

# Blood, Sweat . . . , at their best

Arranged by Bjørn Morten Kjærnes

Flutes 1, 2

Oboe 1/2

Clarinet 1, 2, 3

Bass clarinet

Bassoon

Altsax 1, 2

Tenorsax

Baritonsax

Trumpets 1, 2, 3

Horns 1/2, 3/4

Trombone 1, 2, 3

Euphonium

Tuba/ El. Bass

Timpani

Mallets

Percussion 1, 2

*ff*, *pp*, *p*, *Div.*, *Xyl.*, *even 8's*

2

3

4

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Clap

1

Flutes

2

Oboe

1/2

1

2

3

Clarinets

*mf*

Bass clarinet

*mf*

Bassoon

*mf*

1

2

Altsax

*mf*

Tenorsax

*mf*

Baritonsax

*mf*

Clap

1

2

3

Trumpets

Clap

1/2

3/4

Horns

Clap

1

2

3

Trombone

Clap

Euphonium

*mf*

Tuba/ Ei. Bass

*mf*

Clap

Timpani

Mallets

Clap

Percussion

1

2

Cowbell *mf*

Fill

9 *mf* 10 11 12

opt. 8va - 7  
gliss.

1  
2

Flutes

1/2

Oboe

1  
2  
3

Clarinet

Bass clarinet

Bassoon

1  
2

Altsax

Tenorsax

Baritonsax

1  
2  
3

Trumpets

1/2  
3/4

Horns

1  
2  
3

Trombone

Euphonium

Tuba/El.Bass

Timpani

Mallets

1  
2

Percussion

13 14 15 16

mf ff p f fp unis. Fill

17

1 *f*

2 *f*

1/2 *f*

1 *f*

2 *f*

3 *f*

Bass clarinet *f*

Bassoon *f*

1 *f*

2 *f*

Tenorsax *f*

Baritonsax *f*

1 *f*

2 *f*

3 *f*

1/2 *f*

3/4 *f*

1 *f* gliss. *ff*

2 *f* gliss. *ff*

3 *f* gliss. *ff*

Euphonium *f*

Tuba/ El. Bass *f*

Timpani

Mallets *f*

1 *f*

2 *f*

17 *f* 18 19 20

opt. 8va - 1

Flutes 1 2

Oboe 1/2

Clarinets 1 2 3

Bass clarinet

Bassoon

Altsax 1 2

Tenorsax

Baritonsax

Trumpets 1 2 3

Horns 1/2 3/4

Trombone 1 2 3

Euphonium

Tuba/ El. Bass

Timpani

Mallets

Percussion 1 2

21 22 23 24

mp f fp

Fill



25

sempre legato

1 Flutes

2 Flutes

Oboe 1/2

1 Clarinets

2 Clarinets

3 Clarinets

Bass clarinet

Bassoon

1 Altsax

2 Altsax

Tenorsax

Baritonsax

1 Trumpets

2 Trumpets

3 Trumpets

1/2 Horns

3/4 Horns

1 Trombone

2 Trombone

3 Trombone

Euphonium

Tuba/ E1. Bass

Timpani

Mallets

1 Percussion

2 Percussion

25 26 27 28

1 Flutes *mf* decresc.

2 Flutes *mf* decresc.

1/2 Oboe *mf* decresc.

1 Clarinets *mf* decresc.

2 Clarinets *mf* decresc.

3 Clarinets *mf* decresc. sim.

Bass clarinet *mf* decresc. sim.

Bassoon *mf* decresc. sim.

1 Altsax *mf* decresc.

2 Altsax *mf* decresc.

Tenorsax *mf* decresc.

Baritone sax *mf* decresc. sim.

1 Trumpets *mf* decresc.

2 Trumpets *mf* decresc.

3 Trumpets *mf* decresc.

1/2 Horns *mf* decresc.

3/4 Horns *mf* decresc.

1 Trombone *mf* decresc.

2 Trombone *mf* decresc.

3 Trombone *mf* decresc.

Euphonium *mf* decresc. sim.

Tuba/ El. Bass *mf* decresc.

Timpani

Mallets *mf* decresc.

1 Percussion *mf* decresc.

2 Percussion *mf* decresc.

29 *mf* decresc. 30 31 32



This image shows a page of a musical score for a full orchestra, page 9. The score is arranged in a standard orchestral layout with staves for various instruments. A large, diagonal red watermark with the word "SAMPLE" is overlaid across the center of the page. The instruments listed on the left side of the score are: Flutes (1 and 2), Oboe (1/2), Clarinets (1, 2, and 3), Bass clarinet, Bassoon, Altsax, Tenorsax, Baritonsax, Trumpets (1, 2, and 3), Horns (1/2 and 3/4), Trombone (1, 2, and 3), Euphonium, Tuba/El. Bass, Timpani, and Mallets. Percussion is indicated at the bottom. The score includes dynamic markings such as *pp*, *mf*, *f*, and *ff*, and articulation marks like accents and slurs. The bottom of the page shows measure numbers 33, 34, 35, and 36.

