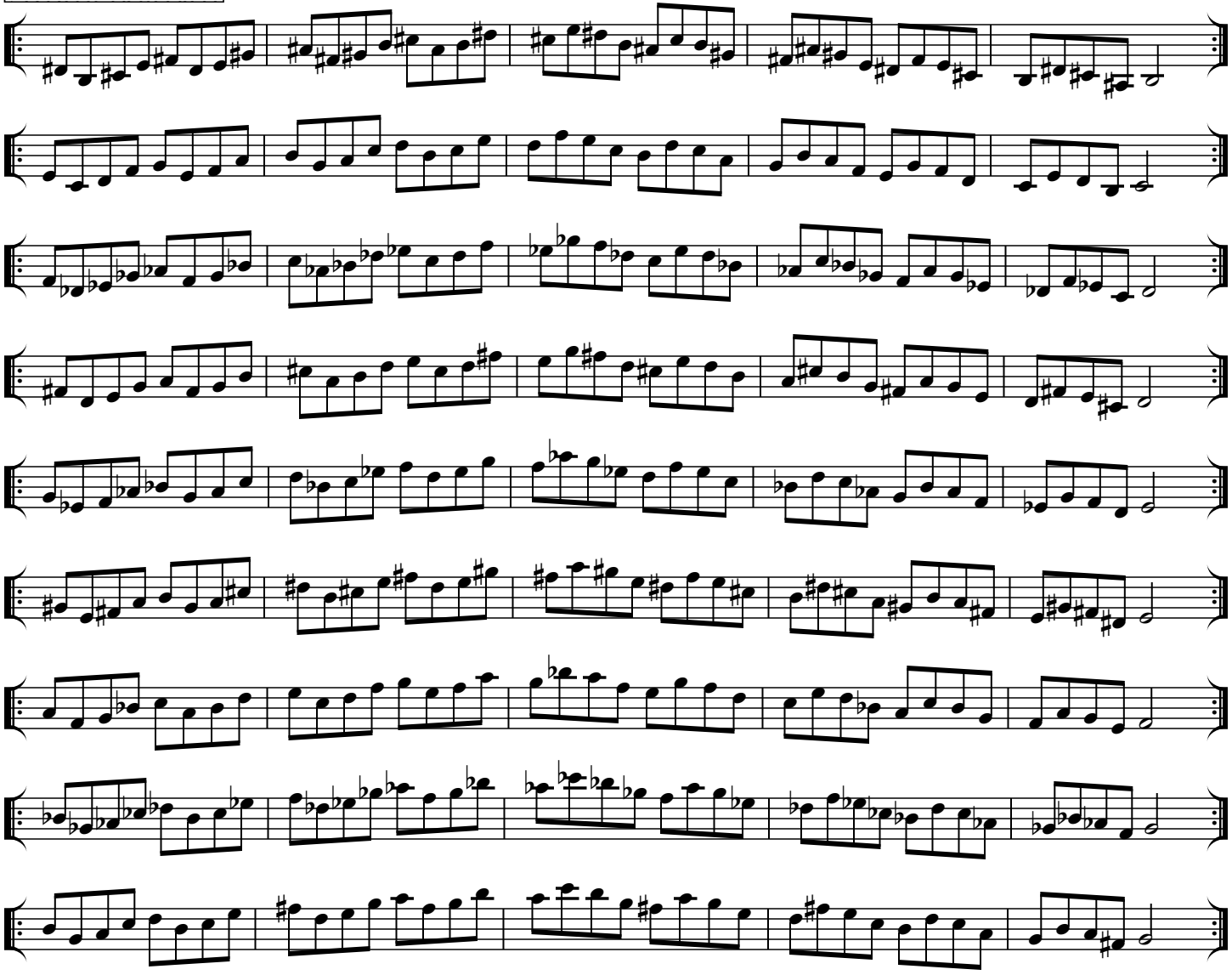


Reverse Major Thirds



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