My First Steps

Meine ersten Schritte / Mes Premiers Pas

Volume 1

B♭ Bass

Bertrand Moren

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Français: Ce premier volume couvre les débuts d'un instrumentiste de cuivre, depuis le premier contact avec l'instrument jusqu'à un niveau permettant à l'exécutant d'interpréter déjà de petite pièces de concert, et d'assurer une partition très simple dans un ensemble.
Je ne donnerai aucun conseil quant à la respiration, l'attaque ou autre. J'estime que cela constitue le travail du professeur.
Cette méthode se veut plutôt un recueil d'exercices et de morceaux, classés de manière très progressive, fruit de ma longue expérience dans l'enseignement des cuivres à tous les niveaux.
Dans ce premier volume accompagnant les premiers pas de l'élève derrière son instrument, il est primordial que, avant de jouer, celui-ci soit d'abord initié à la technique de la respiration, de l'attaque et du souffle.
Il est important également que le professeur travaille à chaque cours le buzzing (production du son avec les lèvres) selon les techniques qu'il désire enseigner.
Chaque leçon devrait être terminée en une à deux semaines. J'ai mis un nombre suffisant d'exercices car certains musiciens ont plus besoin d'insister sur l'un ou l'autre point de leur jeu. Pour ceux qui sont très rapides, il est ainsi possible de sauter des lignes et d'observer un rythme plus soutenu.
Les tempi sont à déterminer par le professeur et sont à adapter au niveau et aux capacités de l'élève.
Les exercices qui travaillent la dextérité des doigts et la souplesse sont à travailler d'abord lentement, puis de plus en plus vite tout en gardant la propreté et la clarté.
Les notions de bases très importantes comme les gammes et la gamme chromatique sont peu à peu acquises dans les leçons.
Une fois que c'est le cas, c'est très important de continuer à les jouer, si possible de tête.
Chaque leçon se termine par une pièce concertante avec accompagnement de piano. Les accompagnements de piano sont disponibles dans un cahier séparé. Vous pouvez trouver un plus grand choix de pièces concertantes dans les 5 volumes de "Melodies for Beginners".

Deutsch: Dieser erste Band begleitet Schüler vom ersten Kontakt mit ihrem Blechblasinstrument bis hin zum Vortrag erster einfacher Solo- und Ensemblestücke.
Sie werden allerdings vergeblich nach Hinweisen zur Atem- oder Ansatztechnik suchen, dies ist die Aufgabe des Instrumentallehrers. Vielmehr handelt es sich um eine Sammlung an Übungen und Stücken, die progressiv aufeinander aufbauen. Die Übungsmethodik gründet auf meiner langjährigen Erfahrung als Lehrer auf allen Stufen des Unterrichts.
Um ein Blechblasinstrument erfolgreich zu lernen, ist es unerlässlich von Beginn an auf eine korrekte Atem- und Ansatztechnik zu bestehen, sowie in jeder Lektion an der Technik des «Buzzing» (Klangerzeugung mit den Lippen) zu arbeiten.
Die Lektionen beschäftigen den Schüler durchschnittlich während 1-2 Wochen. Die Übungen sind bewusst zahlreich gehalten, so dass für langsamere Schüler genug Übungsmaterial vorhanden ist. Lernende, die schneller vorankommen, dürfen ruhig einige der Übungen weglassen.
Die Tempi müssen vom Lehrer unter Berücksichtigung der Fähigkeiten des Schülers gewählt werden.
Die Geschicklichkeitsübungen sollen zuerst langsam, dann progressiv schneller gespielt werden, wobei trotz Beschleunigung die präzise und klare Tonerzeugung beibehalten werden muss.
Musiktheoretische Grundkenntnisse, wie etwa Tonleitern werden sukzessive eingeführt. Diese sollen idealerweise auswendig gelernt und regelmässig repetiert werden.
Am Ende einer jeden Lektion findet sich ein Vortragsstück mit Klavierbegleitung (Die Klavierbegleitungen sind in einem separaten Heft erhältlich). Eine grössere Auswahl solcher Vortragsstücke findet man in den fünf Bänden «Melodies for Beginners».

English: This first volume covers the first lessons on a brass instrument, from the very first attempts to produce a sound, up to a level which allows the pupil to play short recital pieces and play a very simple part in an ensemble.
I do not give any advice about breathing and attack etc. This is the teacher's job. This method is simply a collection of exercises and pieces, organized in a carefully progressive way, which is the result of my long experience as a brass teacher at all levels.
In this first book, which accompanies the pupil's first contact with the instrument, it is essential that he or she understands first of all breathing technique and attack. It is also important that, in every lesson, the teacher works on 'buzzing', i.e., producing sound with the lips.
Each lesson in the book should be accomplished in one or to weeks. I have provided plenty of exercises, as some pupils need to work harder on some aspects than on others. For fast learners, it is also possible to skip some parts and move forwards more rapidly. The tempi should be chosen by the teacher according to the ability of the student. The dexterity exercises should be played slowly at first, then accelerated, but always maintaining accuracy and clearness.
The fundamental concept of scales is introduced gradually in the lessons, and it is very important that pupils keep on practicing them once they have learned them, preferably from memory.
Each lesson finishes with a solo piece with piano accompaniment. The latter are available in a separate book.
A wider choice of performance pieces is also available in the 5 volumes of Melodies for Beginners.

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My First Steps

Meine ersten Schritte / Mes Premiers Pas

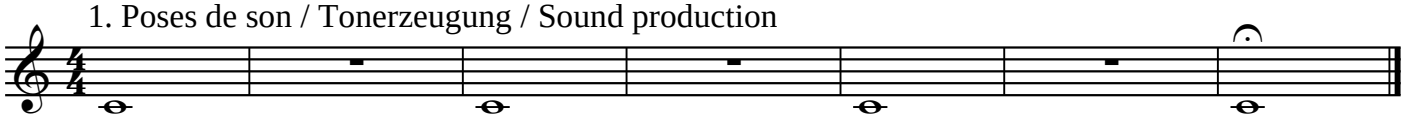
Volume 1

Leçon 1

♩ = 50–100

Bertrand Moren

1. Poses de son / Tonerzeugung / Sound production



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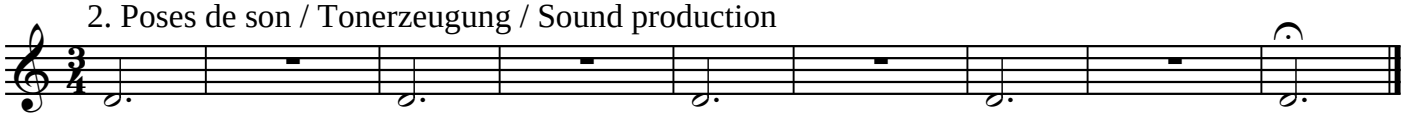

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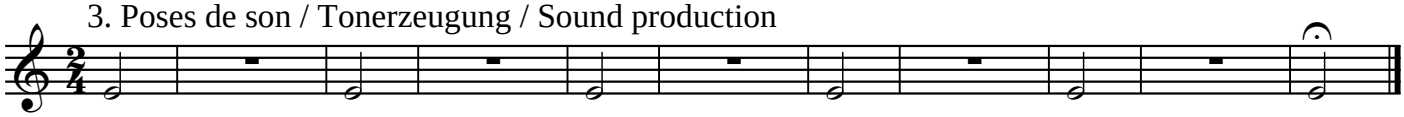

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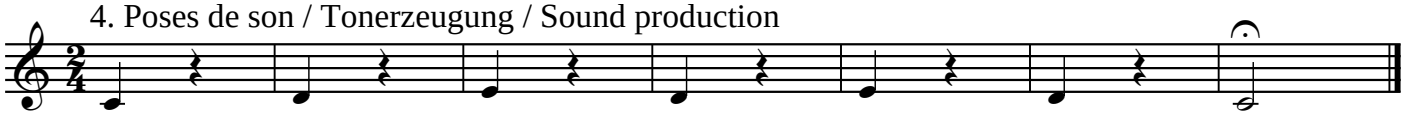

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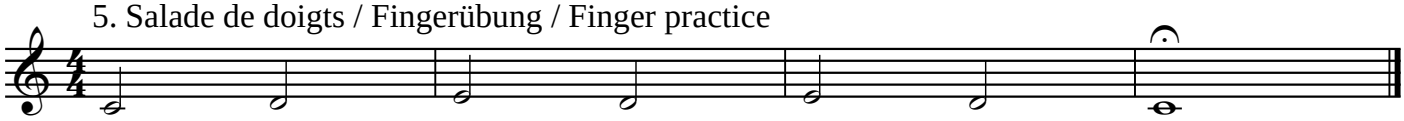

