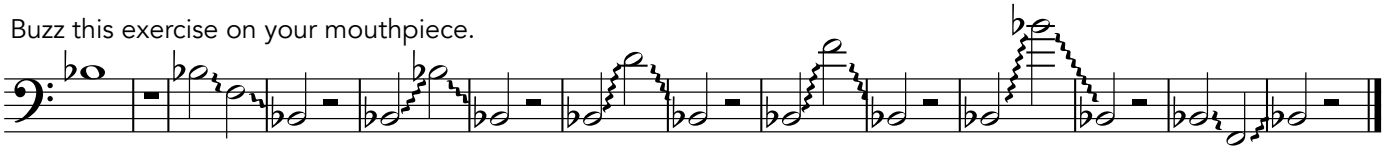
Daily Warm-Up

BJ Hardesty

1. Begin with a breathing excercise. Try something simple like "In for 2 counts, Out for 8 counts," but you can make one up as well. Concentrate on making a smooth transition from inhale to exhale, keeping tension out of your throat.

Buzz this exercise on your mouthpiece.

2.



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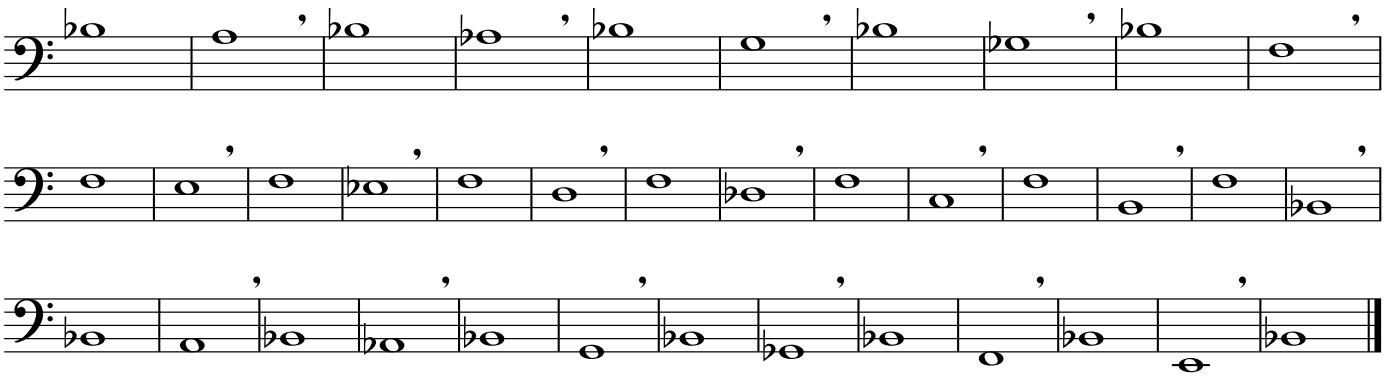
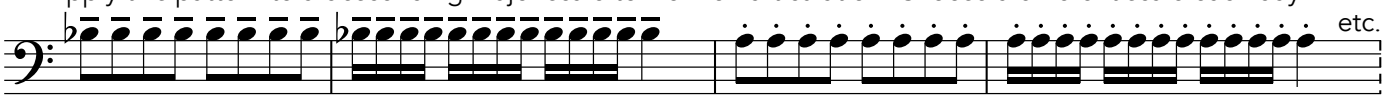


If you have an fourth valve, you can repeat the second line down an octave.

Apply this pattern to a descending major scale to work on articulation. Choose a different scale each day.

4.



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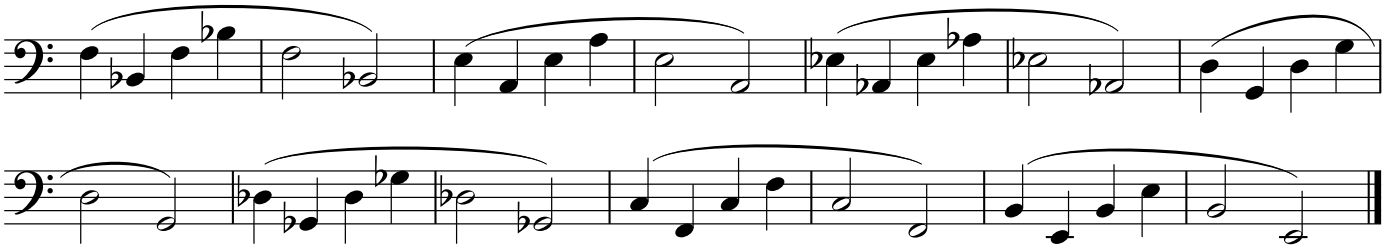

