

## Tonguing

If you have slow, inconsistent, heavy, or unsatisfying articulation, this exercise is guaranteed to help.



Execution: Find a tempo where you just barely get to the last note of the exercise on time, and repeat it until it feels like your tongue is going to fall off from fatigue. This may take up to five minutes of playing. Concentrate on consistent, crisp articulation, using the syllable “dut” in your thoughts. After you have rested your tongue for 20-30 seconds, play the exercise again until it feels like your tongue is going to fall off, then you are through with it. In several days or weeks, when you consistently get to the last note of the exercise on time, move your metronome up one click - **but not before this time**. Continue this pattern until you reach your limit of speed, and maintain the exercise daily to keep your tongue fast and crisp. Professionals should be able to tongue sixteenth notes at a minimum of mm. 144.