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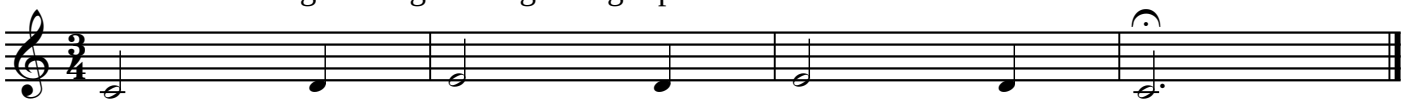

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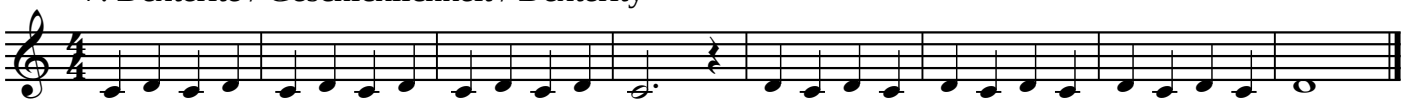

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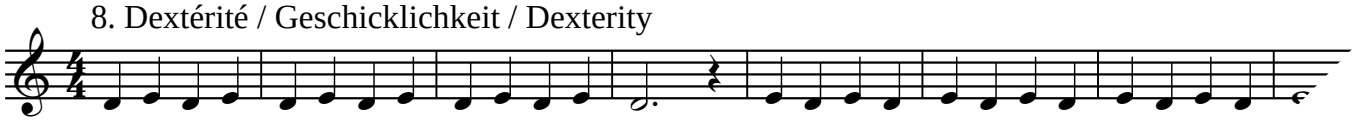

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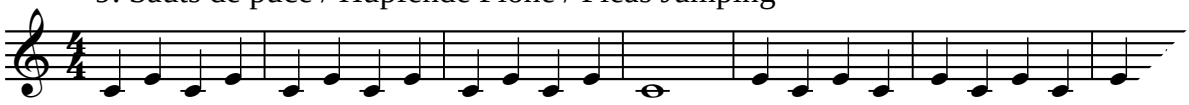

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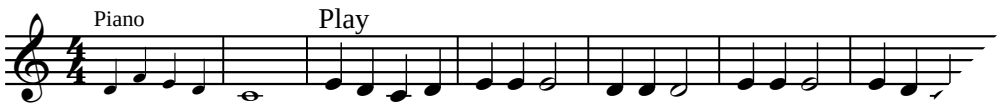

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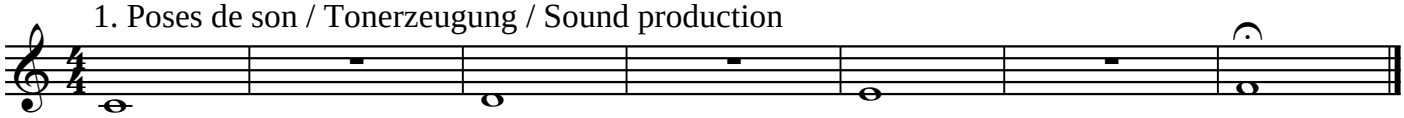
Leçon 2

1. Poses de son / Tonerzeugung / Sound production



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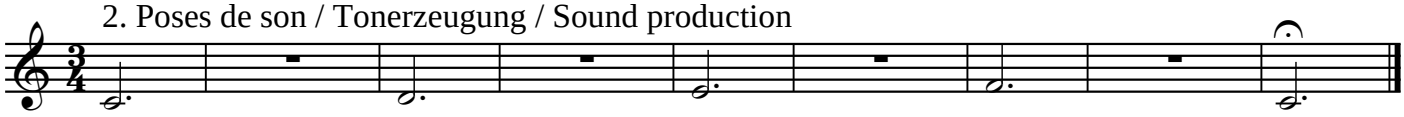

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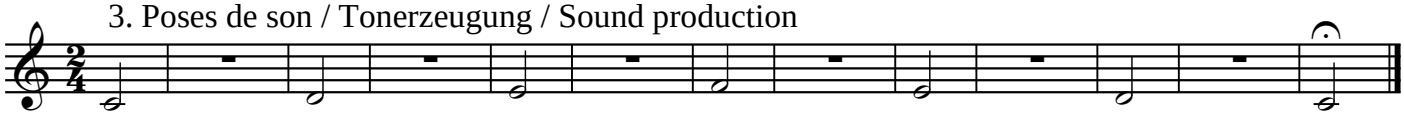

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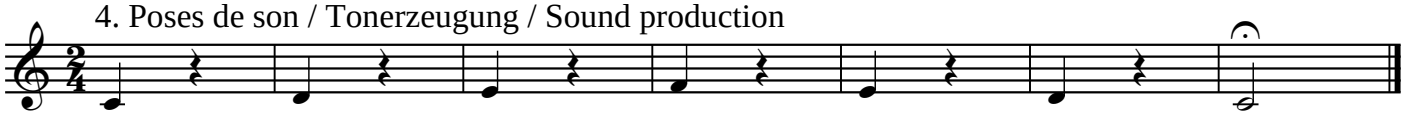

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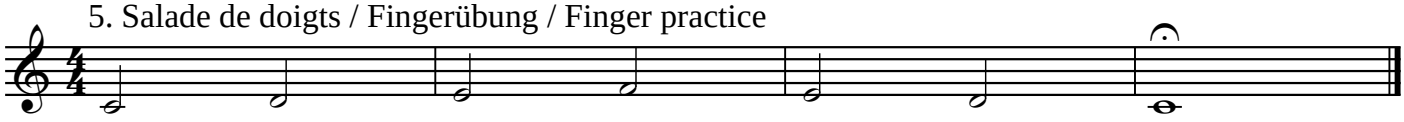

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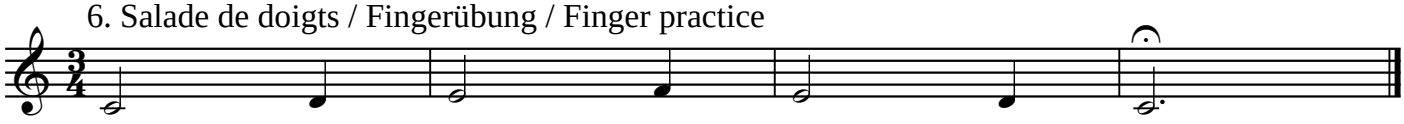

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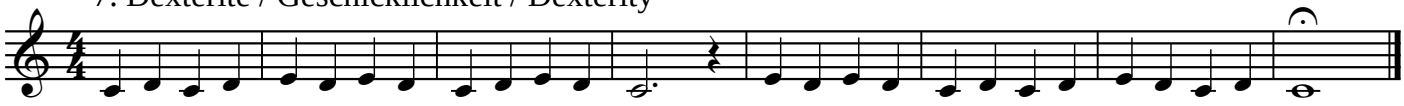

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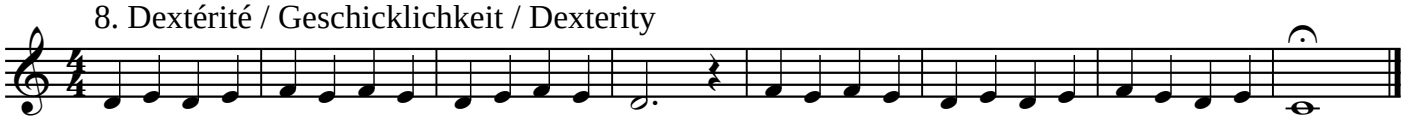
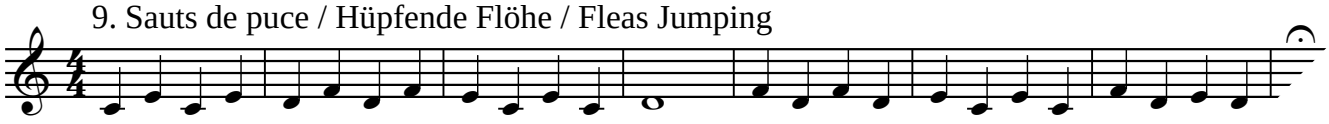


9. Sauts de puce / Hüpfende Flöhe / Fleas Jumping



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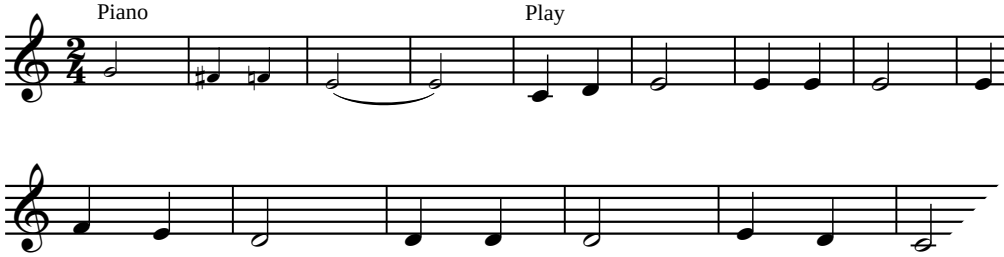