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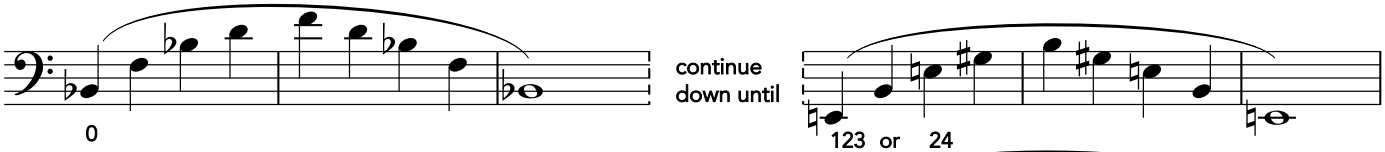

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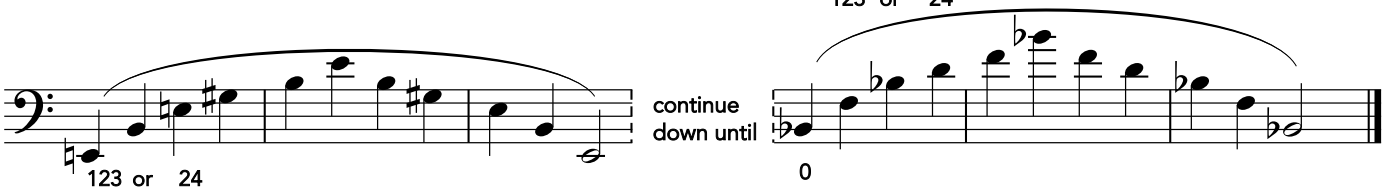

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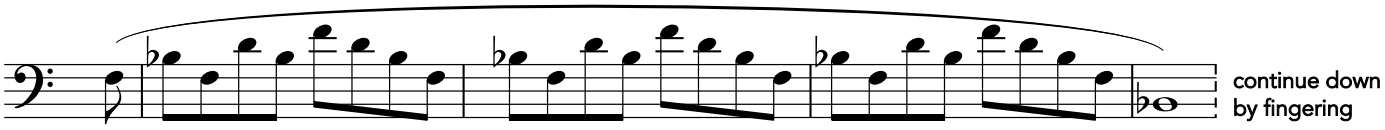

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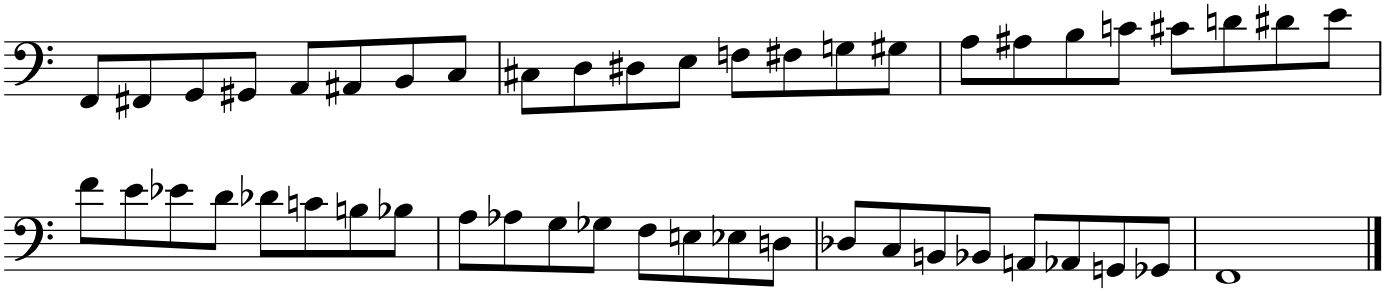
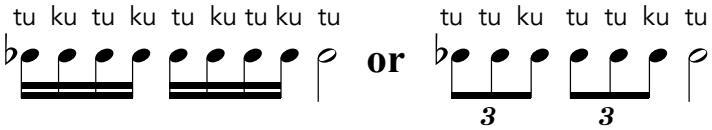


10. Practice triple and double tonguing by using this pattern to go up and down an Eb scale. Alternate between triple OR double tonguing daily. Start at a comfortable tempo and increase by 10 BPM until you can't keep up.



11. Practice Major and Minor Scales daily. You may choose either one or two octave scales. Work out a schedule of playing either 3 or 4 scales per day. See the example below:

Day 1	Day 2	Day 3
F	Bb	Eb
B	E	A
Db	Ab	Gb
G	C	D