



Fight or Flight

RYAN FILLINGER

Instrumentation

Full Score	1
Piccolo	2
Flute 1	4
Flute 2	4
Oboe	2
B♭ Clarinet 1	4
B♭ Clarinet 2	4
B♭ Clarinet 3	4
Bass Clarinet	2
Bassoon	2
Alto Saxophone 1	2
Alto Saxophone 2	2
Tenor Saxophone	2
Baritone Saxophone	2
B♭ Trumpet 1	4
B♭ Trumpet 2	4
B♭ Trumpet 3	4
Horn in F 1	2
Horn in F 2	2
Horn in F 3	2
Horn in F 4	2
Trombone 1	3
Trombone 2	3
Trombone 3	3
Euphonium	4
Baritone C.C.	2
Tuba	4
String Bass	2
Timpani	2
Mallets 1	2
Bells, Xylophone	
Mallets 2	2
Vibraphone, Chimes	
Percussion 1	5
Snare Drum, Bass Drum, Tam-tam, Ratchet, Triangle	
Percussion 2	2
Suspended Cymbal, Medium Woodblock	
Percussion 3	3
Triangle, Crash Cymbals, Slapstick	

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About the Composer



Ryan Fillinger (b. 2001) is an Oregon-born composer of wind ensemble, orchestral, and chamber music. His works fuse styles of the 18th, 19th, and 20th Century with modern techniques and contemporary instrumentation. He attends the University of North Texas (UNT) and has studied under composers Dr. Sungji Hong and Bruce Broughton. Ryan was named the winner of the National Band Association 2024 NBA/Merrill Jones Composition Contest, and was also the winner of the Austin Symphonic Band 2023 Young Composers' Contest. For more information, visit www.ryanfillinger.com.

Fight or Flight

The fight-or-flight response is defined as a psychological response triggered when one is faced with a danger or threat. It's a natural reaction that releases hormones that prepare the body to either stay and confront, or to flee. In other words, it's our most primal and basic survival instinct.

I pondered how I could capture such a concept with music, so that it was thrilling and exciting as well as perceivable and easy to grasp. Eventually, I realized two main motifs, one bold and striking in tone to represent the "fight" response, and the other urgent and relentless to represent the "flight" response. These two motifs were then given their own sections within an arc-shaped form, creating a "full-circle" narrative feel that builds tension until the very end. The resulting work is *Fight or Flight*, a piece filled with energy, excitement, and high stakes that is sure to be a riveting experience for performers and audiences alike.



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Recordings are available on all major streaming services.

The image displays a page from a musical score, likely for a symphony orchestra. The score is written for a 4/4 time signature, with a tempo marking of "Menacingly" and a metronome setting of 76. The score is divided into two systems, each containing multiple staves for different instruments. The instruments listed include Piccolo, Flute 1, 2, Oboe, B♭ Clarinet 1, B♭ Clarinet 2, 3, Bass Clarinet, Bassoon, Alto Saxophone 1, 2, Tenor Saxophone, Baritone Saxophone, B♭ Trumpet 1, 2, B♭ Trumpet 3, Horn in F 1, 2, Horn in F 3, 4, Trombone 1, 2, Trombone 3, Euphonium, Tuba, String Bass, Timpani, Mallets 1 (Bells, Xylophone), Mallets 2 (Vibraphone, Chimes), Percussion 1 (Tam-tam, Bass Drum, Snare Drum, Ratchet, Triangle), Percussion 2 (Suspended Cymbal, Medium Woodblock), and Percussion 3 (Triangle, Crash Cymbals, Slapstick). The score includes various musical notations such as notes, rests, and dynamic markings (e.g., *ff*, *mf*, *p*). A large, diagonal watermark reading "For Preview Only" is overlaid across the center of the page. The page is numbered 1 through 6 at the bottom.

9 Pushing ahead ♩ = 84

[illegible]

Fight or Flight - Full Score

5

17 Urgently ♩ = 152

rit. molto rit.

Picc.

Fl. 1, 2

Ob.

B♭ Cl. 1

B♭ Cl. 2, 3

B. Cl.

Bsn.

A. Sax. 1, 2

T. Sax.

B. Sax.

Tpt. 2: Open

Tpt. 1: Open

B♭ Tpt. 1, 2

B♭ Tpt. 3

Hn. 1, 2

Hn. 3, 4

Tbn. 1, 2

Tbn. 3

Euph.

Tuba

S.B.