1  
2  
1/2

Flutes

Oboe

1  
2  
3

Clarinet

Bass clarinet

Bassoon

1  
2

Altsax

Tenorsax

Baritone sax

1  
2  
3

Trumpets

1/2  
3/4

Horns

1  
2  
3

Trombone

Euphonium

Tuba/El. Bass

Timpani

Mallets

1  
2

Percussion

37 *f* 38 *ff* 39 solo Fill 40 *f*

1  
2  
1/2

Flutes

Oboe

1  
2  
3

Clarinets

Bass clarinet

Bassoon

1  
2

Altsax

Tenorsax

Baritonsax

1  
2  
3

Trumpets

1/2  
3/4

Horns

1  
2  
3

Trombone

Euphonium

Tuba/ Ei. Bass

Timpani

Mallets

1  
2

Percussion

41 42 43 44

gliss.  
ff  
f

gliss.  
ff  
f

gliss.  
ff  
f

3-3-3

opt. 8va - 1

48

1 Flutes

2 Flutes

1/2 Oboe

1 Clarinets

2 Clarinets

3 Clarinets

Bass clarinet

Bassoon

1 Altsax

2 Altsax

Tenorsax

Baritonsax

1 Trumpets

2 Trumpets

3 Trumpets

1/2 Horns

3/4 Horns

1 Trombone

2 Trombone

3 Trombone

Euphonium

Tuba/ E1.Bass

Timpani

Mallets

1 Percussion

2 Percussion

45 46 47 48

mf f fp

unis. mf

solo Fill

Tamburin



1 Flutes

2 Flutes

1/2 Oboe

1 Clarinets

2 Clarinets

3 Clarinets

Bass clarinet

Bassoon

1 Altsax

2 Altsax

Tenorsax

Baritonsax

1 Trumpets

2 Trumpets

3 Trumpets

1/2 Horns

3/4 Horns

1 Trombone

2 Trombone

3 Trombone

Euphonium

Tuba/ E1. Bass

Timpani

Mallets

1 Percussion

2 Percussion

49 50 51 52

Tamburin *f*

**SAMPLE**

14

56

Flutes 1 2

Oboe 1/2

Clarinets 1 2 3

Bass clarinet

Bassoon

Altsax 1 2

Tenorsax

Baritonsax

Trumpets 1 2 3

Horns 1/2 3/4

Trombone 1 2 3

Euphonium

Tuba/ El. Bass

Timpani

Mallets

Percussion 1 2

53 54 55 56

*mf* *f* *soli*



Flutes 1 2

Oboe 1/2

Clarinets 1 2 3

Bass clarinet

Bassoon

Altsax 1 2

Tenorsax

Baritonsax

Trumpets 1 2 3

Horns 1/2 3/4

Trombone 1 2 3

Euphonium

Tuba/ Ei. Bass

Timpani

Mallets

Percussion 1 2

57 58 59 60

Flutes 1 2

Oboe 1/2

Clarinets 1 2 3

Bass clarinet

Bassoon

Altsax 1 2

Tenorsax

Baritonsax

Trumpets 1 2 3

Horns 1/2 3/4

Trombone 1 2 3

Euphonium

Tuba/ El. Bass

Timpani

Mallets

Percussion 1 2

61 62 63 64

64

64 *f*

sus Cym.

