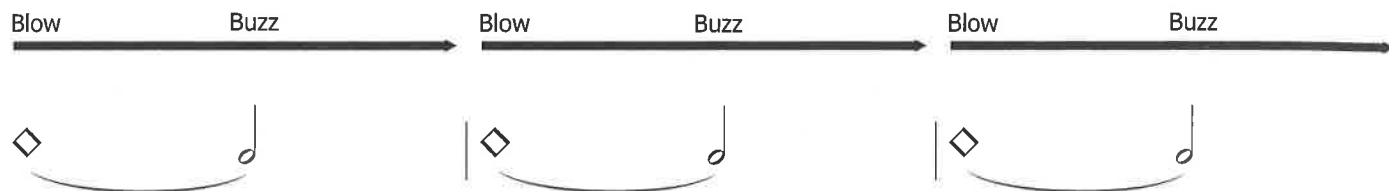


Daily 6-Minute Warm-Up

#1. Mouthpiece Buzzing

Take a deep, easy breath. Start blowing into the mouthpiece with your lips just a little separated so they can't buzz. As you *keep blowing*, gently bring the lips together until they start to buzz a loose, low note. The pitch of the actual note doesn't matter. Keep the air moving the whole time.

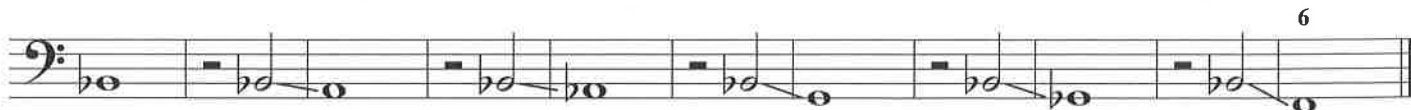
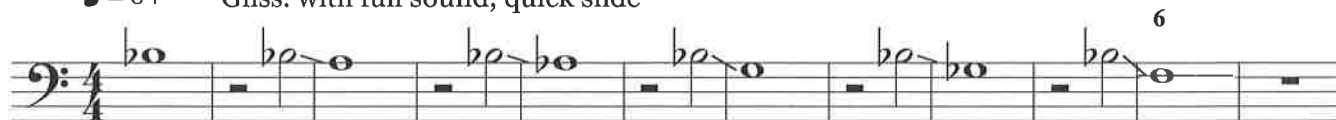


Take deep, relaxed breaths and buzz gentle glissandos (arches). Breathe between each arch. Make each arch a little wider.



#2. Tone and Positions

$\text{♩} = 84$ Gliss. with full sound, quick slide



If you are doing this with a teacher, have the teacher sustain the arrival notes of the glisses.

Student	
Teacher	

etc.

#3. Lip Slurs

Ascending Slurs

At each fermata, add four counts of rest.

$\text{♩} = 84$ 6th ... 5th ... 4th ... 3rd ... 2nd ... 1st ...

a.

6th ... 5th ... 4th ... 3rd ... 2nd ... 1st ...

5th ... 4th ... 3rd ... 2nd ... 1st ...

It's OK if you can't get to the highest notes. Go only as far as you can. Ease off that mouthpiece pressure!

4th ... 3rd ... 2nd ...

5th ... 4th ... 3rd ... 2nd ... 1st ...

Appendix 1 has more details about tuning adjustments.

Descending Slurs

$\text{♩} = 84$

b.

6th ...

#4. Rhythmic Articulation

Staccato

Tips: Use little bursts of air, reduce movement at the embouchure corners and chin.

$\text{♩} = 84$

a.

Three staves of musical notation in bass clef, 4/4 time. The first staff begins with a treble clef and a key signature of one flat (Bb), then changes to a bass clef. The tempo is quarter note = 84. The first staff contains three measures: a quarter note followed by eighth notes, a triplet of eighth notes, and a sixteenth-note triplet. The second and third staves continue the exercise with similar rhythmic patterns and triplet markings.

Legato

Tips: Move the slide at just the right moment. Keep the slide arm relaxed.

$\text{♩} = 84$

b.

Three staves of musical notation in bass clef, 4/4 time. The tempo is quarter note = 84. The first staff contains three measures of eighth-note patterns with slurs, ending with a whole note. The second and third staves continue the exercise with similar legato eighth-note patterns and slurs.