Solo

End solo

F to G

Timp.

Mal. 1

Mal. 2

Perc. 1

Perc. 2

Perc. 3

f *ff* *sub. mf* *pp*

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Picc. *mf* *ff*

Fl. 1, 2 *mf* *ff*

Ob. *p* *ff*

B♭ Cl. 1 *p* *ff*

B♭ Cl. 2, 3 *a2* *p* *ff*

B. Cl. *p* *ff*

Bsn. *p* *mf* *ff*

A. Sax. 1, 2 *a2* *p* *ff*

T. Sax. *mf* *ff*

B. Sax. *p* *ff*

B♭ Tpt. 1, 2 *mf* *ff*

B♭ Tpt. 3 *mf* *ff*

Hn. 1, 2 *p* *ff*

Hn. 3, 4 *p* *ff*

Tbn. 1, 2 *a2* *mf* *ff*

Tbn. 3 *p* *ff*

Euph. *p* *ff*

Tuba *p* *ff* Cue: S.B.

S.B. *Pizz.* *Arco* *Pizz.* *ff*

Timp. *p* *ff*

Mal. 1 *ff*

Mal. 2 *p* *ff*

Perc. 1 *mp* *p* *ff*

Perc. 2 *p* *ff* ch.

Perc. 3 *ff* Crash Cymbals

25

Picc.

Fl. 1, 2

mp

Ob.

mp

B♭ Cl. 1

B♭ Cl. 2, 3

B. Cl.

mp

Bsn.

mp

A. Sax. 1, 2

Cue: Bsn.

mp

T. Sax.

mp

B. Sax.

mp

25

B♭ Tpt. 1, 2

p

f

B♭ Tpt. 3

p

f

Hn. 1, 2

a2

mp

f

Hn. 3, 4

a2

mp

f

Tbn. 1, 2

mp

mf

Tbn. 3

mf

Euph.

mf

Tuba

Play

mf

S.B.

mp

mf

Timp.

mp

Mal. 1

f

Mal. 2

mp

Perc. 1

Tam-tam: scrape with a quarter

mp

Perc. 2

mf

Perc. 3

Slapstick

f

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35

Picc.

Fl. 1, 2

Ob.

B♭ Cl. 1

B♭ Cl. 2, 3

B. Cl.

Bsn.

A. Sax. 1, 2

T. Sax.

B. Sax.

B♭ Tpt. 1, 2

B♭ Tpt. 3

Hn. 1, 2

Hn. 3, 4

Tbn. 1, 2

Tbn. 3

Euph.

Tuba

S.B.

Timp.

Mal. 1

Mal. 2

Perc. 1

Perc. 2

Perc. 3

Cl. 2 only + Cl. 3 a2

a2

a2

Cr. Cym.

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9

39

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39

[illegible]

49

Picc.

Fl. 1, 2

Ob.

B♭ Cl. 1

B♭ Cl. 2, 3

B. Cl.

Bsn.

A. Sax. 1, 2

T. Sax.

B. Sax.

B♭ Tpt. 1, 2

B♭ Tpt. 3

Hn. 1, 2

Hn. 3, 4

Tbn. 1, 2

Tbn. 3

Euph.

Tuba

S.B.

Timp.

Mal. 1

Mal. 2

Perc. 1

Perc. 2

Perc. 3

Tam-tam: felt mallets

Pizz.

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49

a2

pp

mp

p

mf

f

ff

[illegible]

