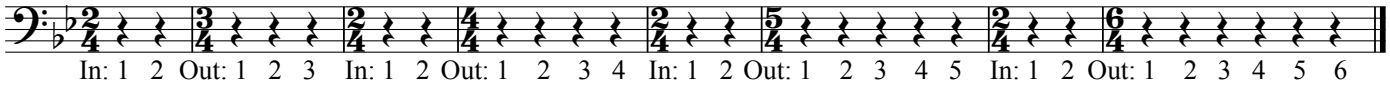
Daily Warm-Up

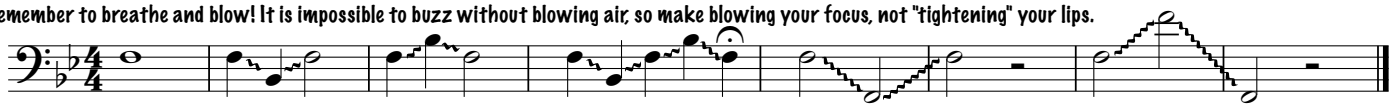
Breathing

Breathe from your lips, keeping your body tension free. Think of the inhale and exhale as one continuous motion with a smooth turaround as you blow the air out.



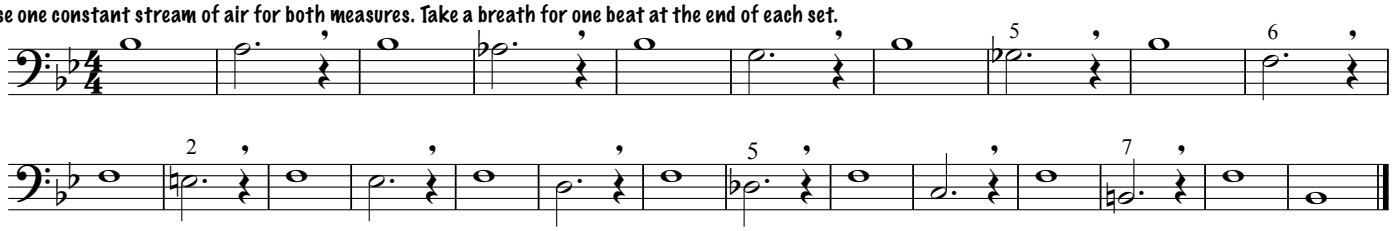
Buzzing

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



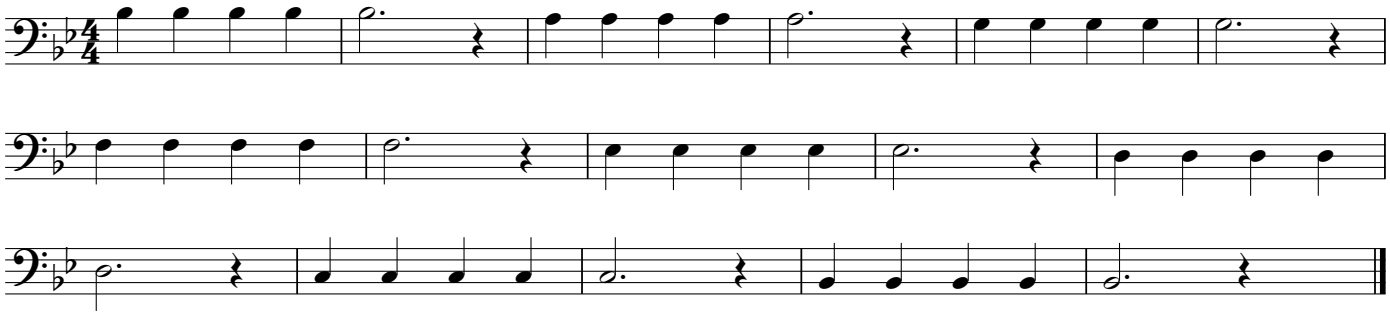
Long Tones

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



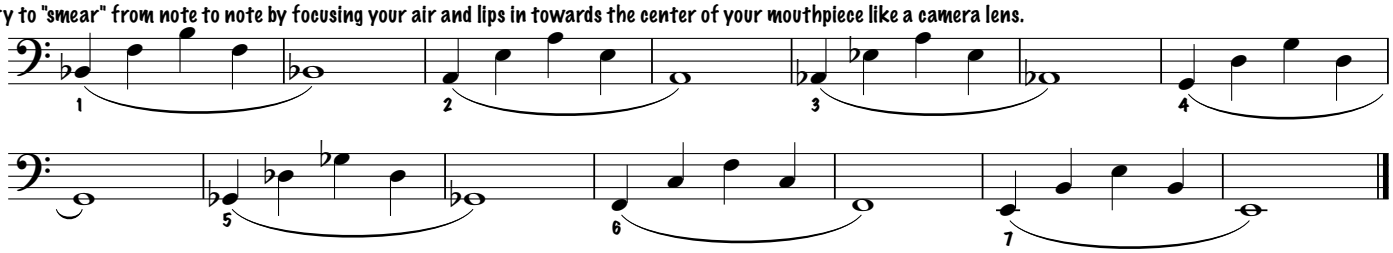
Articulation

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.

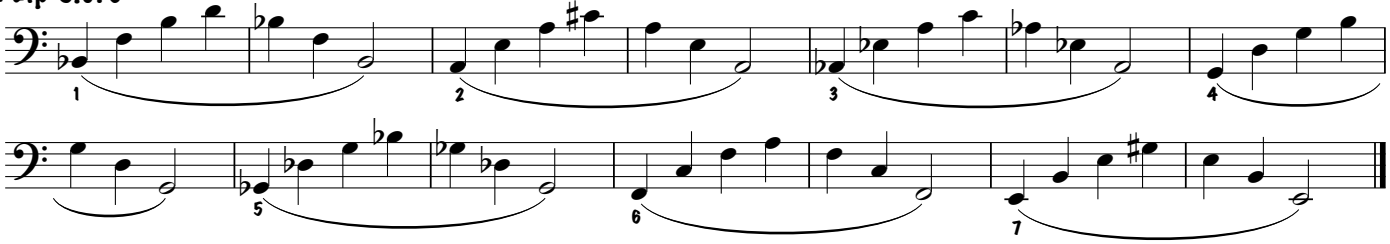


Lip Slurs

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



High Lip Slurs



Low Notes

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