

Baermann Boot Camp

By Jenny Maclay (aka Jenny Clarinet)

Day 1

C, a
Dim⁷ 1
8^{va} 1

Day 6

A, f#
Dim⁷ 3
8^{va} 1-6

Day 11

Db, bb
Dim⁷ 2
S&T 1-4

Day 2

G, e
Dim⁷ 1
8^{va} 1-2

Day 7

Eb, c
Dim⁷ all
8^{va} all

Day 12

F#/Gb, d#/eb
Dim⁷ 3
S&T 1-5

Day 3

F, d
Dim⁷ 2
8^{va} 1-3

Day 8

E, c#
Dim⁷ 1
S&T 1

Day 13

12 scales (C-f#)
Dim⁷ 3
S&T 1-6

Day 4

D, b
Dim⁷ 2
8^{va} 1-4

Day 9

Ab, f
Dim⁷ 1
S&T 1-2

Day 14

12 scales (Eb-
d#/eb)
Dim⁷ all
S&T all

Day 5

Bb, g
Dim⁷ 3
8^{va} 1-5

Day 10

B, g#
Dim⁷ 2
S&T 1-3

Day 15

C, a, G, e
Dim⁷ 1
Trips 1

Day 16

F, d, D, b
Dim⁷ 1
Trips 1

Day 22

6 scales (C-d)
Dim⁷ 1
Trips 1-3

Day 28

6 scales (Eb-f)
Dim⁷ all
S&T all

Day 17

Bb, g, A, f#
Dim⁷ 2
Trips 1

Day 23

6 scales (D-f#)
Dim⁷ 1
Trips 1-3

Day 29

6 scales (B-d#/eb)
Dim⁷ all
Trips all

Day 18

Eb, c, E, c#
Dim⁷ 2
Trips 2

Day 24

6 scales (Eb-f)
Dim⁷ 2
Trips 4

Day 30

12 scales (C-f#)
Dim⁷ all
8^{va} all

Day 19

Ab, f, B, g#
Dim⁷ 3
Trips 1-2

Day 25

6 scales (B-d#/eb)
Dim⁷ 2
Trips all

Day 31

12 scales (Eb-d#/eb)
Dim⁷ all
S&T all

Day 20

Db, bb, F#/Gb,
d#/eb
Dim⁷ 3
Trips 1-2

Day 26

6 scales (C-d)
Dim⁷ 3
Trips all

Day 21

24 scales (C-d#/eb)
Dim⁷ all
Trips 3

Day 27

6 scales (D-f#)
Dim⁷ 3
8^{va} all

Baermann Boot Camp Guide

Scales

Each scale should be practiced daily in all the following patterns:

- Scale
- Interrupted scales
- Returning scales (major only)
- 3^{rds}
- 6^{ths}
- Broken chords 1
- Broken chords 2
- Chords of the 7th (major only)
- Diverse chords (minor only)

Diminished 7ths (dim⁷)

- Pattern 1 – E G Bb C#
- Pattern 2 – F Ab B D
- Pattern 3 – F# A C Eb

Technical exercises

- **Octaves (8^{va})**
 - section 1 – measures 1-8
 - section 2 – measures 9-17
 - section 3 – measures 18-25
 - section 4 – measures 26-33
 - section 5 – measures 34-49
 - section 6 – measures 50-68
 - section 7 – measures 69-82 (end)
- **Staccato & Trill (S&T)**
 - section 1 – measures 1-8
 - section 2 – measures 9-21
 - section 3 – measures 22-28
 - section 4 – measures 29-59
 - section 5 – measures 60-113
 - section 6 – measures 114-149
 - section 7 – measures 150-175 (end)

- **Triplets (trips)**
 - section 1 – measures 1-57
 - section 2 – measures 58-113
 - section 3 – measures 114-161 beat 1
 - section 4 – measures 161 beat 2-212 (end)

Recommended tempos*

- Week 1: 40-50 BPM
- Week 2: 50-60 BPM
- Week 3: 60-70 BPM
- Week 4: 70-80 BPM

*Individual tempos may vary. Never practice your scales faster than you can play them cleanly.