I.T.G. Non-Pro Player Warm-Up Class
2021 Conference
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OVERVIEW

As a non-pro trumpet player, you live a busy, non-musical life: a career, family, friends, activities etc., so practicing time may be limited. However, the most important thing one can do for their playing is having a consistent warm-up and fundamentals routine.

With limited time, **quality** practicing is more important than quantity of practice. One must always incorporate ALL aspects of their playing every day even for short bursts of time. A well-balanced practicing regimen should cover:

Tone/Intonation
Range
Single Tongue Articulation
Multiple Tongue Articulation
Flexibility
Scales/Arpeggios

Today's warm-up is designed to take approximately 20 minutes of time. One can delve deeper into any of these categories to expand the length of their warm-up session or can conversely cut the routine to even less time if necessary. Think of this as an outline upon which you can always expand or contract.

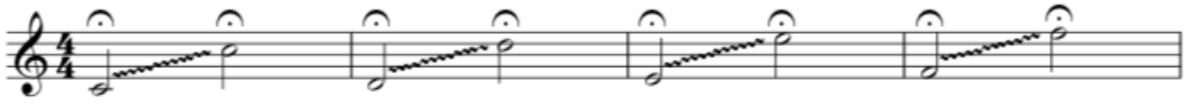
Tone & Intonation

The fastest way to improve your tone and intonation is to work with a DRONE! There are several apps available (Tonal Energy, Scale Master) and there are also drones available for free on YouTube. Today we're going to do two exercises with a drone.

Mouthpiece Buzzing

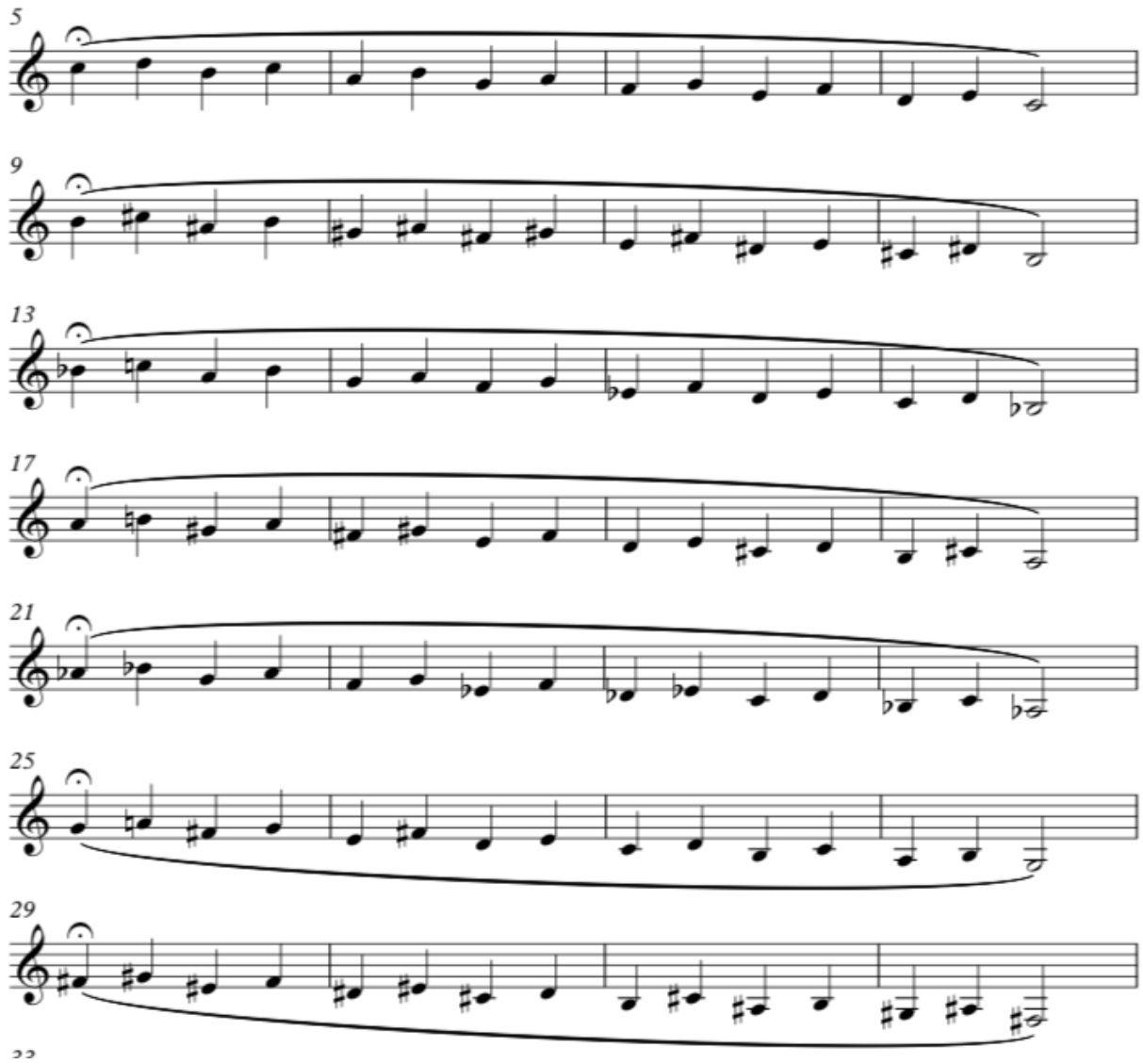
Length: 2 minutes
Materials: Drone and/or piano and mouthpiece
Procedure: Gliss one octave scales starting on low C (concert Bb) as high as you can in a healthy way. Don't force it! Some days will be better than others.

