



15-Minute Audio Practice Routine

A simple 15-minute routine to practice for 30 days

1. Lip Trill · Major 7th



- Pattern Major 7th arpeggio, ascending and descending
- Progression Ascending by half step
- Listen for Even, connected sound
- Notice Relaxed lips and jaw; steady airflow

2. Siren · Perfect 5th



- Pattern Perfect 5th siren, ascending and descending
- Progression Ascending and descending by half step
- Listen for Smooth, continuous glide
- Notice Free throat; no pushing

3. Mou · Minor 6th



- Pattern Minor 6th arpeggio, ascending and descending
- Progression Ascending and descending by half step
- Listen for Clear pitch and even tone
- Notice Relaxed jaw and tongue; steady airflow

4. ii-V-I Modes

- Pattern Scale, ascending and descending through the modes
- Progression ii-V-I → ii-V-i
- Special point At D, the i chord moves up a half step to E minor to cover the remaining keys.
- Listen for Change of harmonic colour
- Notice Keep the voice connected through the harmonic changes

5. Dominant Chord on the Cycle

- Pattern Dominant 7th arpeggio, ascending and descending
- Progression Cycle of 4ths
- Listen for Dominant sound and harmonic direction
- Notice Keep the pattern even through the cycle

6. Skylark Trades

- Pattern Trading phrases
- Progression First A of Skylark
- Listen for Harmonic movement, phrasing and musical response
- Notice Leave space and respond naturally