63

67

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Picc. *sub. f* *a2* *ff*

Fl. 1, 2 *sub. f* *ff*

Ob. *sub. f* *ff*

B♭ Cl. 1 *f* *mf* *ff*

B♭ Cl. 2, 3 *f* *mf* *ff*

B. Cl. *ff* *mf* *ff* *menacingly*

Bsn. *ff* *a2* *mf* *ff* *menacingly*

A. Sax. 1, 2 *f* *mf* *ff*

T. Sax. *f* *ff*

B. Sax. *ff* *mf* *ff* *menacingly*

B♭ Tpt. 1, 2 *ff* *blend with Hns.* *a2* *ff*

B♭ Tpt. 3 *ff*

Hn. 1, 2 *mf* *ff*

Hn. 3, 4 *mf* *ff*

Tbn. 1, 2 *ff* *a2* *f* *menacingly*

Tbn. 3 *ff* *f* *ff* *menacingly*

Euph. *mf* *ff*

Tuba *ff* *mf* *ff* *menacingly*

S.B. *ff* *mf* *ff* *menacingly*

Timpani *ff* *A to G: C to B♭*

Mal. 1 *f* *ff*

Mal. 2 *mf* *ff* *Chimes*

Perc. 1 *ff* *B.D. and T.-tam*

Perc. 2 *ch.*

Perc. 3 *ch.*

The image displays a preview of musical notation for 'The Four Seasons' by Vivaldi. The notation is presented on multiple staves, showing various musical notes, rests, and dynamic markings such as 'aggressively' and 'a2'. A large, diagonal watermark is overlaid across the center of the page, reading 'For Preview Only' and 'Wingert-Jones Publications'. The watermark is composed of two parts: 'For Preview Only' in a large, bold, sans-serif font, and 'Wingert-Jones Publications' in a smaller, regular, sans-serif font below it. The background is white, and the musical notation is in black ink.

Fight or Flight - Full Score

17

83

Soli with Fl.

Picc.

Fl. 1, 2

Ob.

B $\flat$ Cl. 1

B $\flat$ Cl. 2, 3

B. Cl.

Bsn.

A. Sax. 1 only

A. Sax. 1, 2

T. Sax.

B. Sax.

B $\flat$ Tpt. 1, 2

B $\flat$ Tpt. 3

Hn. 1, 2

Hn. 3, 4

Tbn. 1, 2

Tbn. 3

Euph.

Tuba

S.B.

Pizz.

Solo

End solo

B $\flat$ to C

Temp.

Mal. 1

Mal. 2

Perc. 1

Perc. 2

Perc. 3

Bass Drum

ch.

dampen

pp

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97

97

This image shows a page from a musical score, likely for a symphony or concert band. The score is written for a variety of instruments, including woodwinds, brass, and percussion. The notation includes notes, rests, and dynamic markings such as *mf*, *ff*, *p*, and *f*. There are also articulation marks like accents and slurs. A large, diagonal watermark across the page reads "For Preview Only Wingert-Jones Publications". In the center-right area, there is a small box containing the number "97". The bottom of the page features staves for Percussion 1, 2, and 3, with specific instructions like "ch." and "W.B.".