Gliss each octave without breaking the sound. Continue as high as you can.



Flow Study

Length: 5 minutes
Materials: Drone and your favorite flow study
Procedure: Play each flow study in a relaxed manner with the appropriate drone on. Check in with chord tone notes especially and listen for them to lock in with the drone. It often helps to do these with a breath attack and to play them with rubato, focusing on chord tones. Today we're going to do flow studies based on descending thirds like the example below.



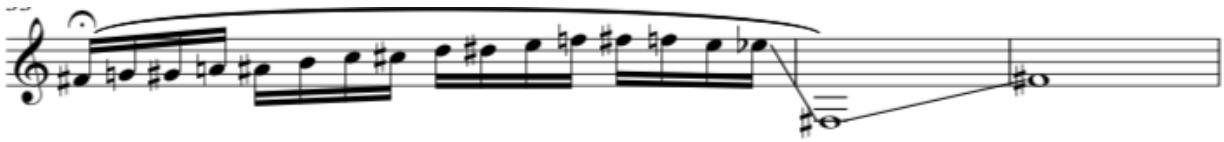
Range

I like to put range as the second thing I warm-up each day so that I go after the upper register when I'm feeling freshest. My favorite way to work on range is to slur scales and incrementally go higher, using the scales as stepping stones into the upper register. You can use any scales that you like.

Chromatic Scales

Length: 3 minutes
Materials: Bb trumpet
Procedure: Begin with the pattern below and transpose it up a half step as many times as you can until you can no longer play cleanly and effortlessly. Don't force it!

Keep going as high as you can but rest as long as you play.