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Leçon 3

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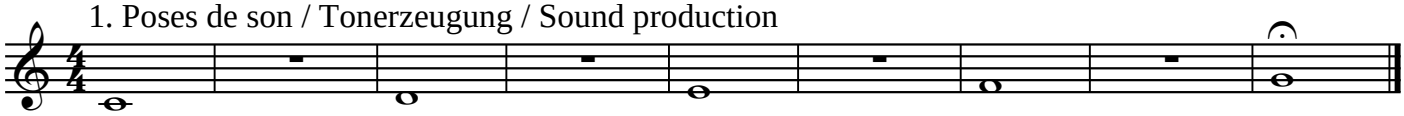

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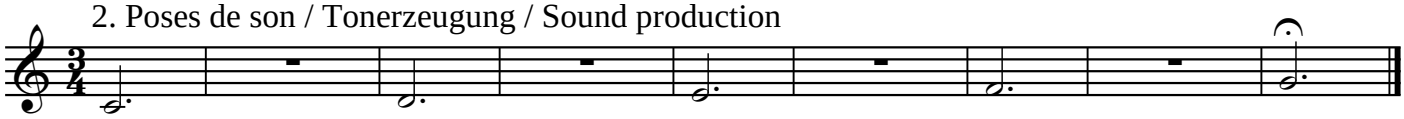

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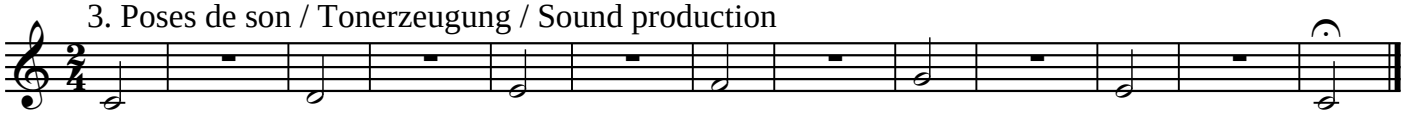

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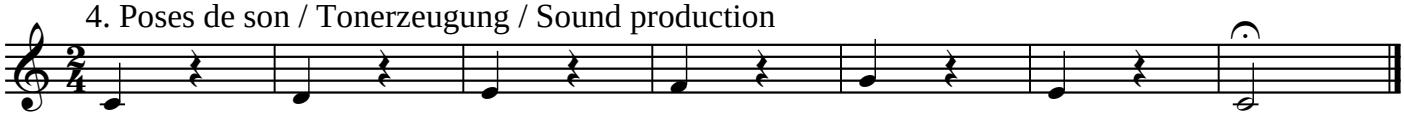
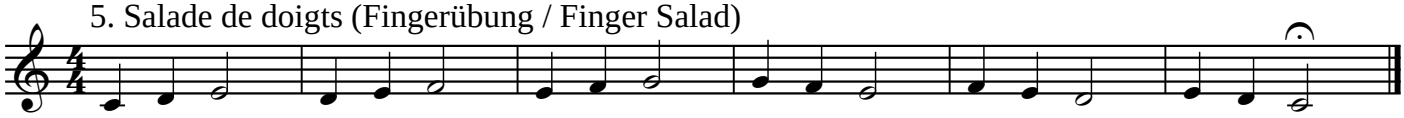


5. Salade de doigts (Fingerübung / Finger Salad)



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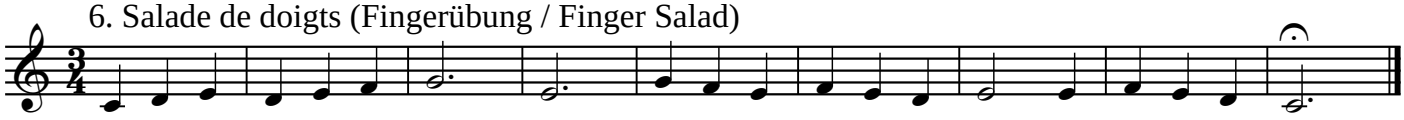
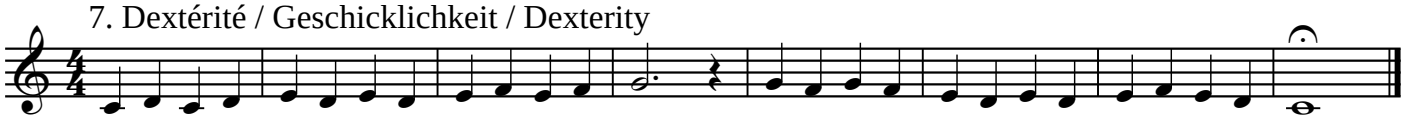


7. Dextérité / Geschicklichkeit / Dexterity



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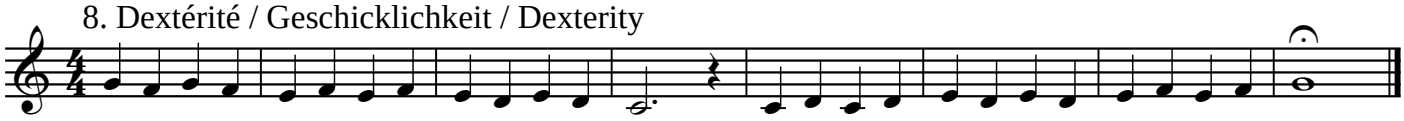
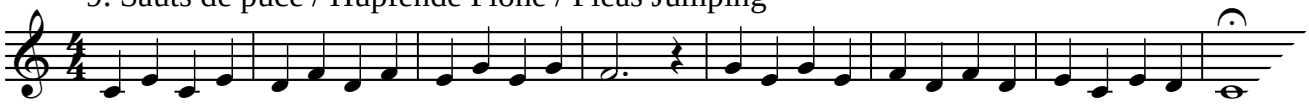


9. Sauts de puce / Hüpfende Flöhe / Fleas Jumping



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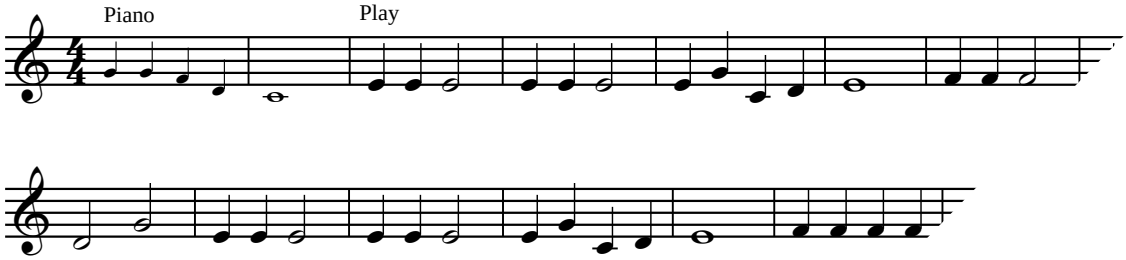

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Leçon 4

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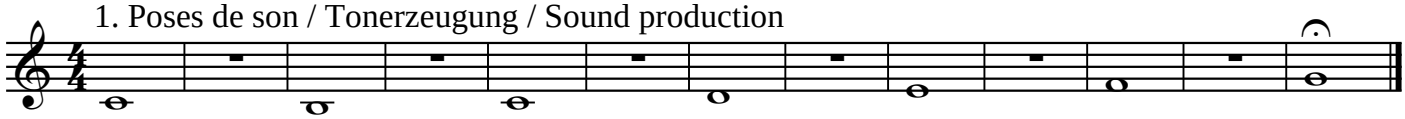

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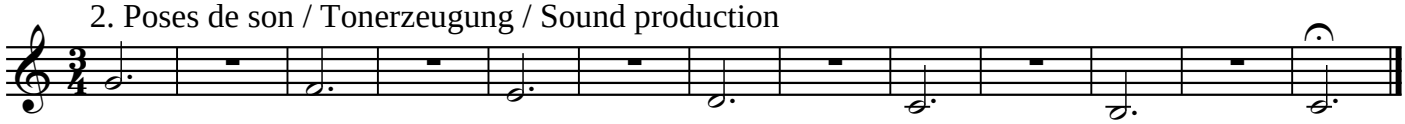

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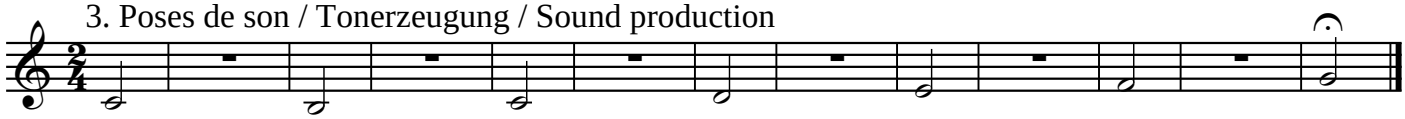