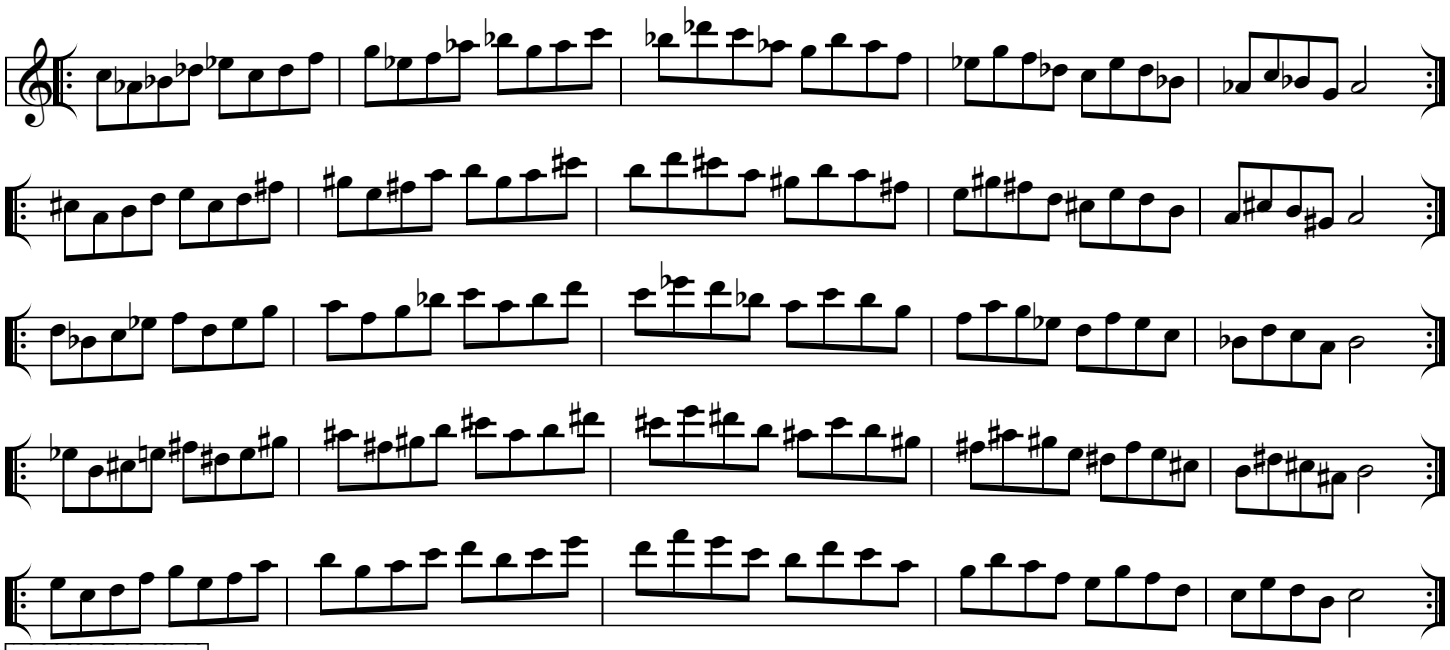
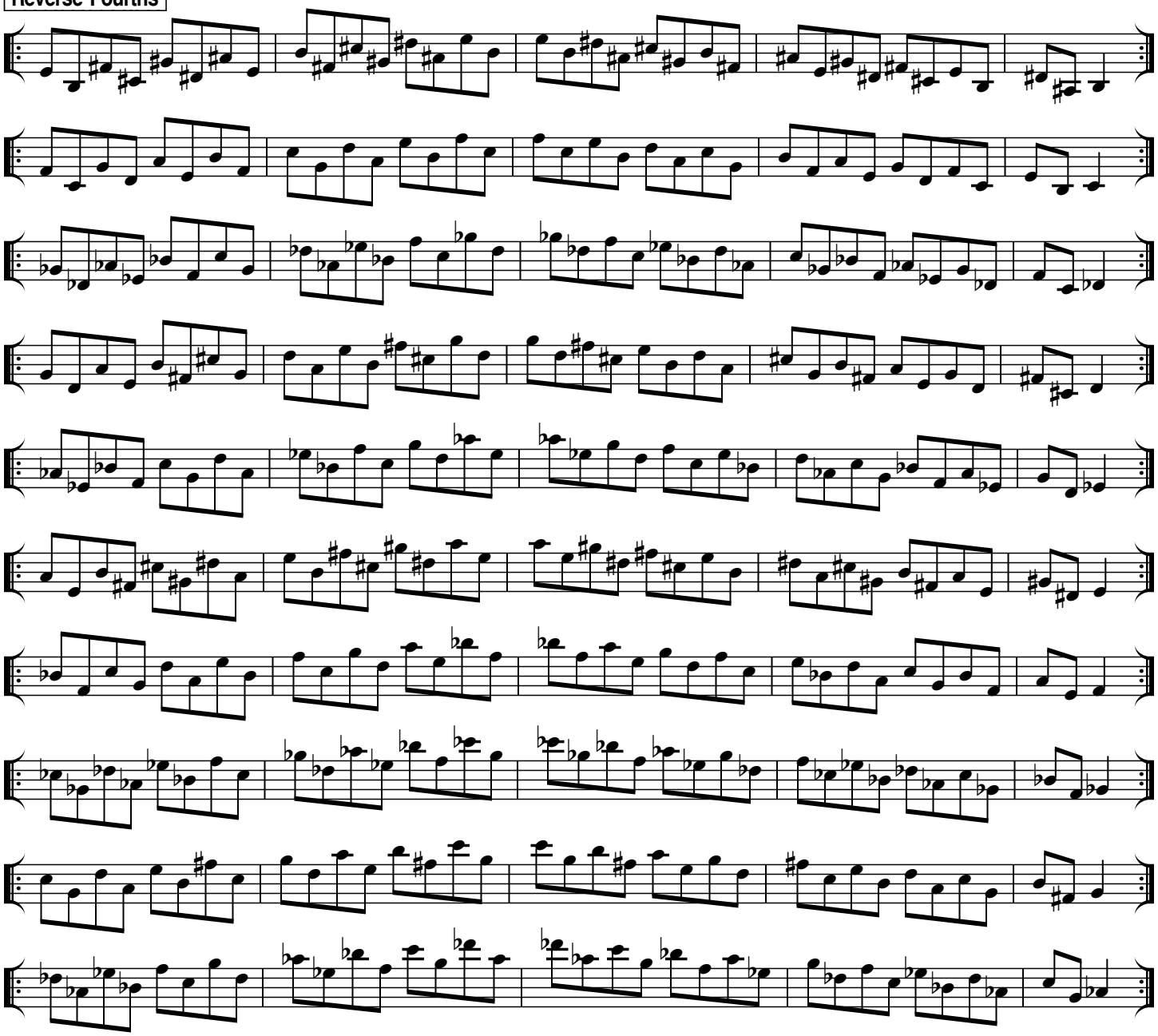