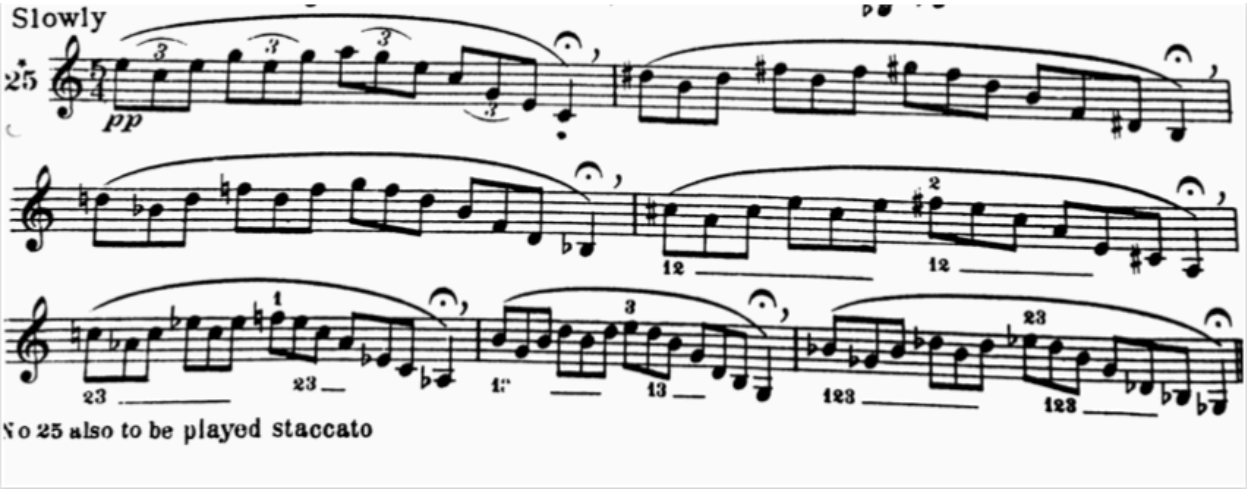


Single Tongue Articulation

There are many different ways to warm-up your single tongue. Today we're going to use one melody from the Arban book and one exercise from the Schlossberg book. The idea is to warm-up as many different styles of articulation as you can. Challenge yourself to do it differently each day.