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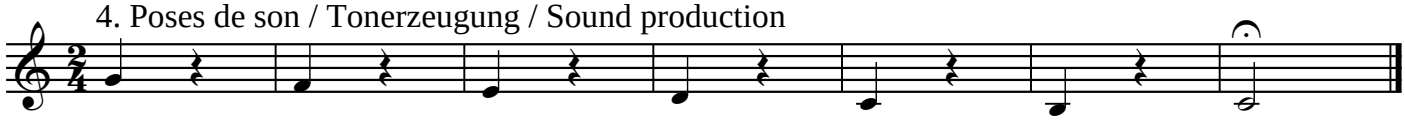
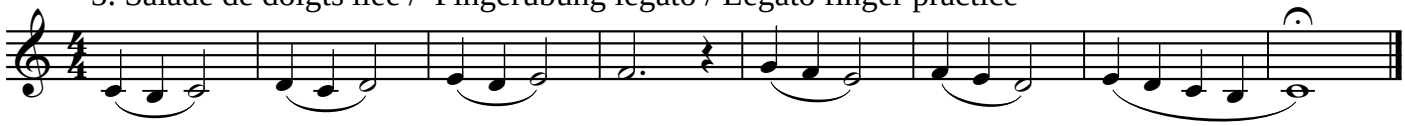
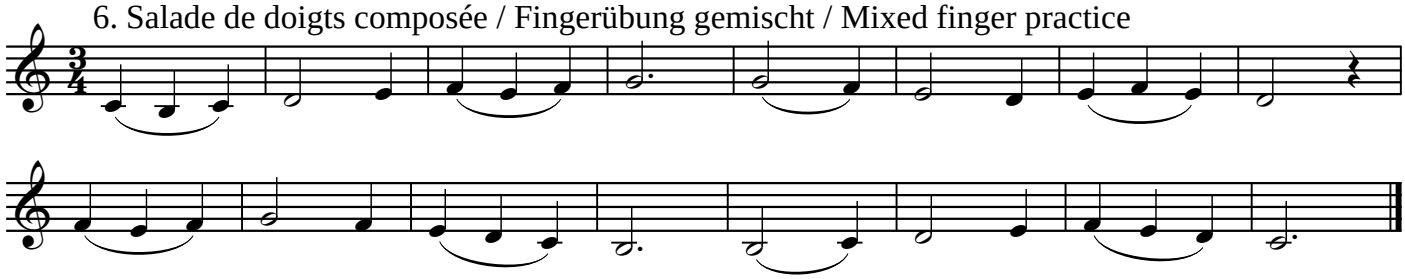


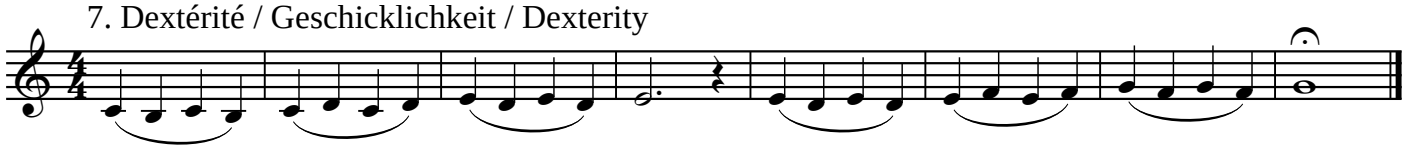
5. Salade de doigts liée / Fingerübung legato / Legato finger practice



6. Salade de doigts composée / Fingerübung gemischt / Mixed finger practice



7. Dextérité / Geschicklichkeit / Dexterity



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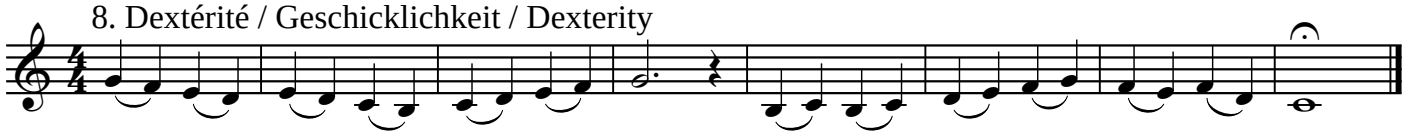

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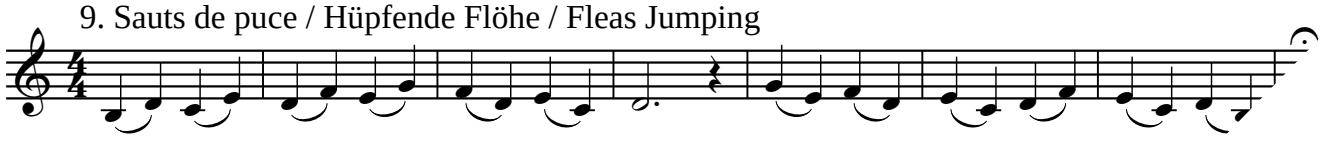
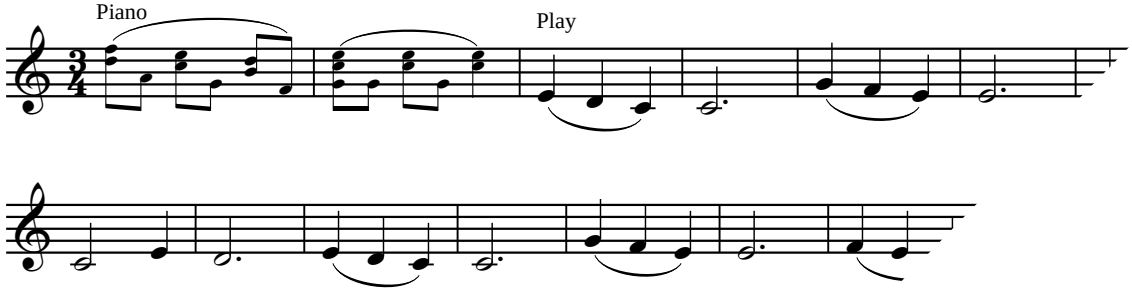


10. Serenade



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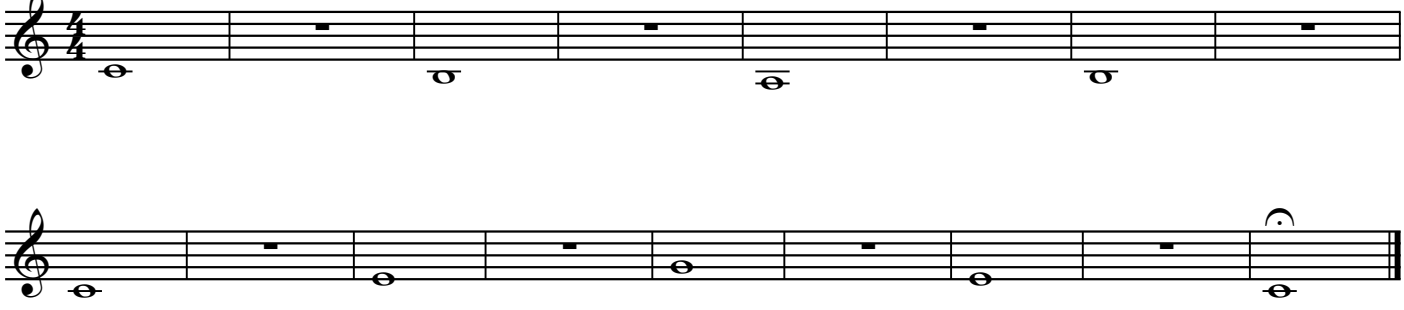
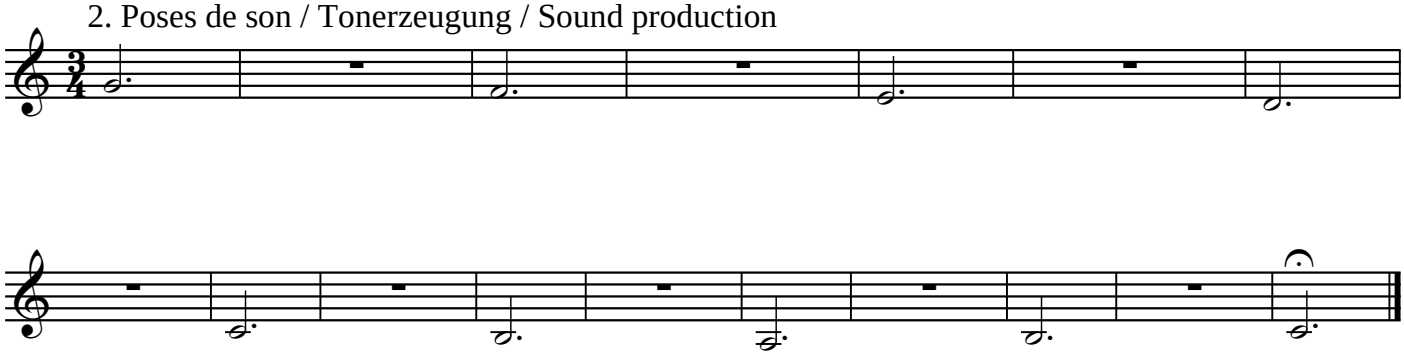
Leçon 5