Reverse Fourths



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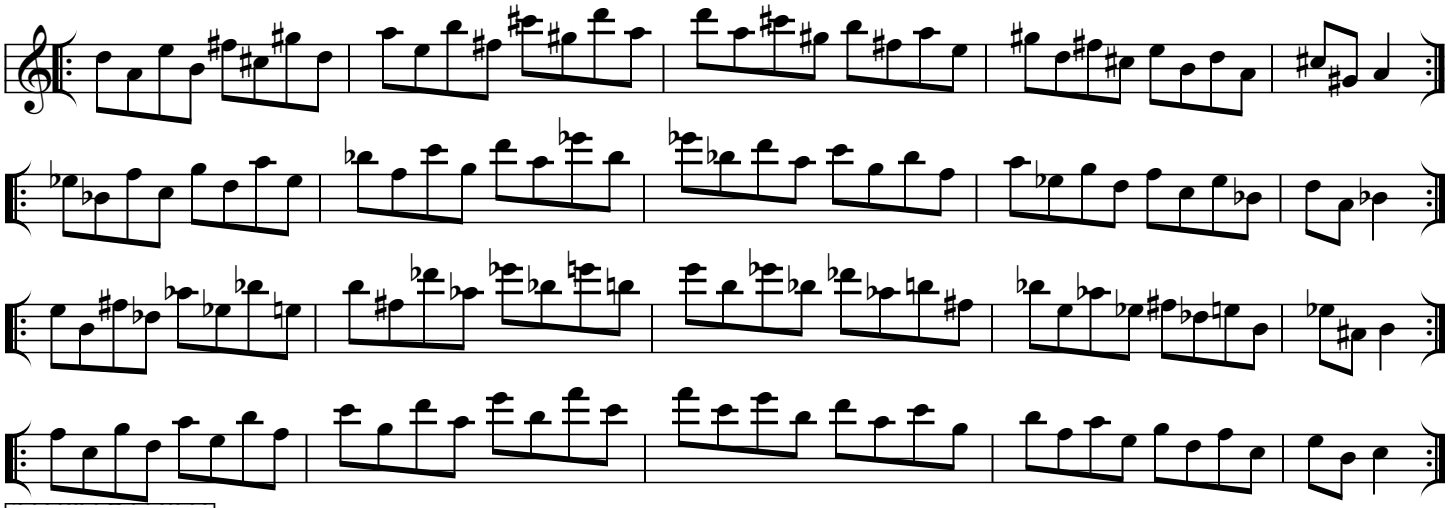
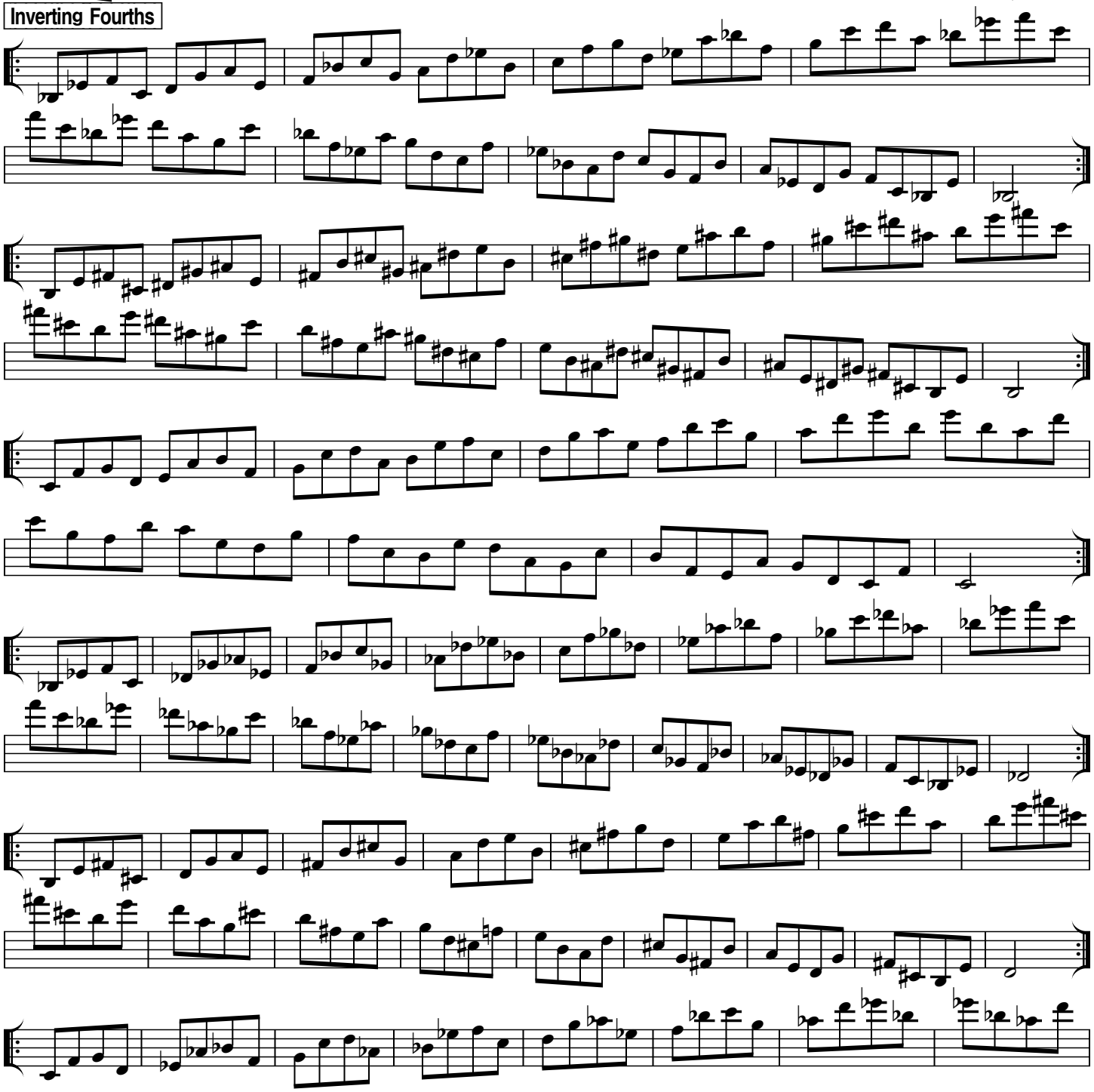


Inverting Fourths



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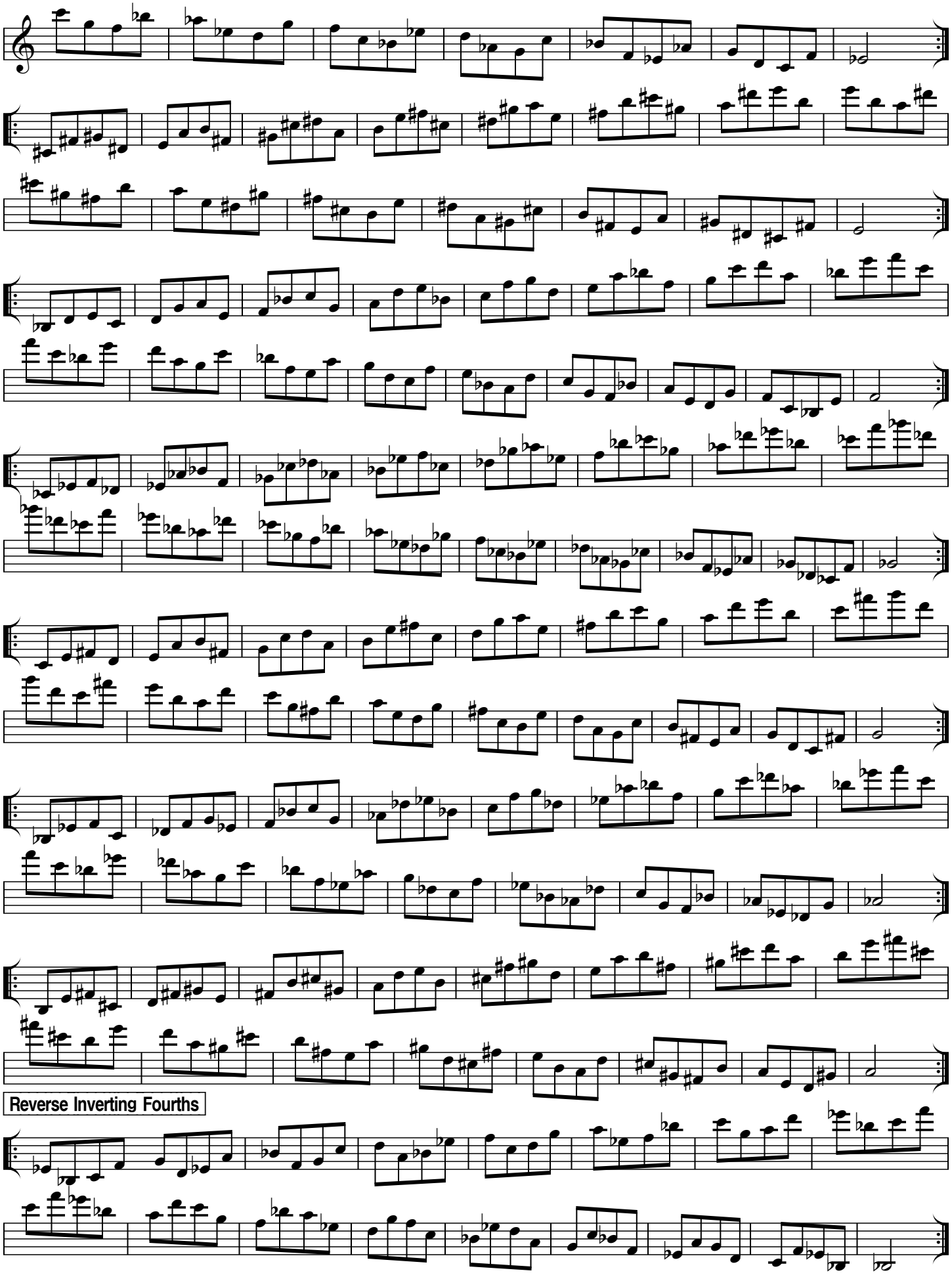