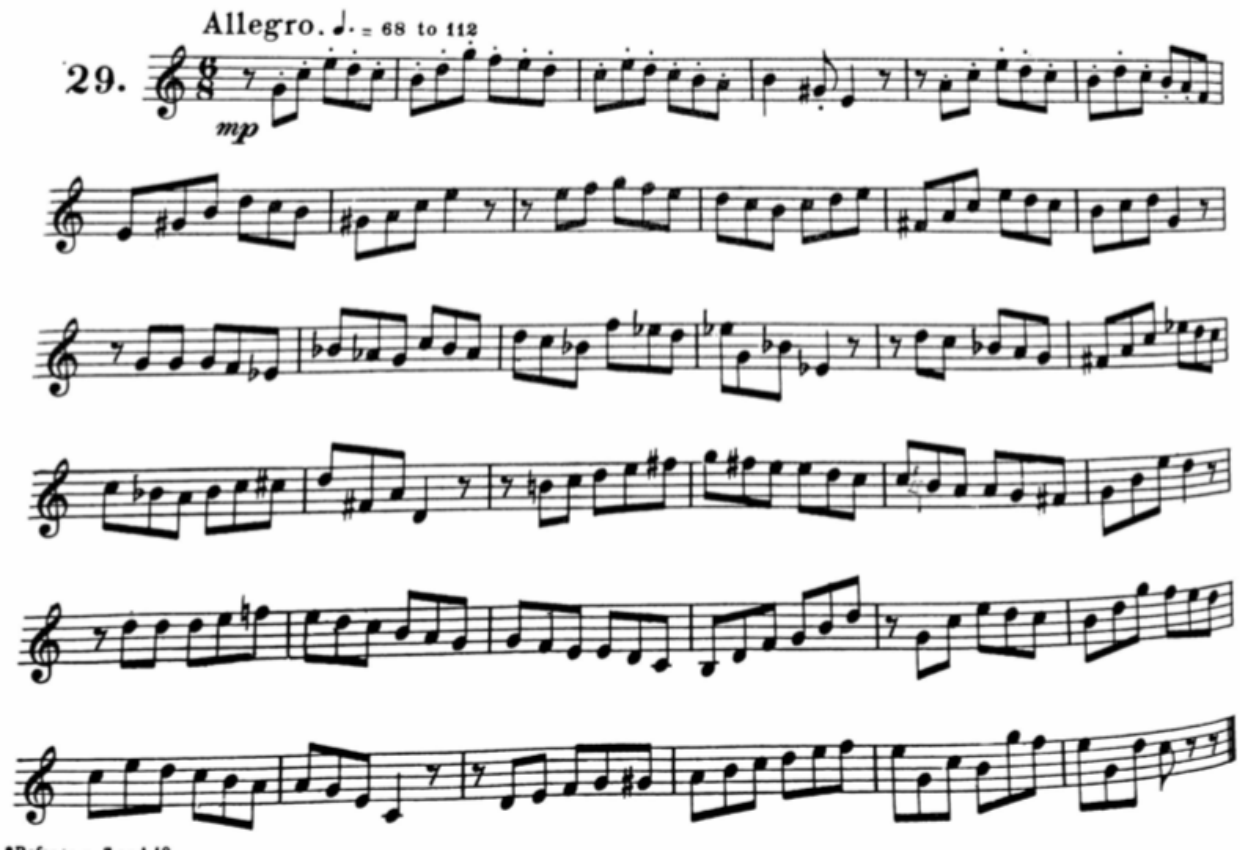
Light Staccato Articulation

Length: 1 minute
Materials: Max Schlossberg "Daily Drills and Technical Studies for Trumpet"
Procedure: Aim for a light staccato articulation and quarter = 120



Legato Articulation

Length: 1 minute
Materials: J.B. Arban “Complete Conservatory Method”
Procedure: Aim for a connected legato articulation and dotted quarter = 80

