

Missouri Uncompromised by Pat Metheny

Warmups

Long notes in lower and upper register varying dynamics

Overtone exercises to develop higher register

Technique

Scales that develop altissimo register development

Intervallic playing - extending scale practise to larger intervals

Composition

Compose a piece that challenges your own instrument or others

Compose with wide intervals to use in your improvising. Try these in other keys.

Compose a piece with a mix of inversion triad or slash chords

Creativity

Transcribe the lines of other instruments for ideas.

Take inspiration from other instruments. What do they give you that is a limitation on your instrument?

Make improvising exercises that extend your range. Now flip this idea and limit the range

Harmony

Try out simply embellishing the triad in your improvisation.

Slash or inversion? Look at a piece in its whole context, not just individual chords.

Experiment with pentatonics that work on this type of harmony

Describe the harmony without relying on a backing track and only a metronome.