

# Virtual Band Camp

## Video 5 Skill Sheet - Saxophone Hand Position Exercises

### 1. One Hand at a Time

- Practice getting correct hand position, one hand at a time.
- Use the video to make sure your fingers are on the correct keys.
- Do this 5 times each day on each hand, seeing how quickly you can get everything correct!

### 2. Put it down, Pick it up.

- Let your sax hang on the neck strap, then pick it up and see how quickly you can correctly position both your hands.
- Time yourself. Can you get the correct hand position in 5 seconds? 3 seconds? *1 second??*

### 3. "You Belong to Me."

- On the saxophone, each finger belongs to a specific key, and moves up and down on that key.
- Practice lifting each finger off its home key, and then putting it right back down.
- Can you put down or pick up 2 fingers at once? How about 3, 4, or all of them??

## Practice Chart

Each time you do one of the exercises above, check it off below. The more checks you get, the better you'll become at playing saxophone.



Exercise	Checks
One Hand at a Time	
Put it Down, Pick it Up	
You Belong to Me	