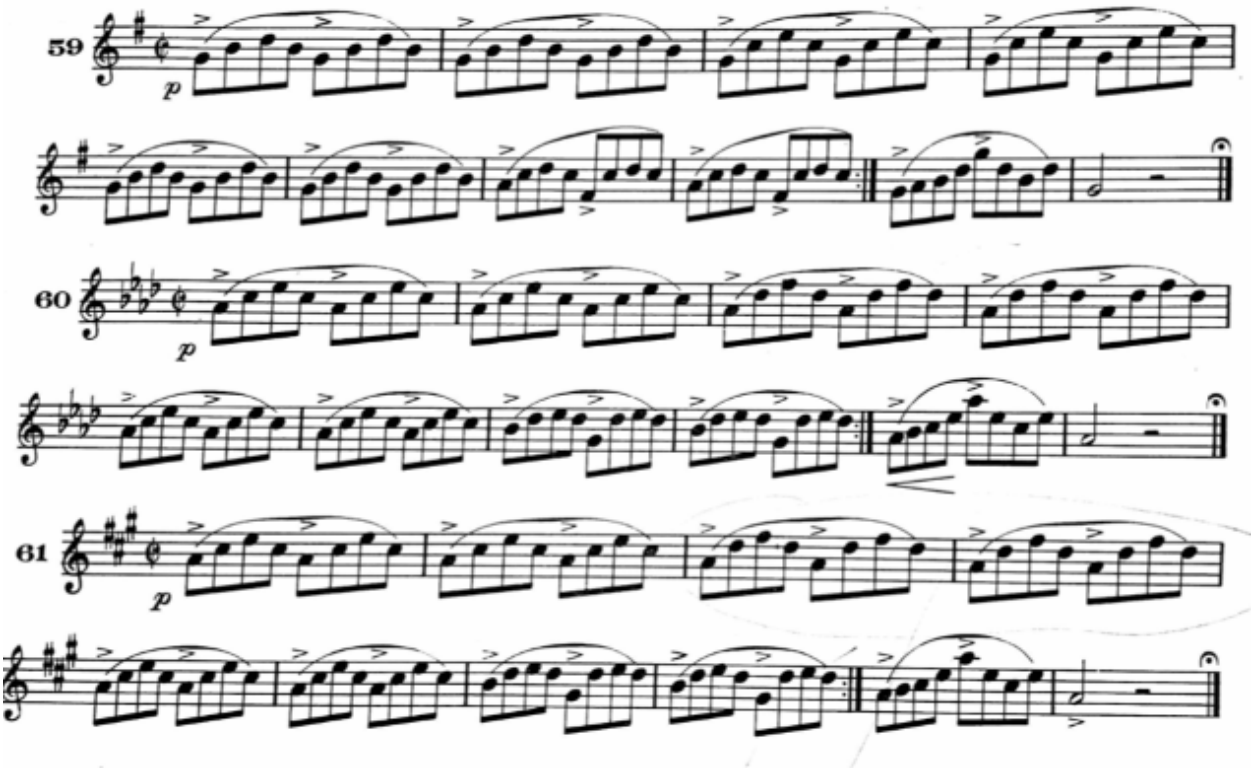


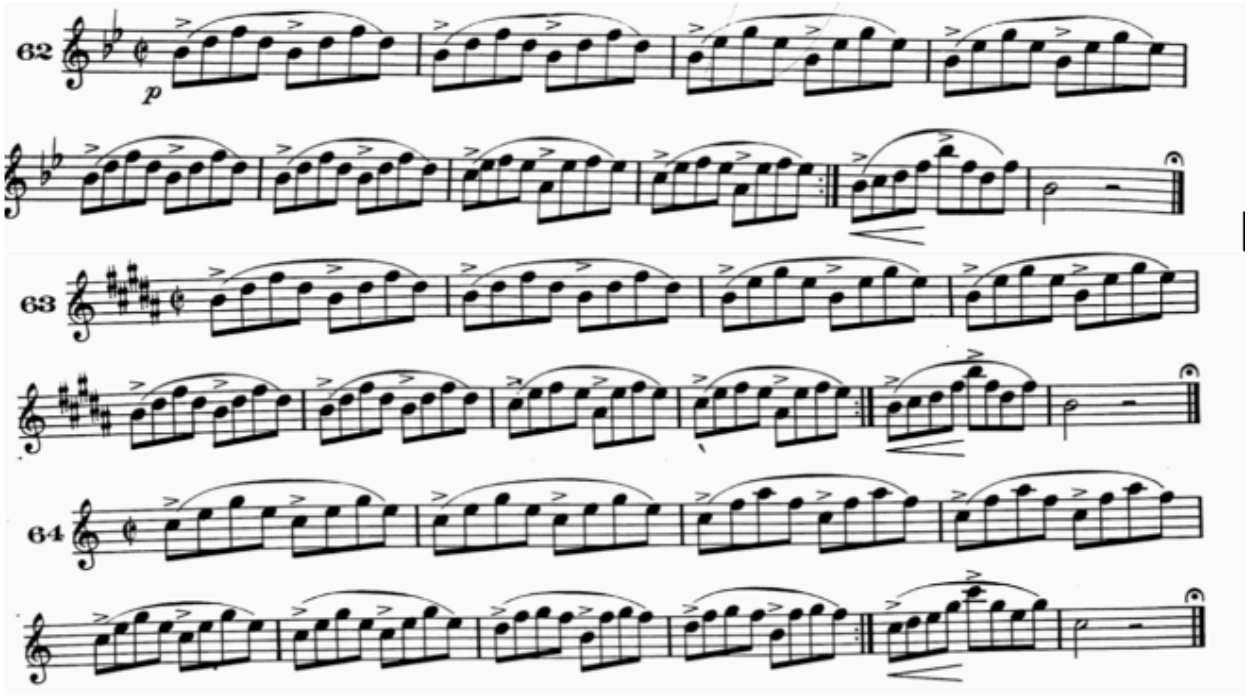
Flexibility

Flexibility exercises often work on lip slurs, which are a very important of building strength and endurance (and of course, flexibility). Another way of being flexible is by having fast and agile fingers. Today's exercise is going to work on both lip slurs and finger dexterity.

Lip Slurs AND Finger Agility

Length: 3 minutes
Materials: H.L. Clarke "Technical Studies"
Procedure: We will be using Clarke Study No. 3. Work on smooth lip slurs by thinking down when you slur up and vice versa while banging your valves aggressively for clean finger technique. Use alternate fingerings to do lip slurs where possible. Aim for quarter = 120.

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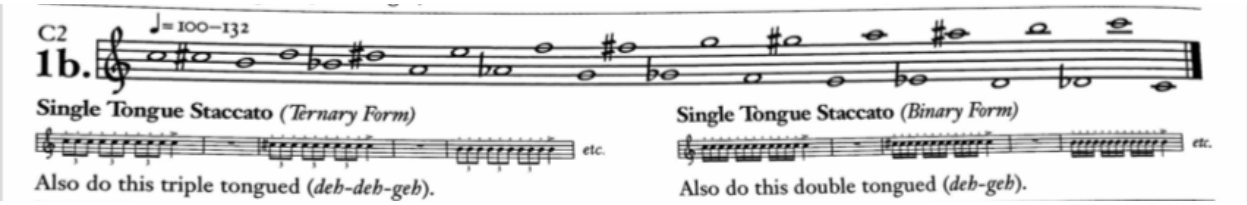
Multiple Tongue Articulation

Multiple tonguing is best developed by slowly increasing tempo and repeating exercises many times. However, since I've designed a routine that is meant to be brief, we're going to use one exercise from Rich Willey's "Focal Point" to cover single, double and triple tonguing. You can either focus on one style at a time or switch between styles with each pitch.