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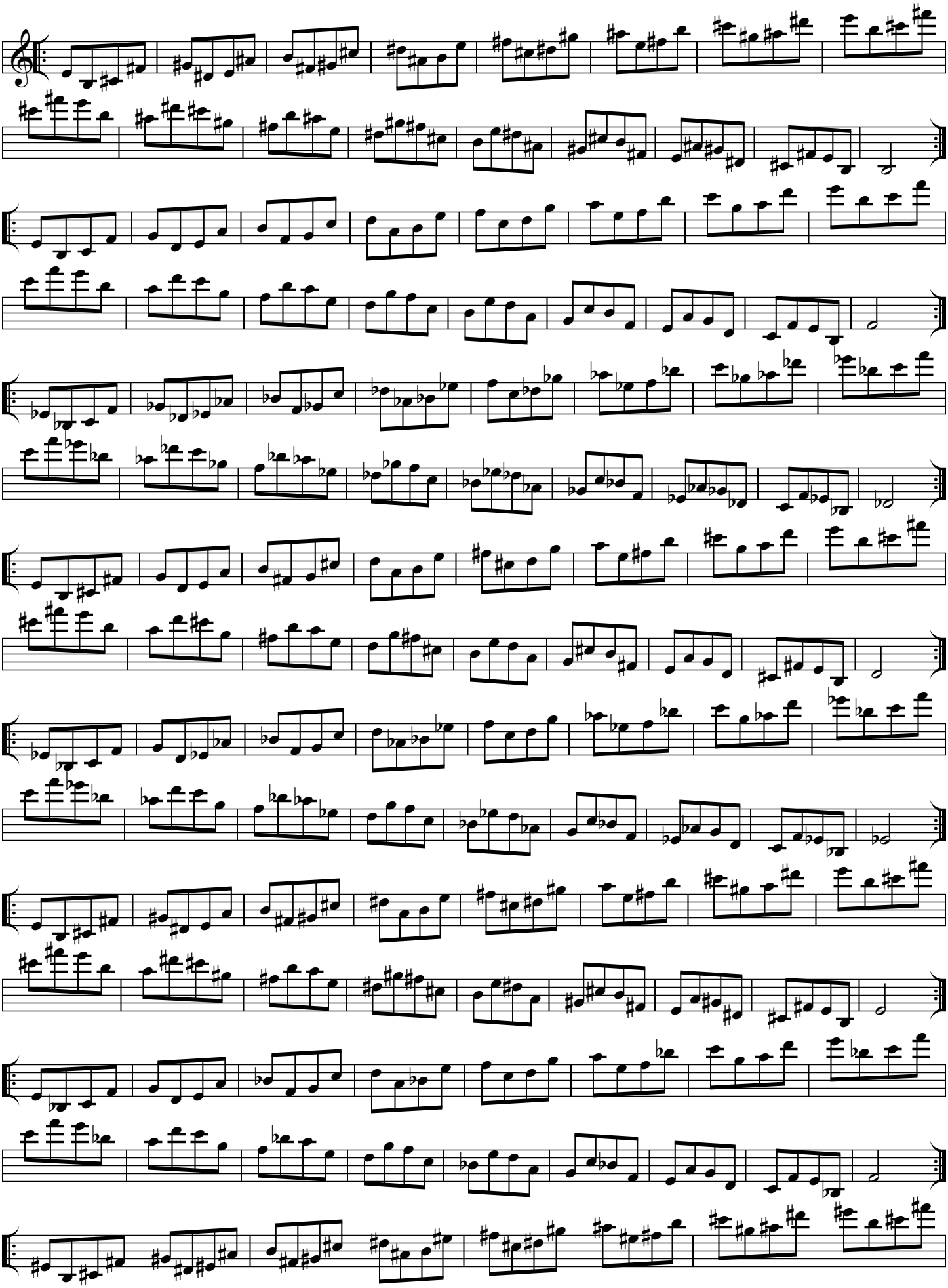