**SAMPLE**

1  
Flutes

2

1/2  
Oboe

1  
Clarinet

2

3  
Clarinet

Bass clarinet

Bassoon

1  
Altsax

2

Tenorsax

Baritonsax

1  
Trumpets

2

3

1/2  
Horns

3/4

1  
Trombone

2

3

Euphonium

Tuba/ E1. Bass

Timpani

Mallets

1  
Percussion

2

65 66 67 68

1  
Flutes

2  
Oboe

1/2

1  
Clarinets

2

3

Bass clarinet

Bassoon

1  
Altsax

2

Tenorsax

Baritonsax

1  
Trumpets

2

3

1/2  
Horns

3/4

1  
Trombone

2

3

Euphonium

Tuba/ El. Bass

Timpani

Mallets

1  
Percussion

2

69 70 71 72

72

**SAMPLE**

This image shows a page of a musical score for a full orchestra, page 19. The score is arranged in a standard orchestral layout with staves for various instruments. A large, diagonal red watermark with the word "SAMPLE" is overlaid across the center of the page. The instruments listed on the left side of the score are: Flutes (1 and 2), Oboe (1/2), Clarinets (1, 2, and 3), Bass clarinet, Bassoon, Altsax (1 and 2), Tenorsax, Baritonsax, Trumpets (1, 2, and 3), Horns (1/2 and 3/4), Trombone (1, 2, and 3), Euphonium, Tuba/El. Bass, Timpani, Mallets, and Percussion (1 and 2). The score includes musical notation such as notes, rests, and dynamic markings like *f* (forte) and *mf* (mezzo-forte). The page number "19" is centered at the top, and the measure numbers "73", "74", "75", and "76" are printed at the bottom of the page.

This is a page of a musical score for a full orchestra, page 20. The score is arranged in systems for various instruments. A large, diagonal red watermark with the word "SAMPLE" is overlaid across the center of the page. The instruments listed on the left are: Flutes (1 and 2), Oboe (1/2), Clarinets (1, 2, and 3), Bass clarinet, Bassoon, Altsax (1 and 2), Tenorsax, Baritonsax, Trumpets (1, 2, and 3), Horns (1/2 and 3/4), Trombone (1, 2, and 3), Euphonium, Tuba/El. bass, Timpani, and Mallets. The Percussion section includes a Tamburin. The score shows measures 77, 78, 79, and 80. Measure 80 is marked with a box containing the number 80. Dynamic markings include *ff* (fortissimo) and *ff* (fortissimo). Performance instructions include "clap on 2 and 4" and "Solo" for the Tuba/El. bass. The key signature is one flat (B-flat major or D minor), and the time signature is 4/4.



1 Flutes

2 Flutes

1/2 Oboe

1 Clarinets

2 Clarinets

3 Clarinets

Bass clarinet

Bassoon

1 Altsax

2 Altsax

Tenorsax

Baritonsax

1 Trumpets

2 Trumpets

3 Trumpets

1/2 Horns

3/4 Horns

1 Trombone

2 Trombone

3 Trombone

Euphonium

Tuba/El.Bass

Timpani

Mallets

1 Percussion

2 Percussion

81 82 83 84

1  
Flutes

2

1/2  
Oboe

1  
Clarinet

2

3  
Clarinet

Bass clarinet

Bassoon

1  
Altsax

2

Tenorsax

Baritonsax

1  
Trumpets

2

3

1/2  
Horn

3/4

1  
Trombone

2

3

Euphonium

Tuba/ EI.Bass

Timpani

Mallets

1  
Percussion

2

Solo together with Tuba

85 86 87 88



1  
Flutes

2

1/2  
Oboe

1  
Clarinet

2  
3  
Bass clarinet

Bassoon

1  
Altsax

2  
Tenorsax

Baritonsax

1  
Trumpets

2  
3

1/2  
Horns

3/4

1  
Trombone

2  
3

Euphonium

Tuba/ El. Bass

Timpani

Mallets

1  
Percussion

2

93 94 95 96

98

Flutes 1 2

Oboe 1/2

Clarinet 1 2 3

Bass clarinet

Bassoon

Altsax 1 2

Tenorsax

Baritonsax

Trumpets 1 2 3

Horns 1/2 3/4

Trombone 1 2 3

Euphonium

Tuba/El.Bass

Timpani

Mallets

Percussion 1 2

102 ♩ = 60

101 102 103 104



1 Flutes

2 Flutes

1/2 Oboe

1 Clarinets

2 Clarinets

3 Clarinets

Bass clarinet

Bassoon

1 Altsax

2 Altsax

Tenorsax

Baritonsax

1 Trumpets

2 Trumpets

3 Trumpets

1/2 Horns

3/4 Horns

1 Trombone

2 Trombone

3 Trombone

Euphonium

Tuba/ EI. Bass

Timpani

Mallets

1 Percussion

2 Percussion

105

106

107 *pp*

108 *p*

*ff*

*p*

*mf*

*f*

*ff*

Solo

Sus Cym.

Gl.sp.

