

# MUSIC



**David Cook.** *Clarinet Conditioning: Warm-Ups and Perspectives.* Conway Publications, 2022. 480 pp. Hard copy \$35.00

David Cook is assistant professor of clarinet and chair of instrumental performance studies at Millikin University as well as an active orchestral and chamber clarinetist. He received a bachelor's degree in music education from Central Michigan, master's degree in clarinet performance and chamber music from the University of Michigan, and a master's in music theory and a DMA in clarinet performance from the University of Oklahoma.

This book is divided into two parts; the first part consists of interviews with clarinetists: Mariam Adam, Ixi Chen, Robert DiLutis, Julia Heinen, Patrick Morgan, Phillip O. Paglialonga, Sarah

Watts, and John Bruce Yeh. The chapters devoted to each of the clarinetists listed above consists of a background of the performer, a brief description of their individual warm-up routine, and an interview that provides a more in-depth look and description of their warm-up routine.

The second part of the book consists of exercises exploring not only aspects of the clarinet such as tone, voicing, intonation, technique, and articulation, but also exercises for breathing and physical stretching (both static and dynamic stretching). These exercises are from both the author and the clarinetists interviewed.

*Clarinet Conditioning* is a detailed and well-organized book that provides an incredibly valuable resource for clarinetists. It brings in a multitude of perspectives and can assist any level of player or teacher. This book can help us learn more about some of our colleagues' routines and find new ways to warm up for ourselves or for our students. I would highly recommend *Clarinet Conditioning* to be a staple on every clarinetist's bookshelf.

—Lee Seidner