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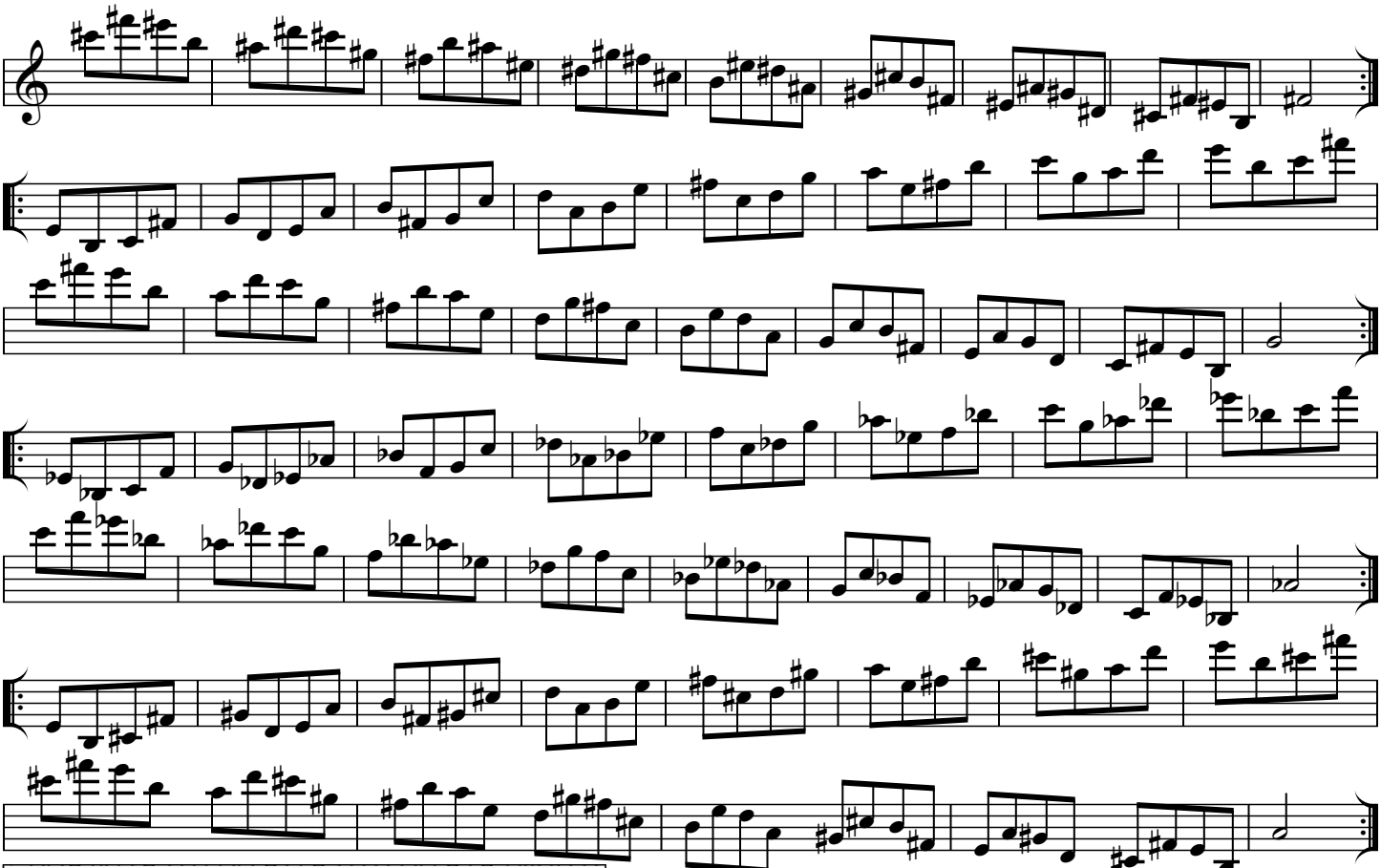
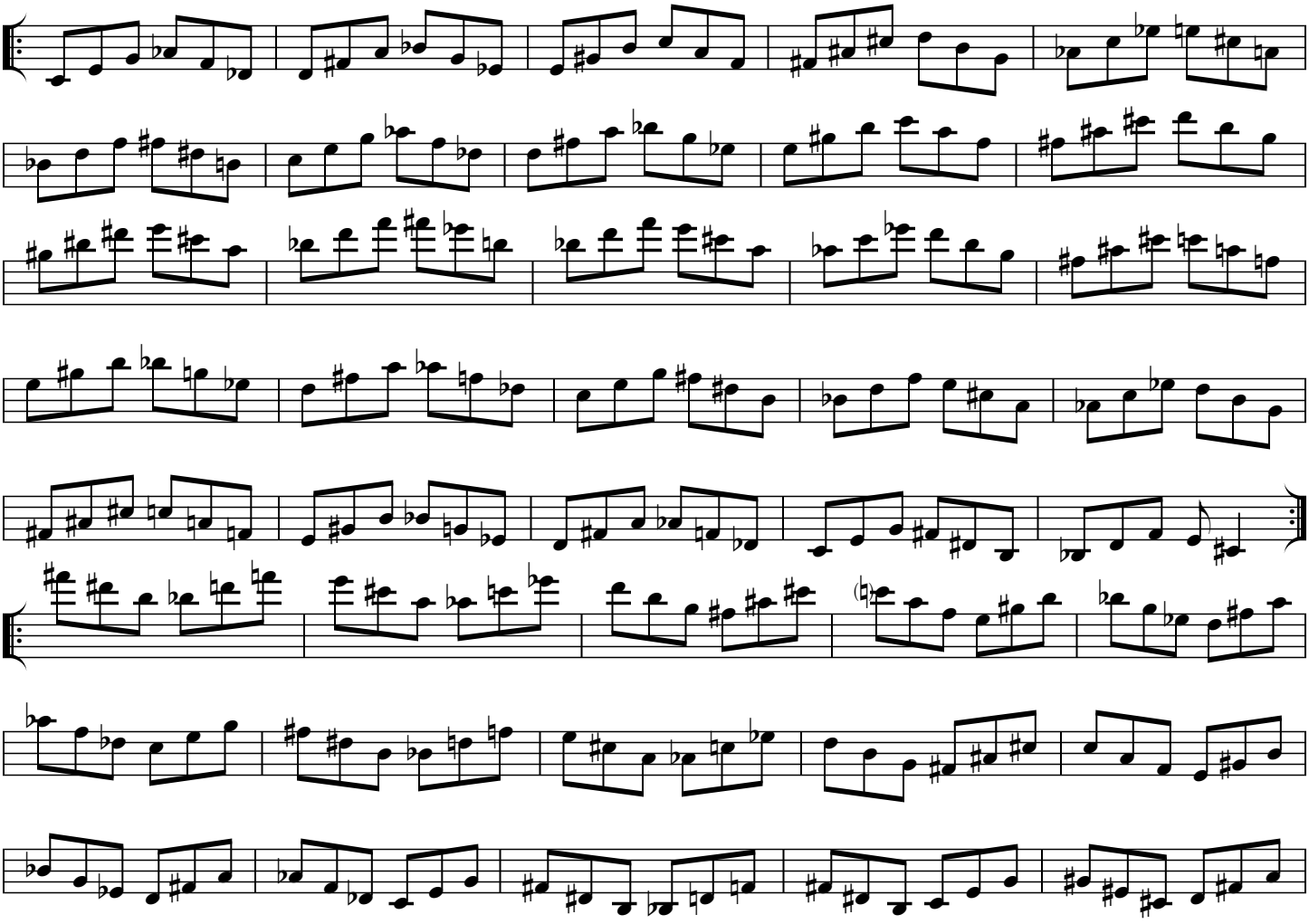


