

## Warming Up - Notes

**T**here are many ways to warm up and you need to find a warm up that suits you as a player. There is no one size fits all. Your warm up will depend on several factors including: your ability as a player, how long you have to spend on warming up, your personal physiology and the way you like to work. There isn't really a clear demarcation of where a warm up ends and 'normal' practice begins.

Warm ups can contain some or all of the following exercises:

- Lip buzzing
- Mouthpiece buzzing
- Leadpipe buzzing
- Long notes
- Chromatics
- Lip slurs/flexibilities
- Spiderwise soft tones (Wayne Bergeron, Arturo Sandoval etc.)
- Tonguing

### Key points

- Take Your Time
- Air Starts
- The Importance of 'G'
- Rest (lip flapping!)
- Listen

**Remember - you are an athlete!**

### The Exercises

- Simple Lip Slurs 1&2
- Spiderwise Soft Tones

### Useful Resources

*Advanced Lip Flexibilities* Chas Colin (as it says on the tin "advanced" this can be a bit daunting but it is a fantastic resource.

*Endurance and Elasticity* Chas Colin (a much more accessible introduction to Colin's methods).

*Technical Studies For The Cornet* H. L. Clarke

*15 Minute Warm Up Routine* Michael Davis Hip Bone Music

Many of these books are available as PDF downloads from [QPress](#) Beware though they are not always cheaper than print copies (you may get lucky and find used copies on eBay).

### Really easy lip slurs.

Lento ♩ = 60

0 2 1

8 1/2 2/3 1/3

15 1/3

### Next stage lip slurs.

Lento ♩ = 60

0 2

8 1 1/2

14 2/3 1/3

19 1/3

### Finger Warm up.

1 2 3 4 5 4 3 2 1 2 3 4 5 4 3 2 1 2



# Tonguing Warm Up

♩ = 72

The musical score consists of ten staves of music, each containing four measures of rhythmic exercises. The exercises are designed to improve tonguing skills through various patterns of eighth and sixteenth notes. The key signature is one flat (B-flat), and the time signature is 4/4. The tempo is marked as ♩ = 72. The exercises progress from simple eighth-note patterns to more complex sixteenth-note runs and slurs.

Staff 1: Four measures of eighth-note patterns. Measure 1: quarter rest, eighth notes G4, A4, B4, C5. Measure 2: eighth notes D5, C5, B4, A4. Measure 3: eighth notes G4, F4, E4, D4. Measure 4: eighth notes C4, B3, A3, G3.

Staff 2: Measures 5-8. Measure 5: eighth notes G4, A4, B4, C5. Measure 6: eighth notes D5, C5, B4, A4. Measure 7: eighth notes G4, F4, E4, D4. Measure 8: eighth notes C4, B3, A3, G3.

Staff 3: Measures 9-12. Measure 9: eighth notes G4, A4, B4, C5. Measure 10: eighth notes D5, C5, B4, A4. Measure 11: eighth notes G4, F4, E4, D4. Measure 12: eighth notes C4, B3, A3, G3.

Staff 4: Measures 13-16. Measure 13: eighth notes G4, A4, B4, C5. Measure 14: eighth notes D5, C5, B4, A4. Measure 15: eighth notes G4, F4, E4, D4. Measure 16: eighth notes C4, B3, A3, G3.

Staff 5: Measures 17-20. Measure 17: eighth notes G4, A4, B4, C5. Measure 18: eighth notes D5, C5, B4, A4. Measure 19: eighth notes G4, F4, E4, D4. Measure 20: eighth notes C4, B3, A3, G3.

Staff 6: Measures 21-24. Measure 21: eighth notes G4, A4, B4, C5. Measure 22: eighth notes D5, C5, B4, A4. Measure 23: eighth notes G4, F4, E4, D4. Measure 24: eighth notes C4, B3, A3, G3.

Staff 7: Measures 25-28. Measure 25: eighth notes G4, A4, B4, C5. Measure 26: eighth notes D5, C5, B4, A4. Measure 27: eighth notes G4, F4, E4, D4. Measure 28: eighth notes C4, B3, A3, G3.

Staff 8: Measures 29-32. Measure 29: eighth notes G4, A4, B4, C5. Measure 30: eighth notes D5, C5, B4, A4. Measure 31: eighth notes G4, F4, E4, D4. Measure 32: eighth notes C4, B3, A3, G3.

Staff 9: Measures 33-36. Measure 33: eighth notes G4, A4, B4, C5. Measure 34: eighth notes D5, C5, B4, A4. Measure 35: eighth notes G4, F4, E4, D4. Measure 36: eighth notes C4, B3, A3, G3.

Staff 10: Measures 37-40. Measure 37: eighth notes G4, A4, B4, C5. Measure 38: eighth notes D5, C5, B4, A4. Measure 39: eighth notes G4, F4, E4, D4. Measure 40: eighth notes C4, B3, A3, G3.