3

1  
Flutes

2

1/2  
Oboe

1  
Clarinet

2

3  
Bass clarinet

Bassoon

1  
Altsax

2  
Tenorsax

Baritonsax

1  
Trumpets

2

3

1/2  
Horns

3/4

1  
Trombone

2

3

Euphonium

Tuba/ EI.Bass

Timpani

Mallets

1  
Percussion

2

109 110 111 112

*ff* *mf* *p* *pp*

*f* *p* *mf* *pp*

opt. *pp*

113 1x solo  
2x Tutti

Flutes 1 2  
1x solo  
2x Tutti

Oboe 1/2  
1x Tacet  
*p*  
Divisi

Clarinet 1 2 3  
*pp*  
tenuto 2x only

Bass clarinet  
*p*  
tenuto 2x only

Bassoon  
*p*  
tenuto 2x only

Altsax 1 2  
*p*  
tenuto 2x only

Tenorsax  
*p*  
tenuto 2x only

Baritonsax  
*pp*  
1x Flygelhorn solo (stand up)  
2x Tutti (stand up)

Trumpets 1 2 3  
1x Flygelhorn solo (stand up)  
2x Tutti (stand up)

Horns 1/2 3/4  
*p*  
2x only tenuto

Trombone 1 2 3  
Tutti tenuto  
*p*  
Tutti 2x only tenuto

Euphonium  
*p*  
2x only Tutti

Tuba/ El. Bass  
Tutti tenuto (El. Bass 2x only)  
*pp*

Timpani  
Bb/Eb 2x only  
1x *pp*  
2x *mf*

Mallets  
*p*  
gl. sp. 2x only *p*  
*mf*

Percussion 1 2  
*p*  
*mf*

1  
Flutes

2

1/2  
Oboe

1  
Clarinet

2

3  
Bass clarinet

Bassoon

1  
Altsax

2  
Tenorsax

Baritonsax

1  
Trumpets

2

3

1/2  
Horns

3/4

1  
Trombone

2

3

Euphonium

Tuba/ El.Bass

Timpani

Mallets

1  
Percussion

2



128

1x: Clap on 2. and 4.  
2x: Play

1x: Clap on 2. and 4.  
2x: Play

1x: Clap on 2. and 4.  
2x: Play

1x: Clap on 2. and 4.  
2x: Play

play *f*

play *f*

play *f*

SOLI, 2x Stand Up

SOLI, 2x Stand Up

play *f*

Clap on 2. and 4.

1x: Clap on 2. and 4.  
2x: Play

Sit Down *f*

Sit Down *f*

SOLI, 2x Stand Up

SOLI, 2x Stand Up

1x: Clap on 2. and 4.  
2x: Play

1x: Clap on 2. and 4.  
2x: Play

1x: Clap on 2. and 4.  
2x: Play

play *f*

play *f*

1x: Clap on 2. and 4.  
2x: Tacet

Tamburin

1x Tacet

125 126 127 128



1 Flutes  
2 Flutes  
1/2 Oboe  
1 Clarinets  
2 Clarinets  
3 Clarinets  
Bass clarinet  
Bassoon  
1 Altsax  
2 Altsax  
Tenorsax  
Baritonsax  
1 Trumpets  
2 Trumpets  
3 Trumpets  
1/2 Horns  
3/4 Horns  
1 Trombone  
2 Trombone  
3 Trombone  
Euphonium  
Tuba/ El.Bass  
Timpani  
Mallets  
1 Percussion  
2 Percussion



1 Flutes

2 Flutes

1/2 Oboe

1 Clarinets

2 Clarinets

3 Clarinets

Bass clarinet

Bassoon

1 Altsax

2 Altsax

Tenorsax

Baritonsax

1 Trumpets

2 Trumpets

3 Trumpets

1/2 Horns

3/4 Horns

1 Trombone

2 Trombone

3 Trombone

Euphonium

Tuba/ El. Bass

Timpani

Mallets

1 Percussion

2 Percussion



145 146 147 148

Flutes 1 2

Oboe 1/2

Clarinet 1 2 3

Bass clarinet

Bassoon

Altsax 1 2

Tenorsax

Baritonsax

Trumpets 1 2 3

Horns 1/2 3/4

Trombone 1 2 3

Euphonium

Tuba

Timpani

Mallets

1 Percussion 2

Soli, All Stand Up *f*

Tamburin





1  
Flutes

2

1/2  
Oboe

1  
Clarinet

2

3

Bass clarinet

Bassoon

1  
Alto sax

2

Tenor sax

Baritone sax

1  
Trumpets

2

3

1/2  
Horns

3/4

1  
Trombone

2

3

Euphonium

Tuba/ Euphonium

1  
Timpani

Mallets

1  
Percussion

2

1 Flutes

2 Flutes

1/2 Oboe

1 Clarinets

2 Clarinets

3 Clarinets

Bass clarinet

Bassoon

1 Altsax

2 Altsax

Tenorsax

Baritonsax

1 Trumpets

2 Trumpets

3 Trumpets

1/2 Horns

3/4 Horns

1 Trombone

2 Trombone

3 Trombone

Euphonium

Tuba/ El. Bass

Timpani

Mallets

1 Percussion

2 Percussion

Stand Up

Stand Up

Stand Up

Stand Up