Major Triads Ascending and Descending by Half-steps



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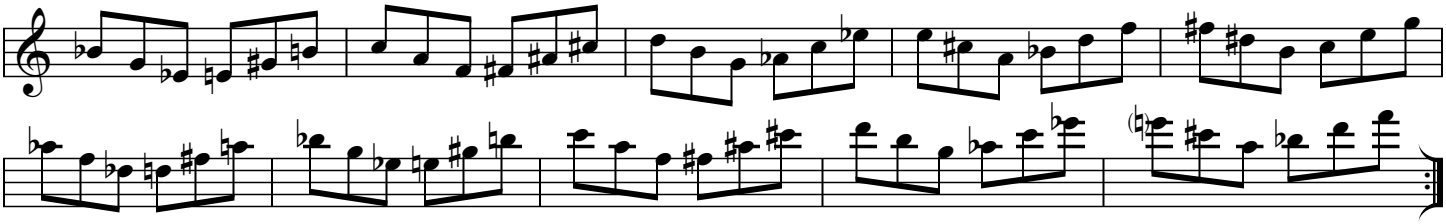
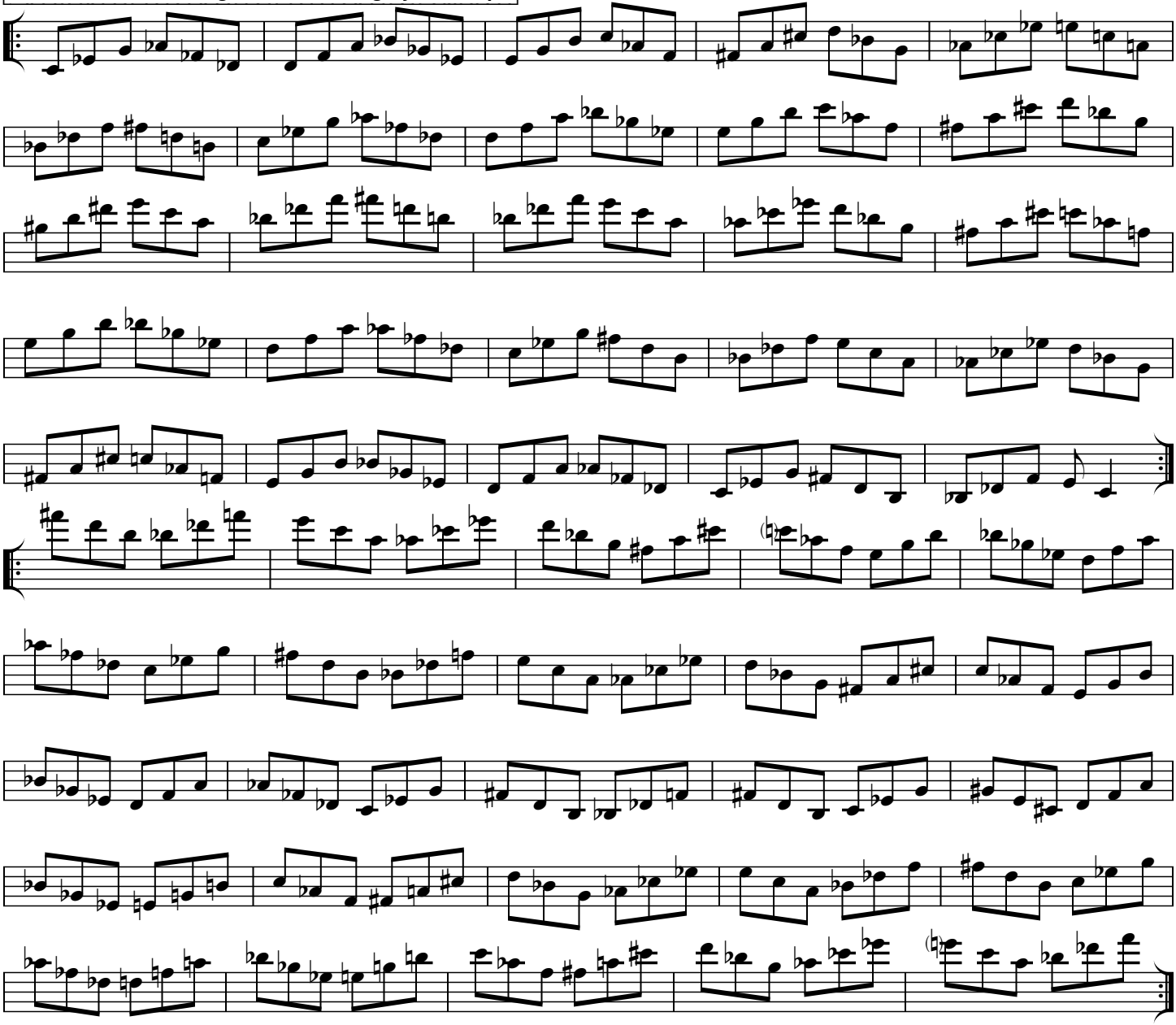
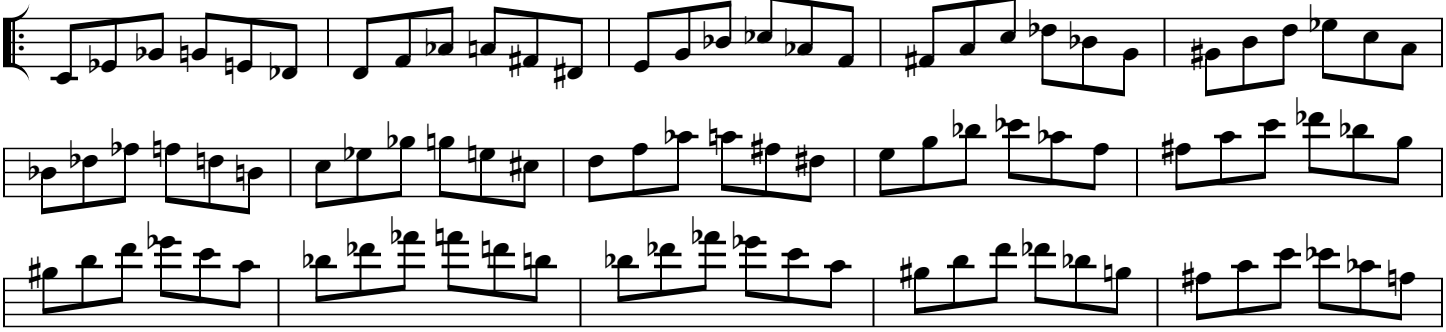


