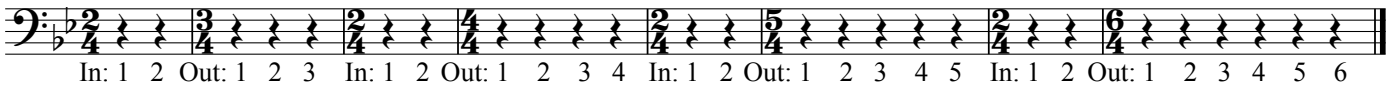
Daily Warm-Up

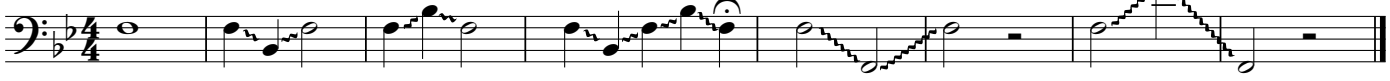
Breathing

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.



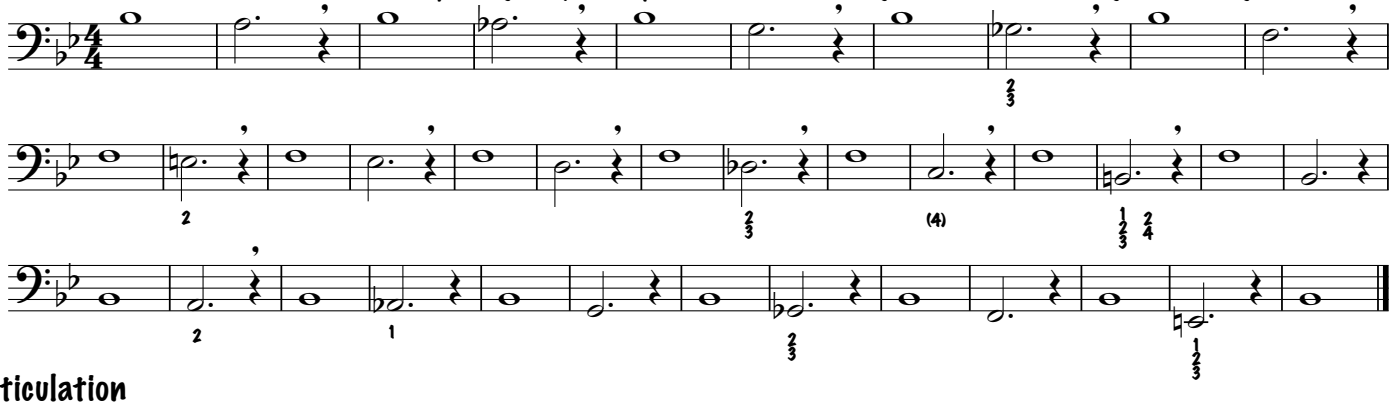
Buzzing

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



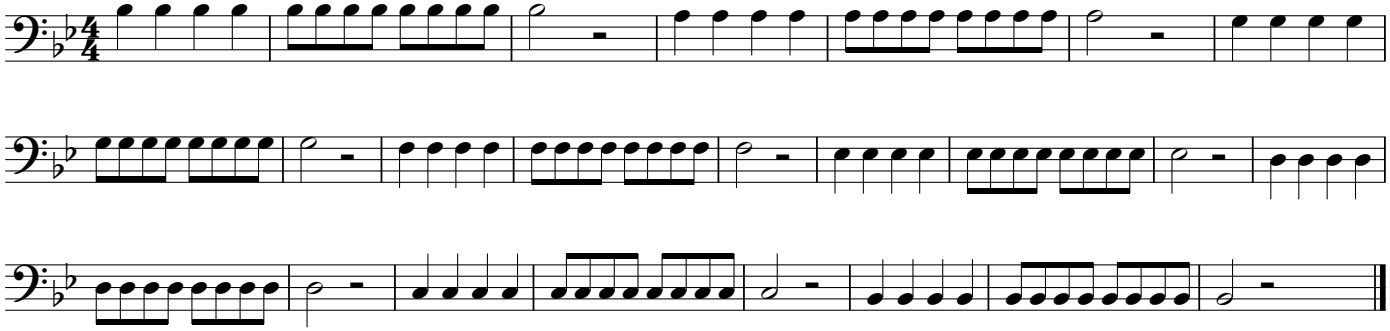
Long Tones

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 .



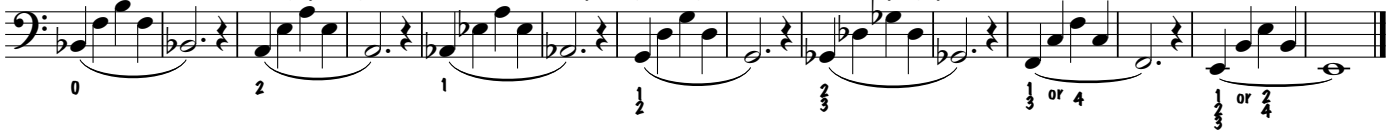
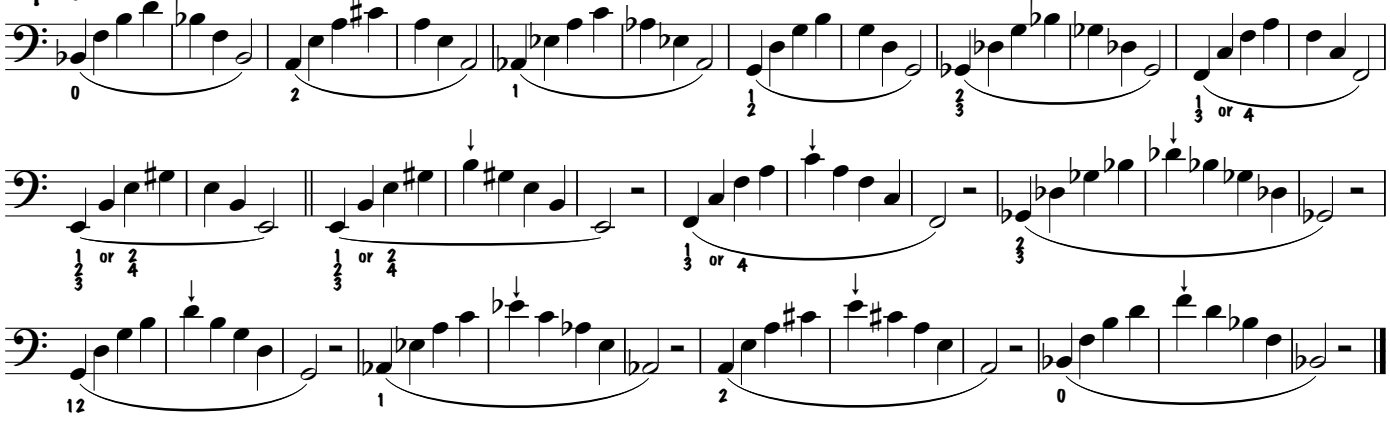
Articulation

Use the syllable "Tooo" for each note. Use <u>one</u> steady stream of air to sustain the "ooo" through the entire measure while moving your tongue at the start of each note.



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