Single, Triple, and Double Tongue Articulation

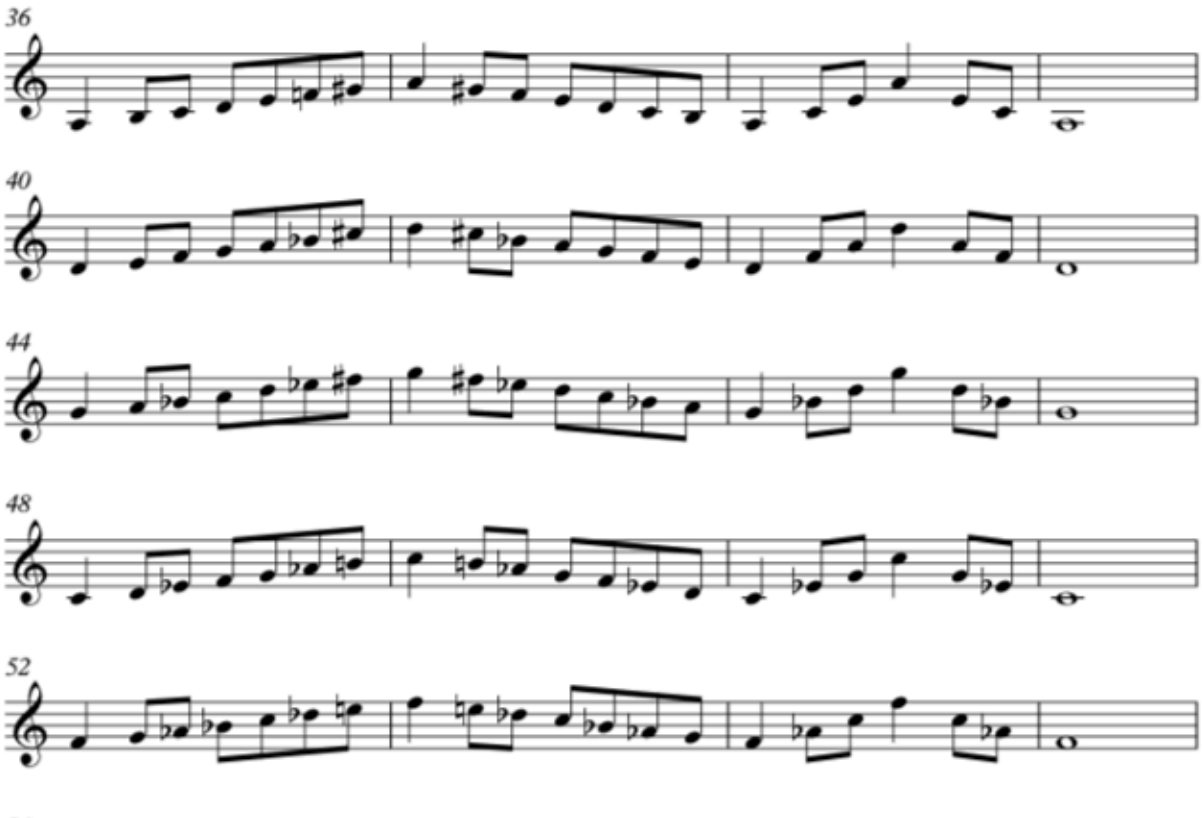
Length: 3 minutes
Materials: Rich Willey "Focal Point"
Procedure: Aim for smooth transitions between tonguing styles and quarter = 132

