

## Practice Routine

1. All good musicians develop and stick to a consistent practice routine. This is not to say that good musicians play the same material day after day but more to say that they play the same *type* of material, for the same length of time day after day.

Most professional musicians try to practice in 20-25 minute segments, with breaks between each section. In addition, most professionals practice the same type of exercises within each practice session. This set of music is a sample of a typical professional's practice routine.

### A. Session 1: Warm up.

1. Breathing: take 5-10 deep breaths before beginning to play. Make your breaths have an "Oh-Ho" sound. Keep an open relaxed throat when breathing...and playing!
2. Buzzing. Try to buzz (or play) your mouthpiece for 5-10 minutes before your actual playing. This gives you a more objective view of your sound. If you buzz is clean and clear, then your sound will be clean and clear. If your buzz is ragged and/or inconsistent, then your tone will also be ragged etc. **10 minutes**
3. Flow studies: (VERY important). Play through exercises that encourage a continuous flow of air. As we warm up, it is more important to get your air going than get your muscles loose. The air makes it all go...so focus on that. Everything else will take care of itself. **15 minutes**

## BREAK

### B. Session 2: Attacks.

1. Practice your single-tongue attacks by playing scales and scale studies. We need to make ALL attacks the same...without any flaws. Most musicians are unaware of how inconsistent their attacks are. Listen critically to your playing, and make whatever adjustments are necessary to have clean and consistent attacks. Scale and scale studies are perfect for this session. Be sure to keep your air flowing in the same manner as the flow studies section...do not play notes short.
  2. Same for double-tonguing.
  3. Same for triple-tonguing.
- 25 minutes total.**

## **BREAK**

Session 3: Etudes/solo practice. Remember- etudes and solos are simply music that applies slurring and/or tonguing to create a melodic line. This is simply the act of doing what you were just practicing!

A. Etude/solo. **25 minutes**.

## **BREAK**

Session 4: Lip slurs

A. Practice lip slur exercises for 15 minutes +/-

B. Warm down: Play some low notes for full breaths for a few minutes as a warm down exercise.

Flow Studies Material:

James Stamp "Warm-ups and Studies

H. L. Clarke "Technical Studies"

Keith Johnson " Progressive Studies for the High Register"

Attacks/Scales:

"I Recommend" (Alfred Publishing)

Arban "Complete method for Trumpet"

Sight-Reading/ Etude practice

Robert Getchell "First and Second Book of Practical Studies"