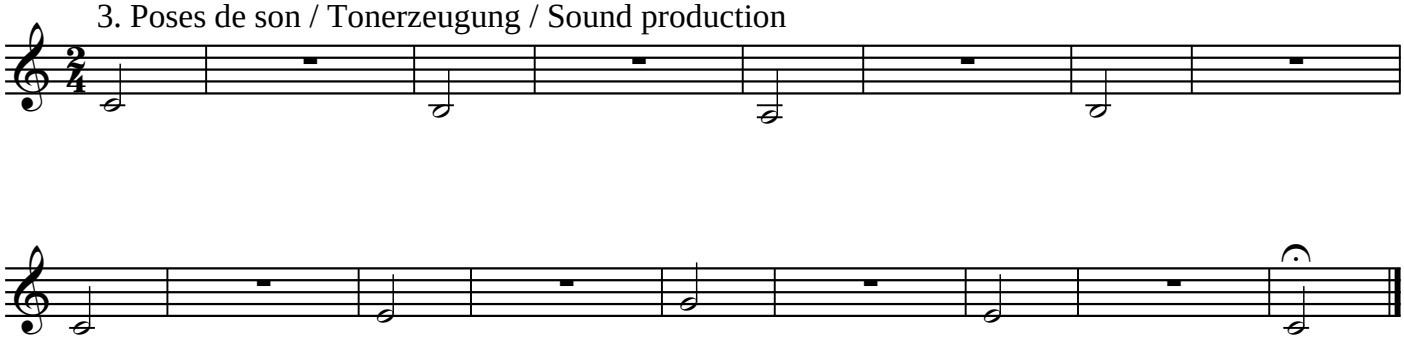
1. Poses de son / Tonerzeugung / Sound production



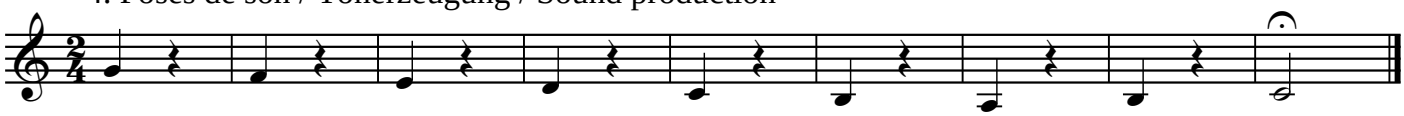
2. Poses de son / Tonerzeugung / Sound production



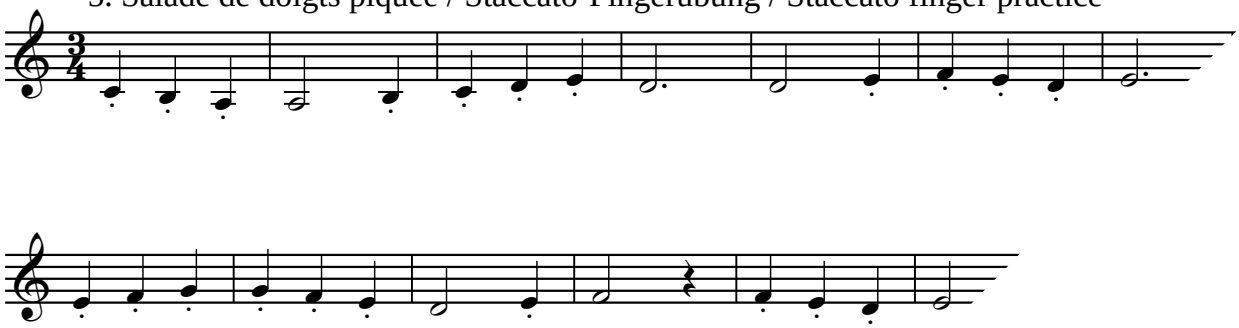
3. Poses de son / Tonerzeugung / Sound production



4. Poses de son / Tonerzeugung / Sound production



5. Salade de doigts piquée / Staccato-Fingerübung / Staccato finger practice



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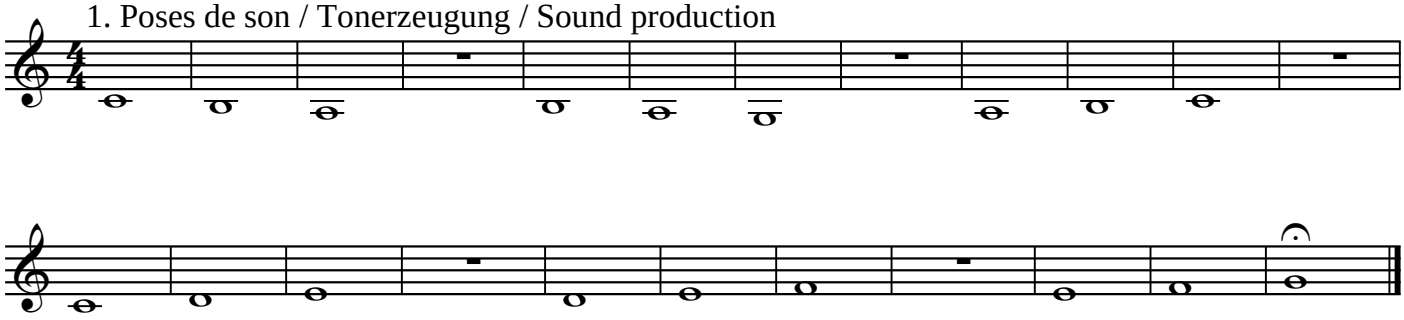
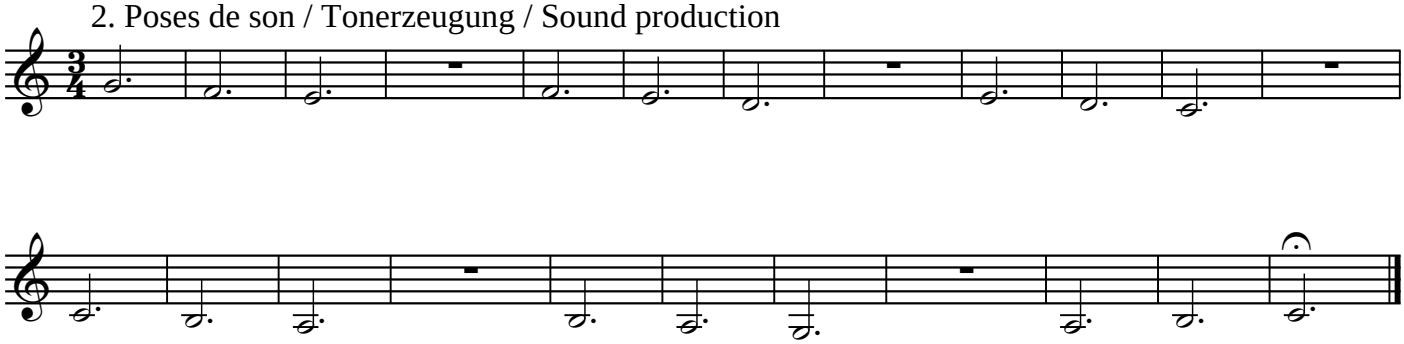
Leçon 6

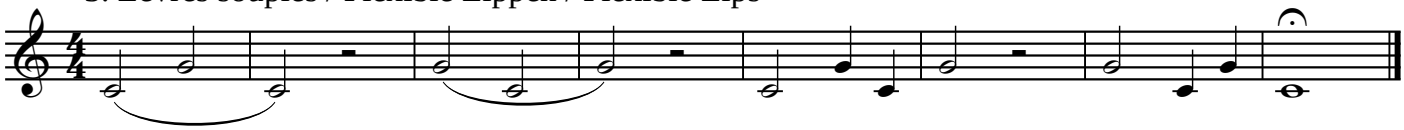
1. Poses de son / Tonerzeugung / Sound production



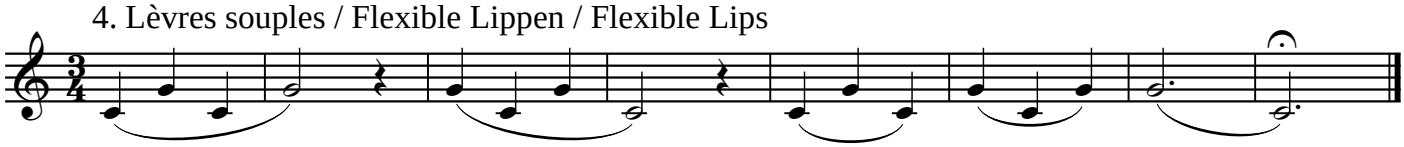
2. Poses de son / Tonerzeugung / Sound production



