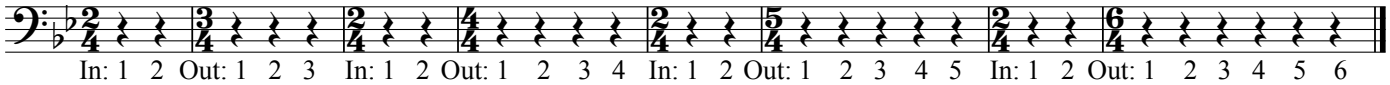
# Daily Warm-Up

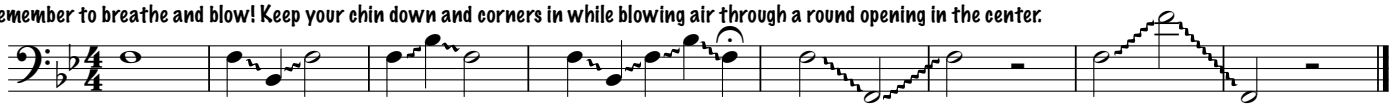
## Breathing

Breathe from your lips, keeping your body tension free and filling your lungs fully. Keep the air smooth as you change from inhaling to exhaling. Don't hold your breath.



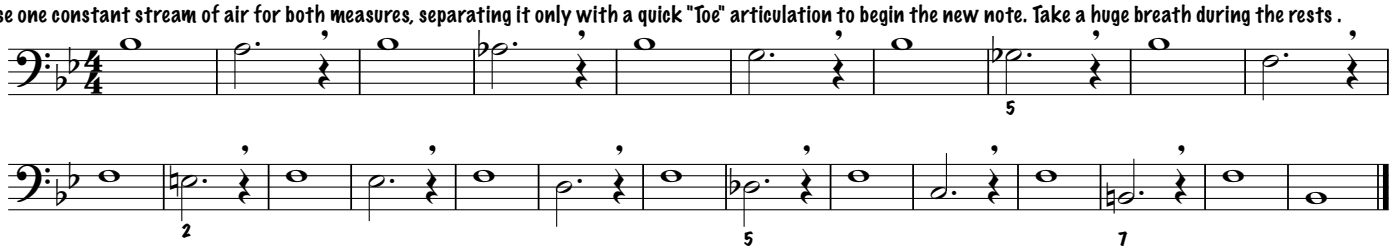

## Buzzing

Remember to breathe and blow! Keep your chin down and corners in while blowing air through a round opening in the center.



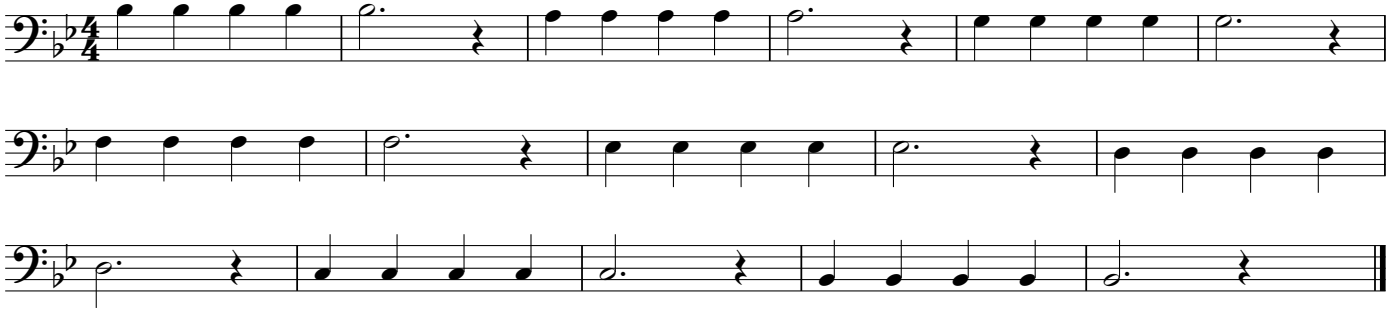
## Long Tones

Use one constant stream of air for both measures, separating it only with a quick "Toe" articulation to begin the new note. Take a huge breath during the rests .



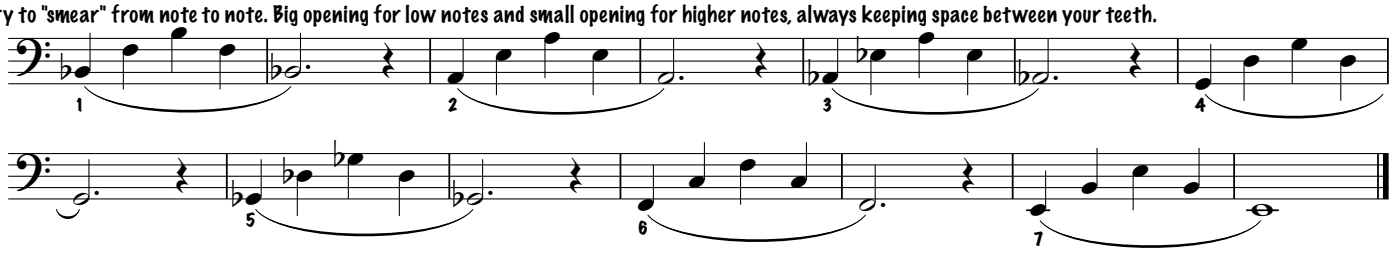
## Articulation

Use the syllable "Toe" to begin each note. Use <u>one</u> steady stream of air for the entire measure. No puffing!

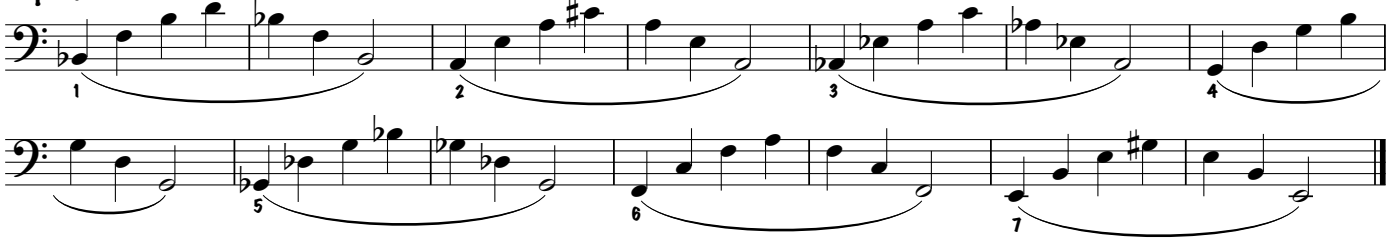


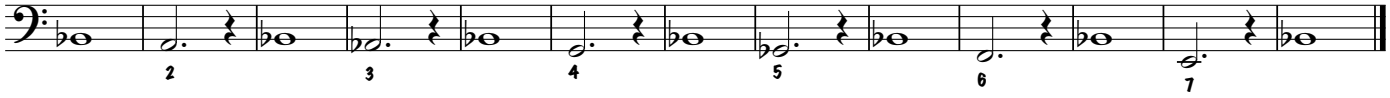
## Lip Slurs

Try to "smear" from note to note. Big opening for low notes and small opening for higher notes, always keeping space between your teeth.



## High Lip Slurs



## Low Notes

Keep your chin down and teeth apart to help these low notes speak clearly.