Picc. *mf* *ff* *ff*

Fl. 1, 2 *mf* *ff* *ff*

Ob. *mf* *ff* *sub. mf* Bring out *f* *ff*

B♭ Cl. 1 *mf* *ff* *ff*

B♭ Cl. 2, 3 *mf* *ff* *ff*

B. Cl. *mf* *ff* *f*

Bsn. *mf* *ff* *mf* *f*

A. Sax. 1, 2 *mf* *ff* *mf*

T. Sax. *mf* *ff* *f*

B. Sax. *mf* *ff* *f*

B♭ Tpt. 1, 2 *a2* *mf* *ff* *sub. mf* *f* *a2*

B♭ Tpt. 3 *mf* *ff* *sub. mf* *f*

Hn. 1, 2 *mf* *ff* *mf*

Hn. 3, 4 *mf* *ff* *mf*

Tbn. 1, 2 *a2* *mf* *ff* *mf* *sf* *sub. mf*

Tbn. 3 *mf* *ff* *mf* *sf* *sub. mf*

Euph. *f*

Tuba *mf* *ff* *mf* *sf* *f*

S.B. *mf* *ff* *mf* *sf* *f*

Timp. *ff* *p* *ff* *mf* *p*

Mal. 1 *ff*

Mal. 2 *ff*

Perc. 1 *ff* *p* *ff* *sub. mf* *mf* *p*

Perc. 2 *p*

Perc. 3 *f*

Slapstick *p*

105

Picc. *senza dim.* *ff* *f* *ff* *senza dim.* *ff*

Fl. 1, 2 *senza dim.* *ff* *f* *ff* *senza dim.* *ff*

Ob. *senza dim.* *ff* *f* *ff* *senza dim.* *ff*

B♭ Cl. 1 *senza dim.* *ff* *f* *ff* *senza dim.* *ff*

B♭ Cl. 2, 3 *senza dim.* *ff* *f* *ff* *senza dim.* *ff*

B. Cl. *ff* *mf* *ff*

Bsn. *ff* *mf* *ff*

A. Sax. 1, 2 *ff* *mf* *ff*

T. Sax. *ff* *mf* *ff*

B. Sax. *ff* *mf* *ff*

105

B♭ Tpt. 1, 2 *ff* *p* *f* *ff* *p*

B♭ Tpt. 3 *ff* *p* *f* *ff* *p*

Hn. 1, 2 *ff* *mf* *ff*

Hn. 3, 4 *ff* *mf* *ff*

Tbn. 1, 2 *ff* *p* *f* *ff* *p*

Tbn. 3 *ff* *p* *f* *ff* *p*

Euph. *ff* *mf* *ff*

Tuba *ff* *mf* *ff*

S.B. *ff* *mf* *ff*

E to F

G to A

Timp. *ff* *p* *ff*

Mal. 1 *ff* *f* *ff*

Mal. 2 *ff* *ff*

Perc. 1 *ff* *p* *ff*

Perc. 2 *ff* *p* *ff*

Perc. 3 *ff*

113

Picc. *f* *ff* *mf* *f* *mf* *f* *mf*
 Fl. 1, 2 *f* *ff* *mf* *f* *mf* *f* *mf*
 Ob. *f* *ff* *mf* *f* *mf* *f* *mf*
 B♭ Cl. 1 *f* *ff* *p*
 B♭ Cl. 2, 3 *f* *ff* *p*
 B. Cl. *mf* *ff* *p*
 Bsn. *mf* *ff* *p*
 A. Sax. 1, 2 *a2* *mf* *mf* *f* *mf* *f*
 T. Sax. *mf* *ff* *p*
 B. Sax. *mf* *ff* *p*
 B♭ Tpt. 1, 2 *a2* *f* *ff* *p*
 B♭ Tpt. 3 *f* *ff* *p*
 Hn. 1, 2 *a2* *mf* *f* *mf* *f*
 Hn. 3, 4 *mf* *f* *mf* *f*
 Tbn. 1, 2 *ff* *mf* *ff* *p*
 Tbn. 3 *ff* *mf* *ff* *p*
 Euph. *mf* *ff* *p*
 Tuba *mf* *ff* *p*
 S.B. *mf* *ff* *p*
 Pizz.
 Timp. *p* *ff* *p* *F to E*
 Mal. 1 *f* *ff*
 Mal. 2 *mf* *f* *mf* *f*
 Perc. 1 *p* *ff* *p* *mf* *p*
 Perc. 2 *p* *ff* *p* *ff* *p*
 Perc. 3

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Measures 123 to 128 are shown. The score includes parts for Piccolo, Flutes 1 & 2, Oboe, B♭ Clarinets 1, 2 & 3, B♭ Clarinet, Bassoon, Alto Saxophones 1 & 2, Tenor Saxophone, Baritone Saxophone, B♭ Trumpets 1 & 2, B♭ Trumpet 3, Horns 1 & 2, Horns 3 & 4, Trombones 1 & 2, Trombone 3, Euphonium, Tuba, Snare Drum, Timpani, Maracas 1 & 2, and Percussion 1, 2, & 3. The score features various musical notations including notes, rests, dynamics (ff, mf, p, sub. mf), and articulation marks. A large diagonal watermark 'For Preview Only Wingert-Jones Publications' is overlaid across the score.

129 *a tempo*

Picc. *ff*

Fl. 1, 2 *ff*

Ob. *ff*

B♭ Cl. 1 *ff*

B♭ Cl. 2, 3 *ff* *a2* *f* *a2 heroically* *sim.*

B. Cl. *ff*

Bsn. *ff*

A. Sax. 1, 2 *ff*

T. Sax. *ff*

B. Sax. *ff*

129 *a tempo*

B♭ Tpt. 1, 2 *ff* *a2* *f* *a2* *f heroically* *sim.*

B♭ Tpt. 3 *ff* *f* *f heroically*

Hn. 1, 2 *ff*

Hn. 3, 4 *ff*

Tbn. 1, 2 *ff* *f*

Tbn. 3 *ff* *f*

Euph. *ff*

Tuba *ff*

S.B. *ff*

Timp. *ff* *p* *Solo* *f* *E to F*

Mal. 1 *ff*

Mal. 2 *ff* *f heroically*

Perc. 1 *ff*

Perc. 2 *ff*

Perc. 3 *ff*

129

130

131

132

133

134

rit. *molto rit.* **137** Half-time ♩ = 72

Picc.

Fl. 1, 2

Ob.

B♭ Cl. 1

B♭ Cl. 2, 3

B. Cl.

Bsn.

A. Sax. 1, 2

T. Sax.

B. Sax.

B♭ Tpt. 1, 2

B♭ Tpt. 3

Hn. 1, 2

Hn. 3, 4

Tbn. 1, 2

Tbn. 3

Euph.