Minor Triads Ascending and Descending by Half-steps



Diminished Triads Ascending and Descending by Half-steps



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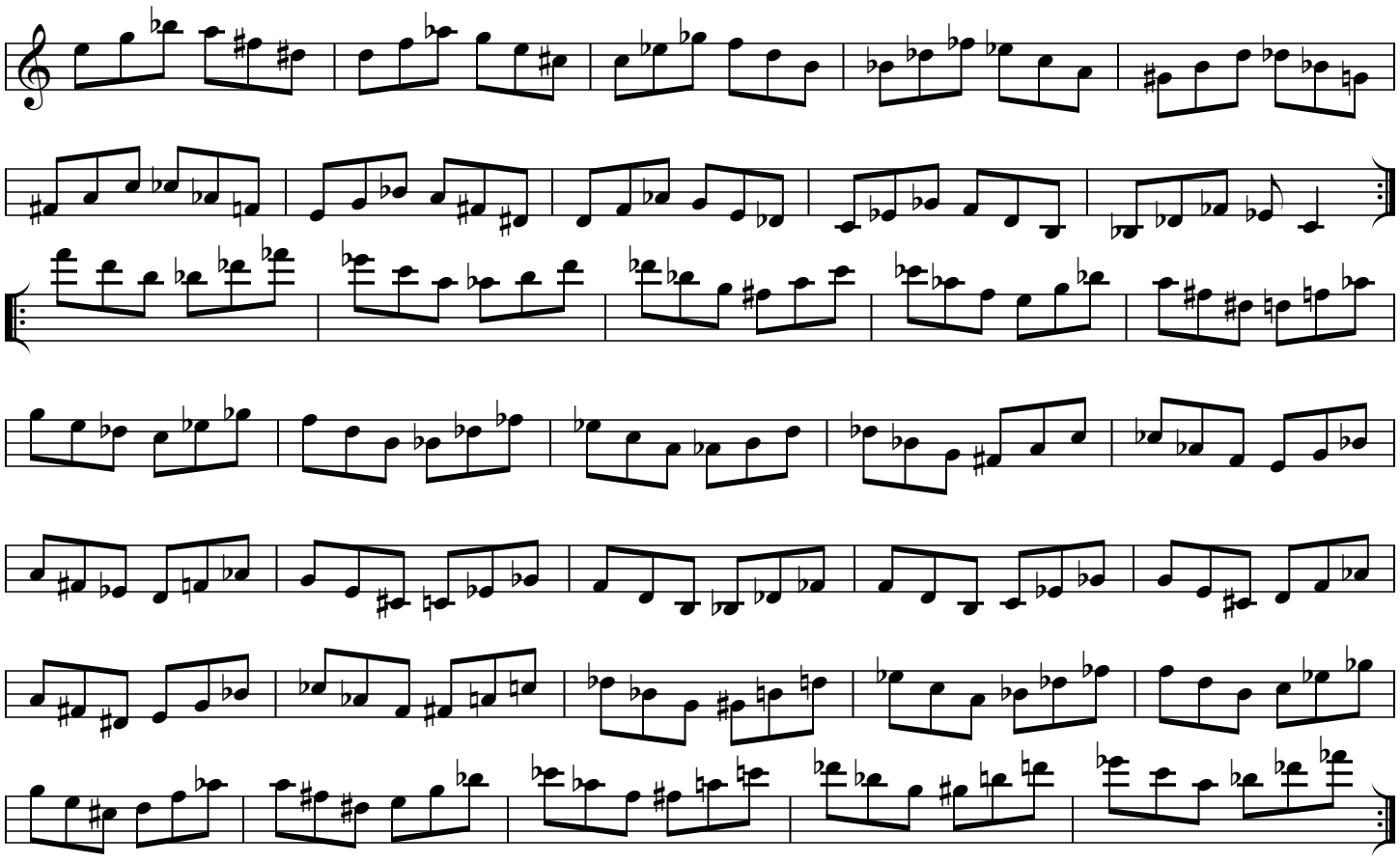
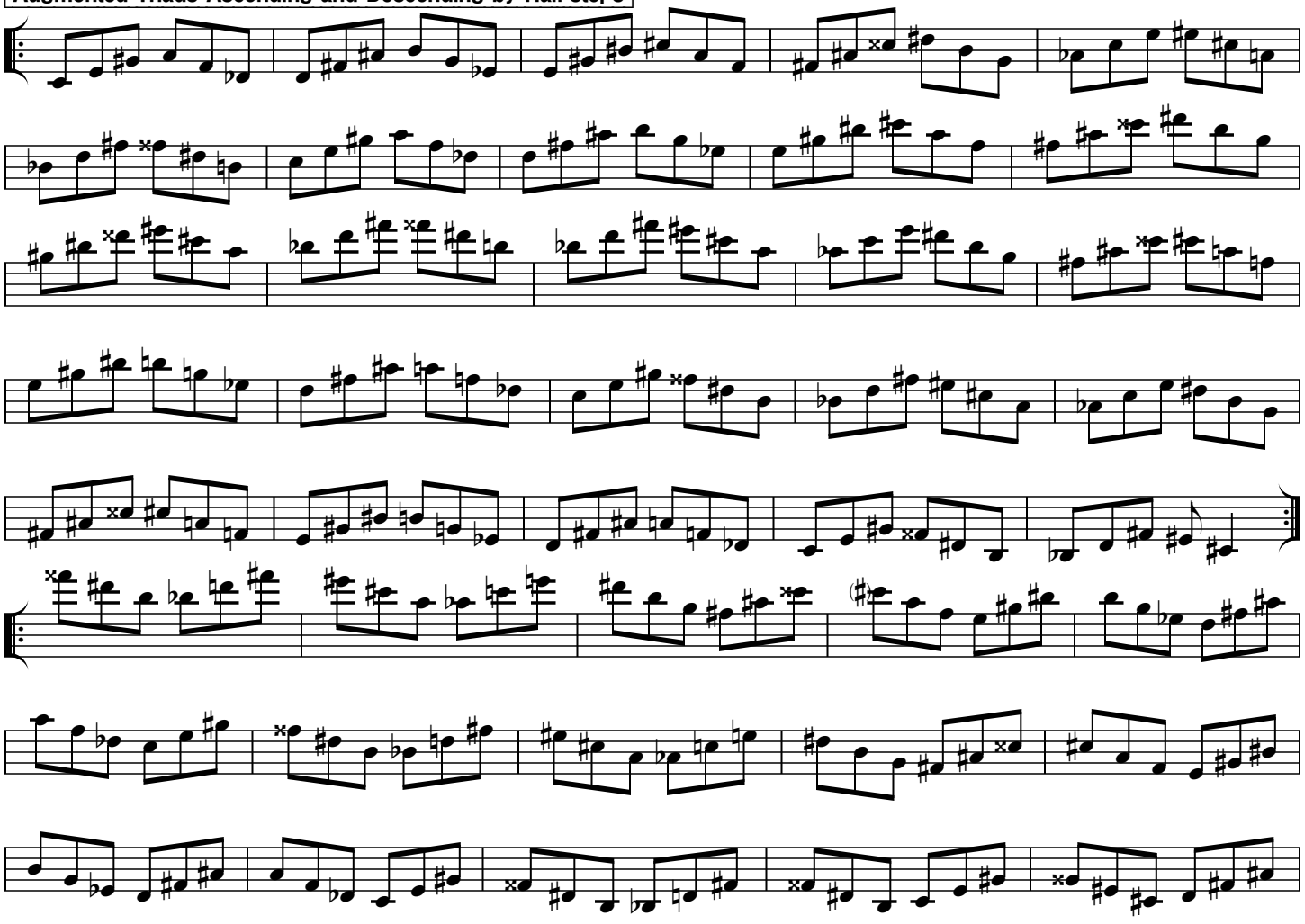