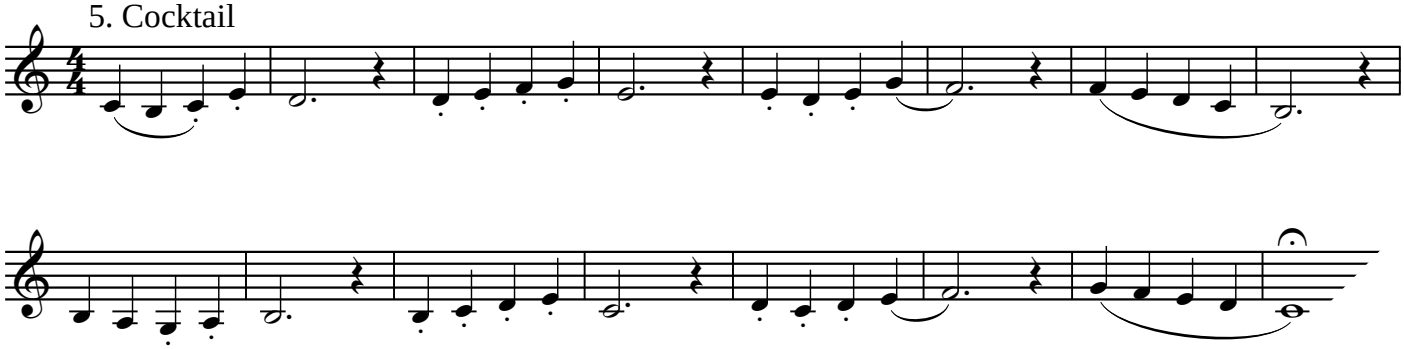
3. Lèvres souples / Flexible Lippen / Flexible Lips



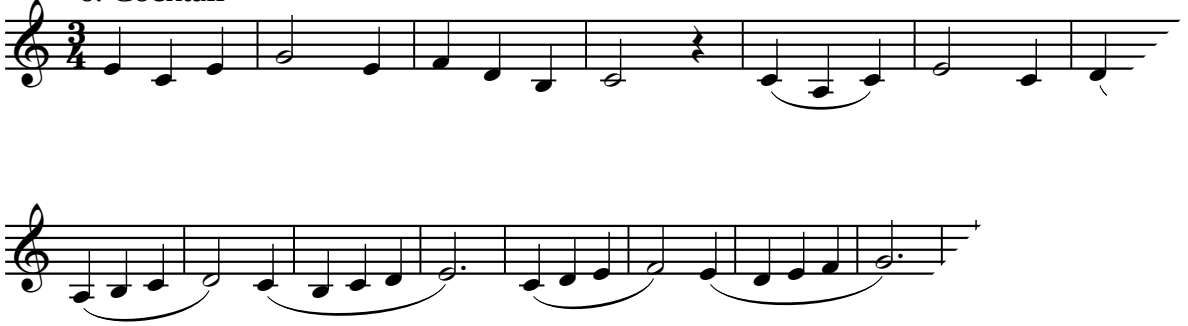
4. Lèvres souples / Flexible Lippen / Flexible Lips



5. Cocktail



6. Cocktail



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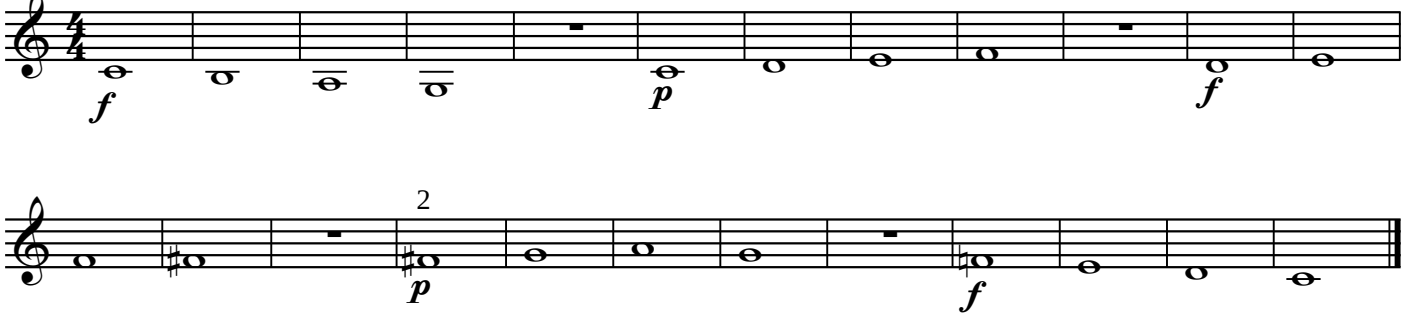
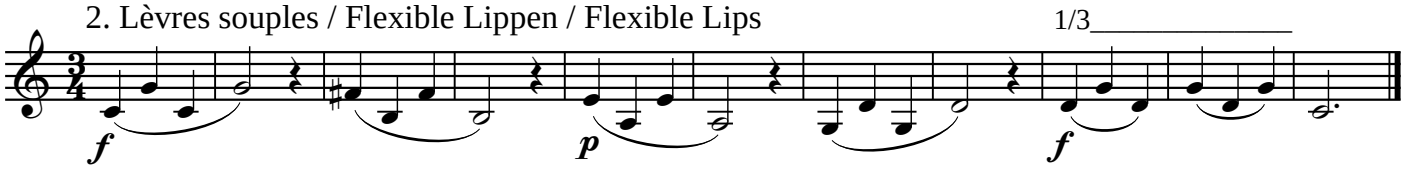
Leçon 7

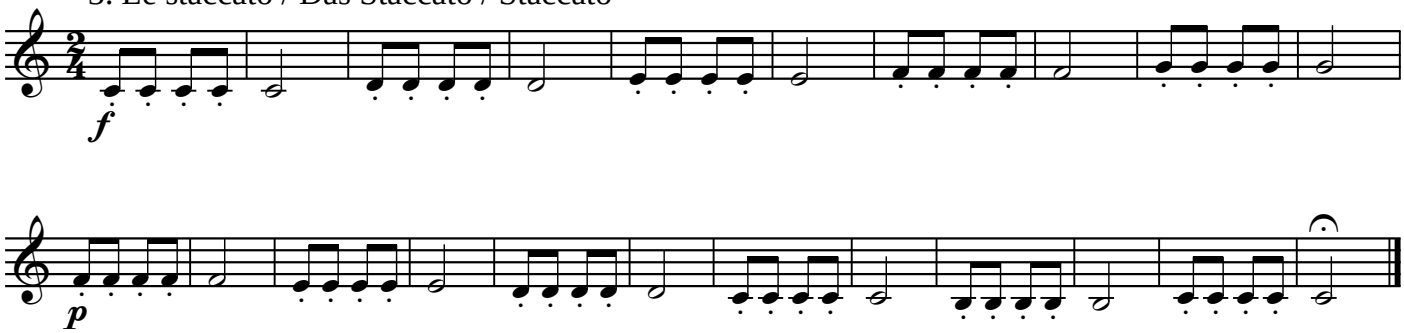
1. Poses de son / Tonerzeugung / Sound production



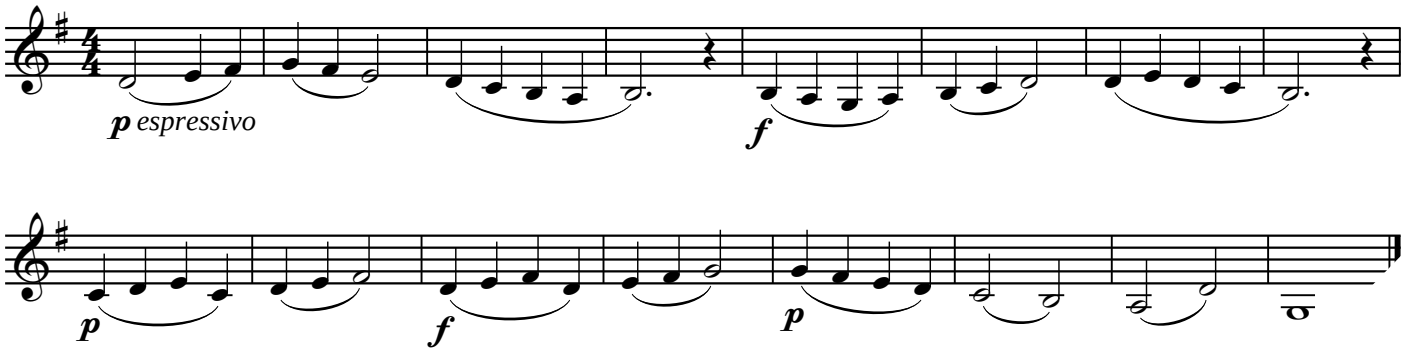
2. Lèvres souples / Flexible Lippen / Flexible Lips