Tuba

S.B.

Timp.

Mal. 1

Mal. 2

Perc. 1

Perc. 2

Perc. 3

T-tam

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rit. *molto rit.* *rall.*

Picc. *p* *ff* *ffp* *ff* *ffp* *ff*

Fl. 1, 2 *p* *ff* *ffp* *ff* *ffp* *ff*

Ob. *p* *ff* *ffp* *ff* *ffp* *ff*

B♭ Cl. 1 *p* *ff* *ffp* *ff* *ffp* *ff*

B♭ Cl. 2, 3 *p* *ff* *ffp* *ff* *ffp* *ff*

B. Cl. *ff* *p* *ff* *ffp* *ff* *ffp* *ff*

Bsn. *ff* *p* *ff* *ffp* *ff* *ffp* *ff*

A. Sax. 1, 2 *ff* *p* *ffp* *ff* *ffp* *ff*

T. Sax. *ff* *p* *ffp* *ff* *ffp* *ff*

B. Sax. *ff* *p* *ff* *ffp* *ff* *ffp* *ff*

B♭ Tpt. 1, 2 *p* *ff* *ffp* *ff* *ffp* *ff*

B♭ Tpt. 3 *p* *ff* *ffp* *ff* *ffp* *ff*

Hn. 1, 2 *ff* *p* *ffp* *ff* *ffp* *ff*

Hn. 3, 4 *ff* *p* *ffp* *ff* *ffp* *ff*

Tbn. 1, 2 *ff* *p* *ffp* *ff* *ffp* *ff*

Tbn. 3 *ff* *p* *ffp* *ff* *ffp* *ff*

Euph. *ff* *p* *ffp* *ff* *ffp* *ff*

Tuba *ff* *p* *ffp* *ff* *ffp* *ff*

S.B. *ff* *p* *ffp* *ff* *ffp* *ff* dampen

Timp. *ff* *p* *ffp* *ff* *ffp* *ff* dampen

Mal. 1 *ff* *p* *ffp* *ff* *ffp* *ff* dampen

Mal. 2 *ff* *p* *ffp* *ff* *ffp* *ff* dampen

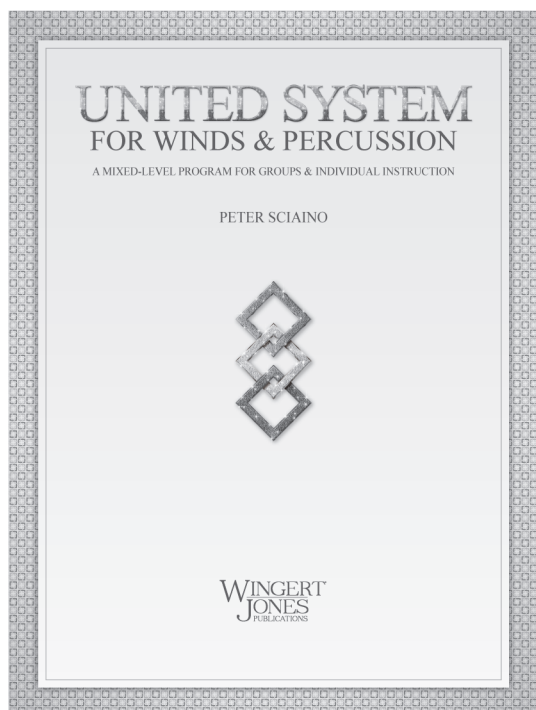
Perc. 1 *ff* *p* *ffp* *ff* *ffp* *ff* dampen

Perc. 2 *ff* *p* *ffp* *ff* *ffp* *ff* ch.

Perc. 3 *ff* *p* *ffp* *ff* *ffp* *ff*

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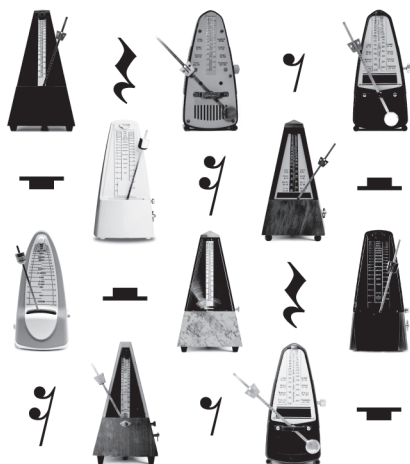


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