

Twenty Minute Warm-Up

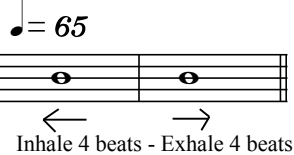
The elements of a good warm-up are: **Breathing, Mouthpiece Buzzing, Long Tones, Tonguing, Slurs, and Flexibility.** It is important to include a nice balance of these elements in order to successfully prepare for the day. Always be cognizant of the differences between a warm-up and a daily routine. The purpose of the former is to wake up the muscles (facial and otherwise) that are used in brass performance. The purpose of the latter is to identify and target areas of technical deficiency.

Breathing Exercises:

These exercises have been collected from various sources and are designed to maximize lung capacity and relaxation. It is important to remember that the breathing process should be a continuous and uninterrupted cycle. There is never a time when breathing ceases. The use of the tongue should not stop the movement of air. Instead, it is placed at the precise moment when inhalation becomes exhalation.

Like a glass, you should fill up from bottom to top (but always in a natural manner). To illustrate proper breathing, lay on a flat surface and place one hand on your stomach and the other hand on your chest. Focus on taking deep, relaxing breaths and determine which hand moves the most. Inevitably, it will be the hand on your stomach. However, expansion occurs across the entire torso.

1. Deep Panting Breath: Take a full breath and exhale the air as quickly and vigorously as possible 10 times. Repeat twice. Remember when exhaling to form a proper embouchure in order to simulate playing the instrument.
2. Gentle Breath: Take a nice relaxed breath and exhale evenly for 30 seconds. Repeat twice. Increase by increments of 5 seconds every 2 days. Remember to expend all of your air by the end.
3. In for 4 and out for 4: Space out the inhalation and exhalation in order to be at capacity by then end of 4 beats. Repeat 3 times.



4. Repeat #3 - with the following changes:

In for 2 out for 4
In for 2 out for 1
In for 1 out for 4
In for 1 out for 1

Modify the amounts to build lung capacity
Try to do at least 3 sets every day.

Mouthpiece Buzzing: Gliss to top note and avoid "slotting". The connections should be smooth, and the buzz continuous

Continue down chromatically

Also buzz a few simple songs (ex. America, Deck the Halls, etc.)
Make sure to always have a pitch reference and to gliss between notes

Fine

D.C. al Fine

First Notes: Slow and even. Without the use of the tongue


Continue down chromatically

Flexibility Studies: These are adapted from the exercises of Charles Colin and Emory Remington.
The concentration should be on air-flow and consistency of tone while ascending
and descending.

1.  Continue down chromatically

2.  Continue down chromatically

3.  Continue down chromatically

4.  Continue down chromatically

5.  Continue down chromatically

6.  Continue down chromatically

7.  Continue down chromatically