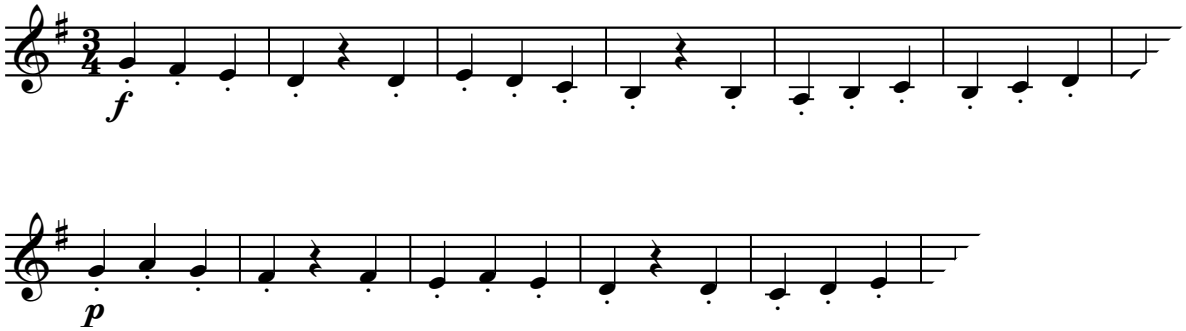
3. Le staccato / Das Staccato / Staccato



4. Cocktail



5. Cocktail



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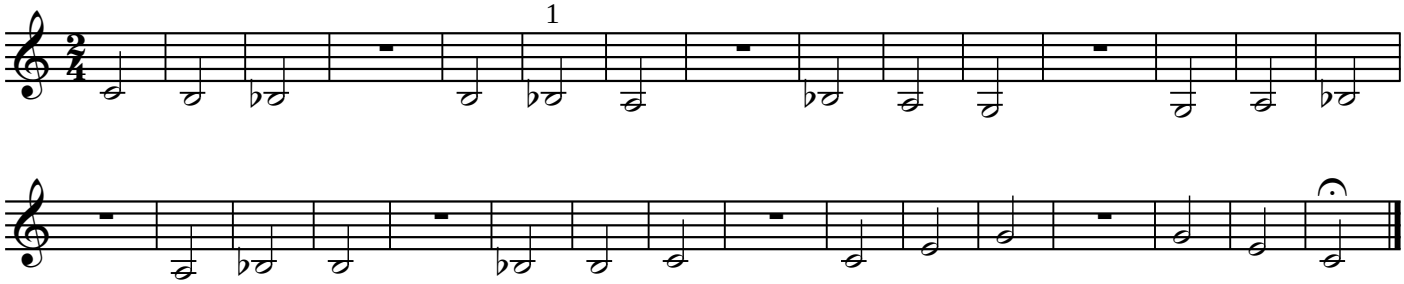
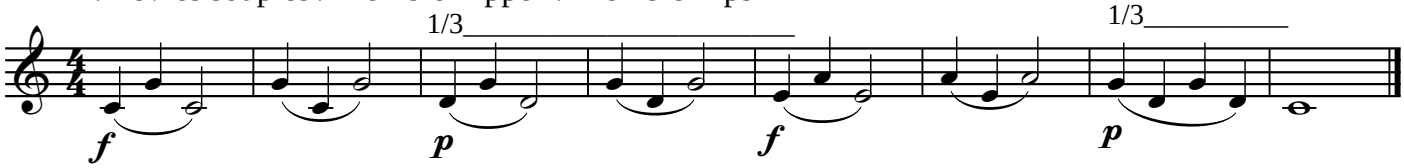
Leçon 8

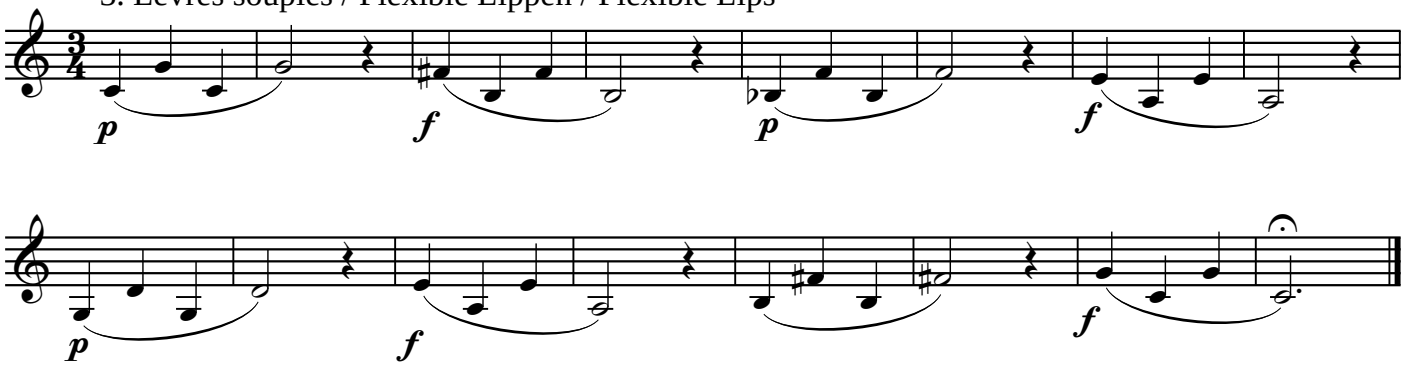
1. Poses de son / Tonerzeugung / Sound production



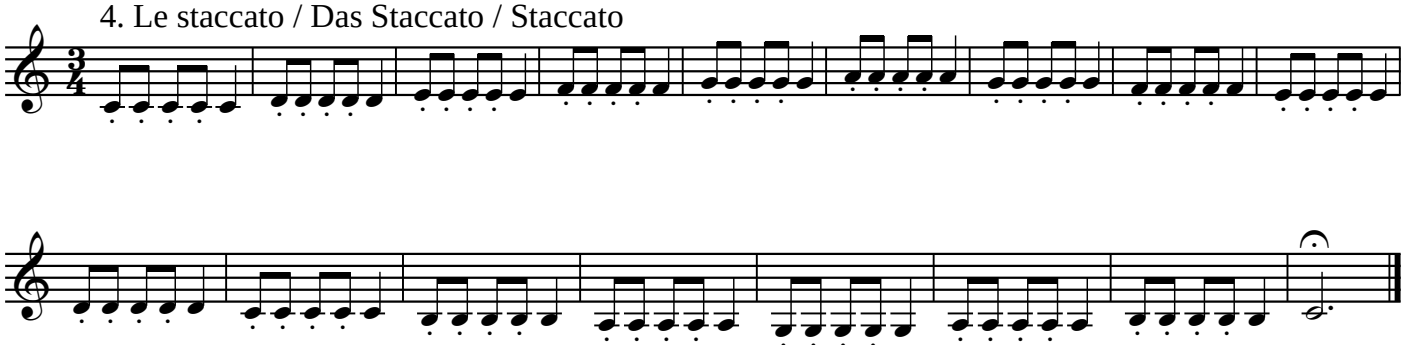
2. Lèvres souples / Flexible Lippen / Flexible Lips



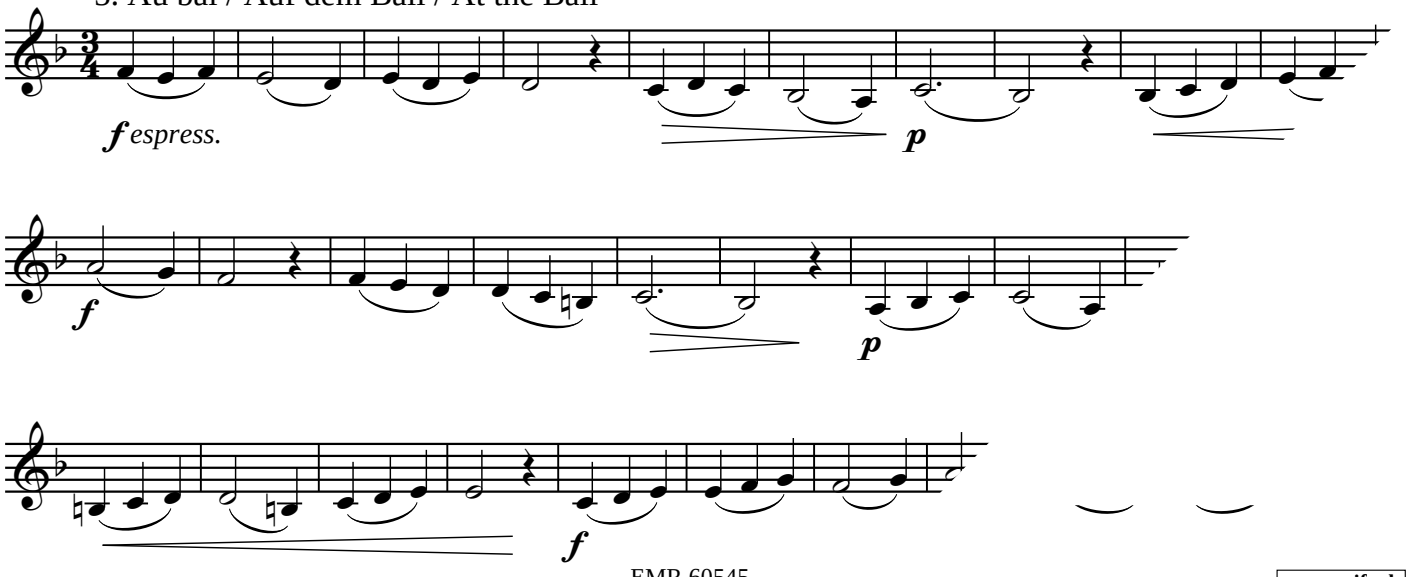
3. Lèvres souples / Flexible Lippen / Flexible Lips



