TRUMPET
WARM-UPS

USE A METRONOME TO ENSURE GOOD TIME!
AND USE YOUR EAR - LISTEN TO EVERYTHING!!!

James Ackley
Associate Professor of Trumpet
University of South Carolina

1. Mouthpiece Buzzing

Choose between one from Group A, one from Group B, one from C and one from D each day. You may find you prefer one exercise over another and that is fine. You can also start on a higher pitch if you like.

Aim for an even, strong buzz sound. It should not be over the top loud, but should not be played too softly. Remember, you are only paying 1 note!

Be consistent! Keep your attention span at the end of your bell. Remember to rest briefly after each exercise - rest as much as you play.

Keep time consistent. Use a metronome and keep time absolutely the same. Keep your airflow moving over the time - no holes!

Continue in the same manner as above.
2. Moving long tones  (on the trumpet)

Start on a pitch that is comfortable - this may change from day to day. Make sure you blow one note - don't move your embouchure for the second pitch!

Concentrate on making a pure and beautiful tone all the way through.

Listen for a beautiful tone - free, unrestricted and focused. Connect each note (like 1 note).

The optional use of the flutter tongue during these exercises will aid in smoothing-out the sound and keeping the air stream consistent.

3. Lip Flexibility

Continue each lip flexibility exercise in the same patter as before, downwards by 1/2 steps.

Sound always matters! Make sure you are play with the best sound possible.

Remember to breath deeply and evenly. Turn your air around and blow immediately, don't hesitate and cause a hitch.

As you ascend into higher pitches, use the syllable "eh" or "ee" on the highest of pitches. But remember to keep the sound open and full.
Don't "smile" as you ascend. Keep the corners firm and slightly move them forward while ascending.

Try not to telegraph your move, moving solely over the beat. Make sure the sound is smooth and don't accent each individual note. Smooth!

Use your syllables! Don't work harder than necessary. Keep the sound open and beautiful. Trampoline from the bottom notes!!!!

Skip the lip trill if not possible, but play through the harmonics (like a rip). Try to wait until the end of the bar to rip.

Move up 1/2 steps. Go as high as you can go.
4. Tonguing

Keep good time. Use a metronome!

Play cleanly - evenly, smoothly, effortlessly, but with intention and concentration!

Practice legato and multiple forms of staccato.

Keep good time. Use a metronome!
C = 96

Start here on top, or from the end and work backwards. Or, just play a few. Use these for power.

Evenly
Repeat as many times possible (with a good sound) in 1 breath.

Flutter tonguing works great on these exercises. It keeps the wind/air moving and the chops buzzing with minimal effort.

5. Scales

6. Relaxation