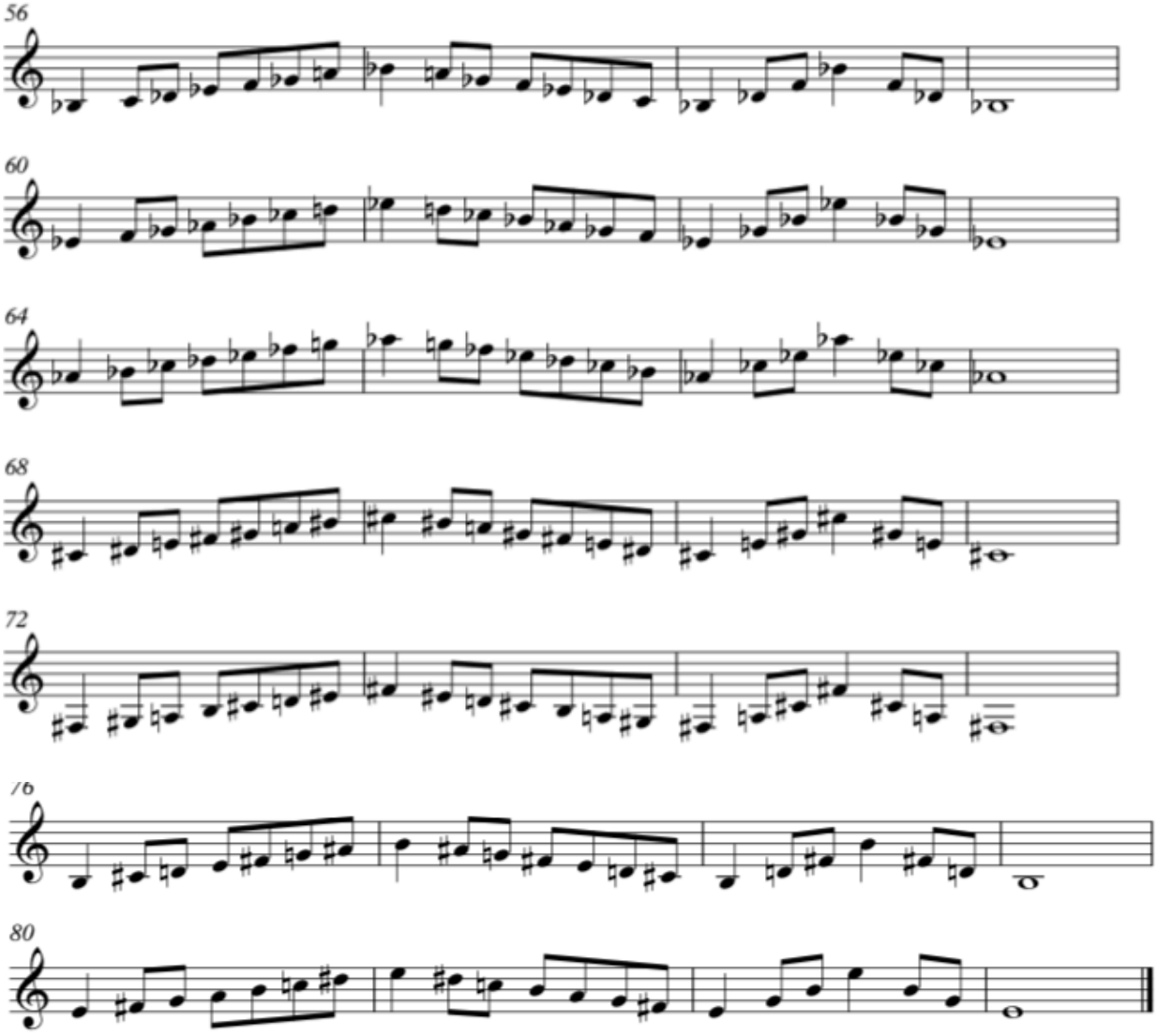


Scales and Arpeggios

One of the fastest ways to become a better sight reader and overall musician is to program your music theory into your ears and fingers. Practicing as many scales and arpeggios as you can is an easy and free way to do this. Choose a different set of scales and arpeggios every day, week, or month depending upon your needs.

Length: 2 minutes
Materials: Bb Trumpet
Procedure: Choose a different set of scales and arpeggios every day, every week or every month depending upon your skill set. Today we're going to practice harmonic minor scales with minor arpeggios.

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