4. Le staccato / Das Staccato / Staccato



5. Au bal / Auf dem Ball / At the Ball



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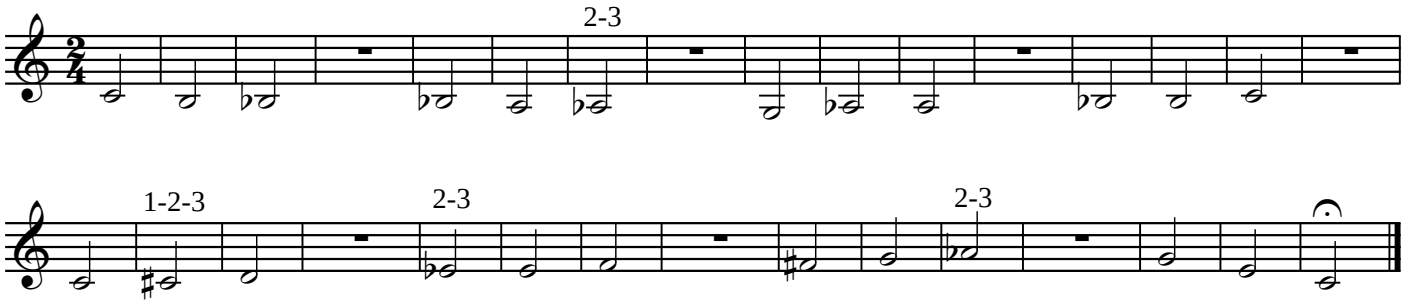
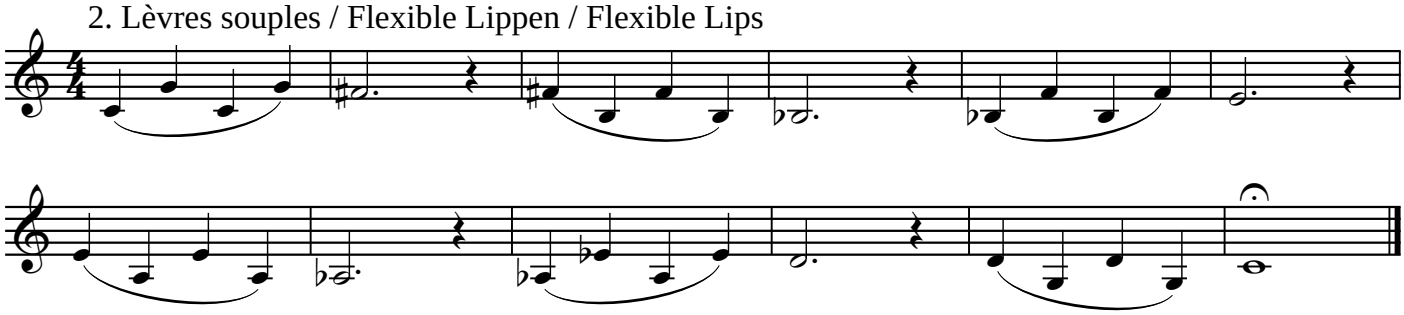
Leçon 9

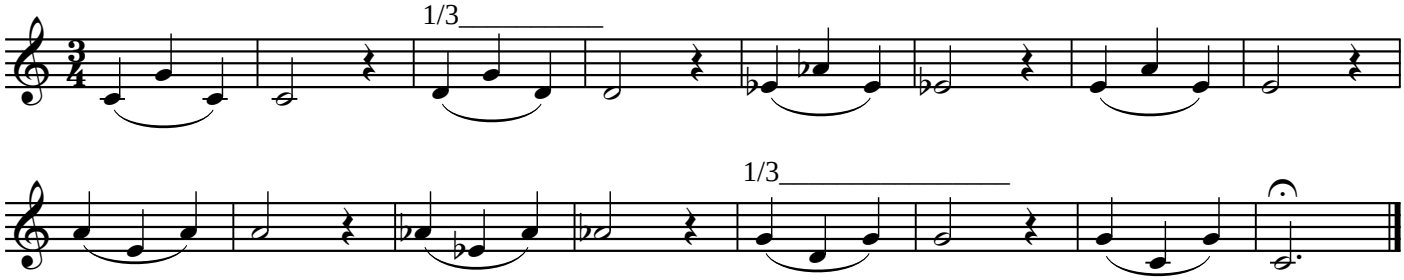
1. Poses de son / Tonerzeugung / Sound production



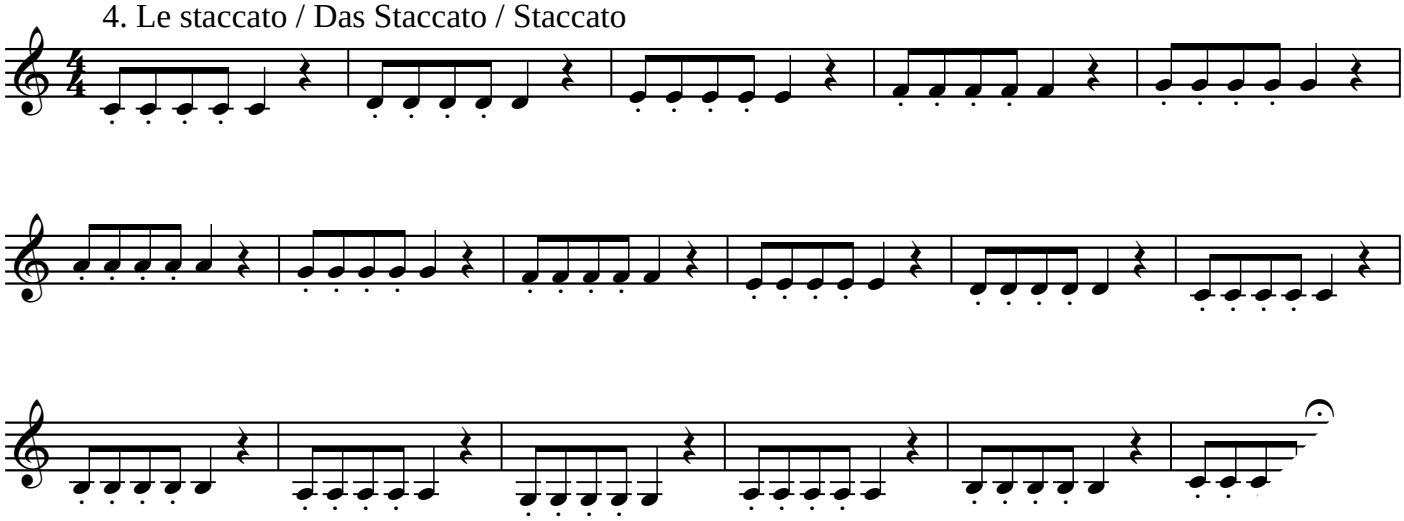
2. Lèvres souples / Flexible Lippen / Flexible Lips



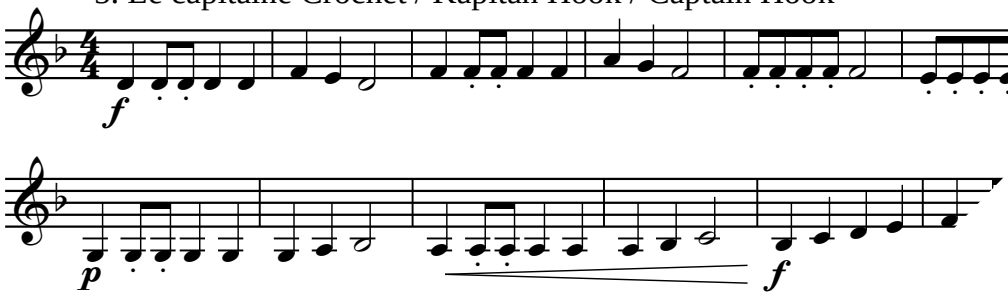
3. Lèvres souples / Flexible Lippen / Flexible Lips



4. Le staccato / Das Staccato / Staccato



5. Le capitaine Crochet / Kapitän Hook / Captain Hook



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B♭ BASS TUTORS

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