

Daily Warm-Up

Breathing

Make sure your tummy relaxes as you inhale, allowing your lungs to fully inflate. Imagine expanding your torso all the way down to your belly button as you breathe in.

2/4 3/4 2/4 4/4 2/4 5/4 2/4 6/4

In: 1 2 Out: 1 2 3 In: 1 2 Out: 1 2 3 4 In: 1 2 Out: 1 2 3 4 5 In: 1 2 Out: 1 2 3 4 5 6

Buzzing

Remember to breathe and blow! It is impossible to buzz without blowing air, so make blowing your focus, not "tightening" your lips.

Long Tones

Use one constant stream of air for both measures. Take a breath for one beat at the end of each set.

23
2 23 123

Articulation

Use the syllable "Too" for each note. Use one steady stream of air to sustain the "oo" through the entire measure while moving your tongue at the start of each note.

Lip Slurs

Try to "smear" from note to note by focusing your air and lips in towards the center of your mouthpiece like a camera lens.

0 2 1 12
23 13 123

High Lip Slurs

0 2 1
12 23 13
13 23 12

Low Notes

Smear between the notes, using your tongue at the beginning of each measure only.