Augmented Triads Ascending and Descending by Half-steps



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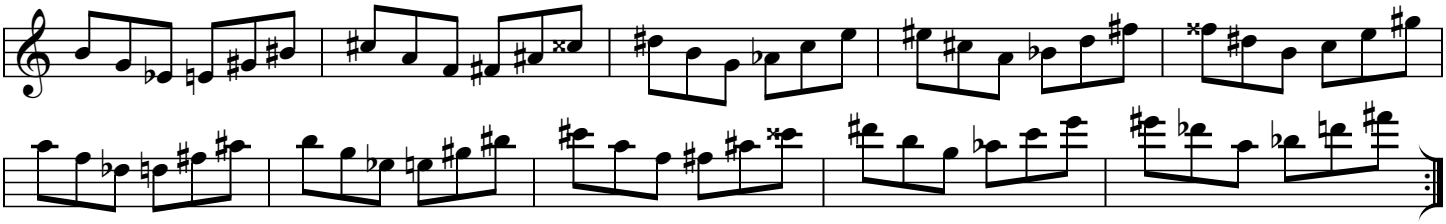
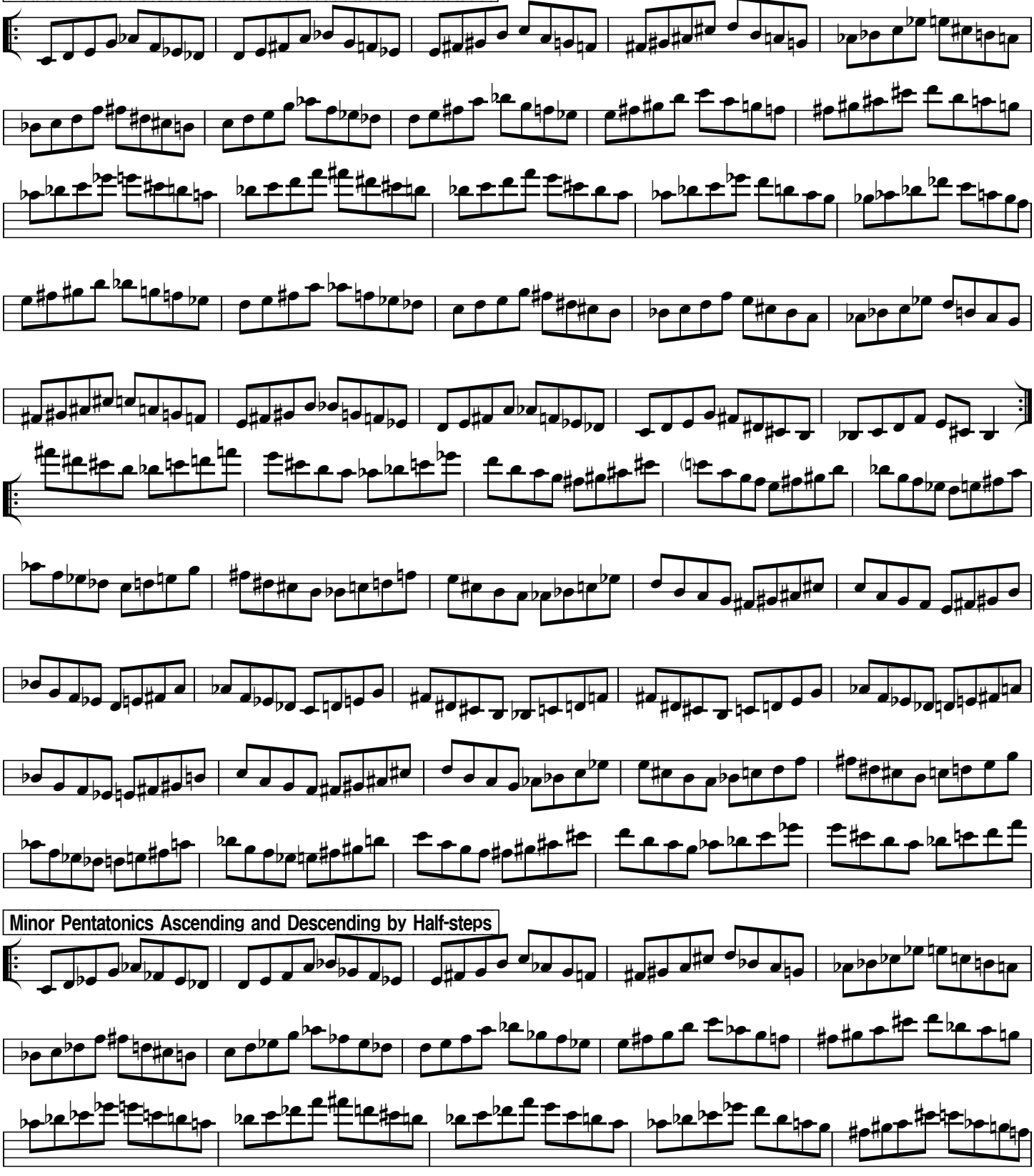


Major Pentatonics Ascending and Descending by Half-steps



Minor Pentatonics Ascending and Descending by Half-steps

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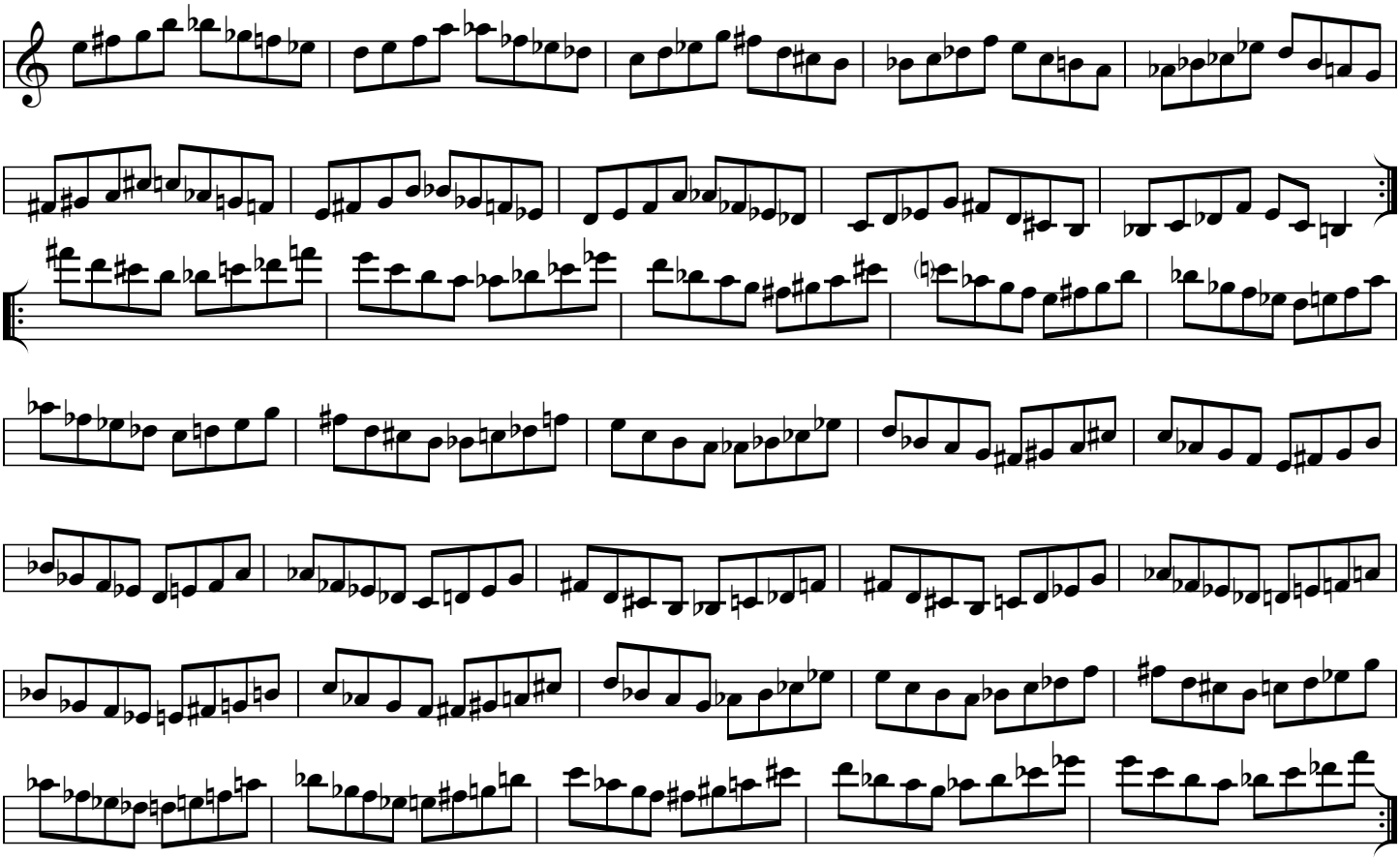

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