


Daily Warm-Up

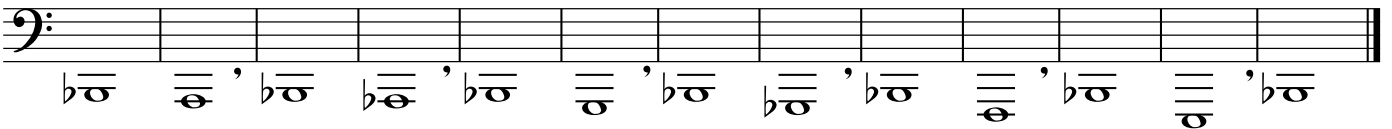
BJ Hardesty

1. Begin with a breathing exercise. 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. 

3. 

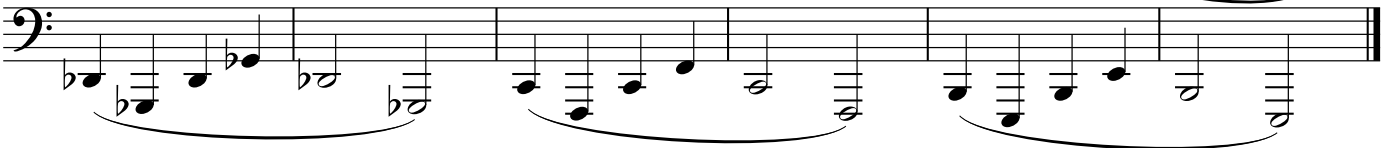




If you have a fourth valve, you can repeat the second line down an octave.

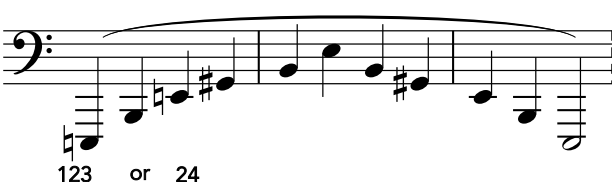

Apply this pattern to a descending major scale to work on articulation. Choose a different scale each day. etc.

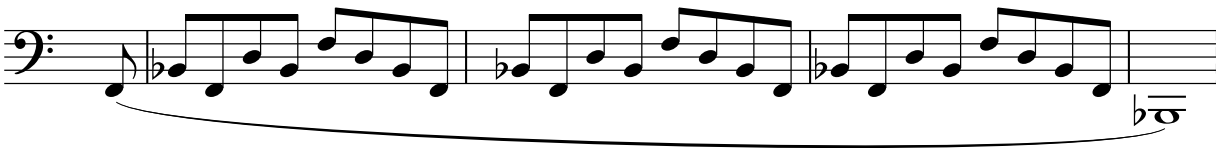
4. 

5. 



6.  continue down by fingering until 

7.  continue up by fingering until 

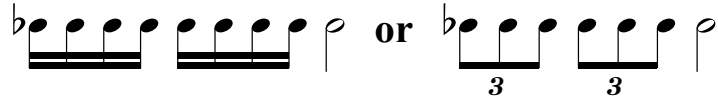
8.  continue down by fingering

9. 



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.

tu ku tu ku tu ku tu ku tu or tu tu ku tu tu ku tu



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