#### Crystal Palace Brass Band/Crystal Palace Progress Band

## Warming Up - Notes

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
- o 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

- o Simple Lip Slurs 1&2
- Spiderwise Soft Tones

#### **Useful Resources**

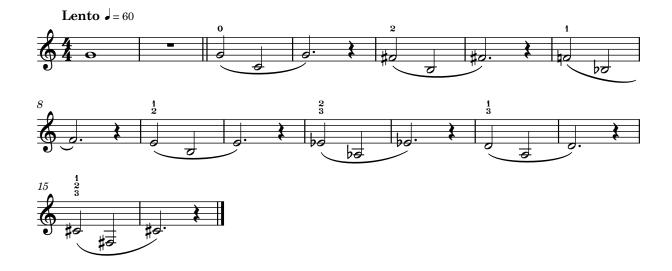
Advanced Lip Flexibilities Chas Colin (as it says on the tin "advanced" this can be a bit daunting but it is a fantastic resource.

Endurance and Elasticity Chas Colin (a much more accessible introduction to Colin's methods). Technical Studies For The Cornet H. L. Clarke

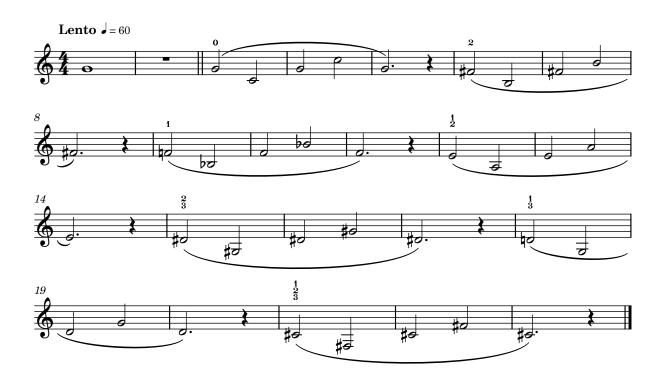
15 Minute Warm Up Routine Michael Davis Hip Bone Music

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

## Really easy lip slurs.



## Next stage lip slurs.

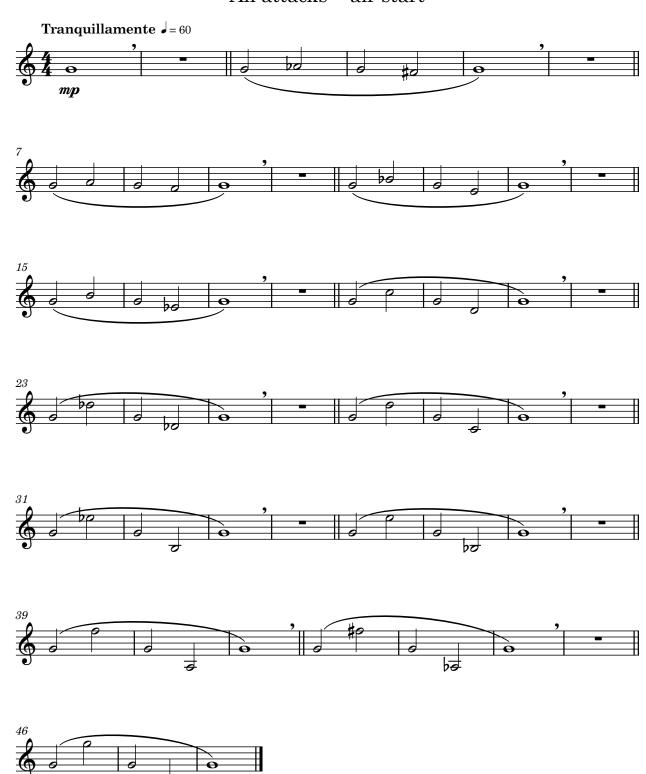


## Finger Warm up.



# Warm Up

### All attacks = air start



# Tonguing Warm Up

