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Keeping Your Warm-up Routine Fresh with SAFARE

Dave Bilger, Principal trumpet of the Philadelphia orchestra, came up with a helpful mnemonic for covering many components of your playing: SAFARE.

Sound
Articulation
Flexibility
Agility
Range
Endurance

If you cover these six areas everyday, you'll be on your way to being a more balanced and well prepared player!

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Sound

Our first impression to those around us, our **TONE** is one of the most important parts of our playing. Starting your warm-up with breathing exercises, mouthpiece buzzing, singing and playing long tones can go a long way to develop (and protect!) your tone.

1. **Breathing:** the Wind component of Arnold Jacob's "Song & Wind"

~Breathe and Stretch with a Metronome ♩ = 60

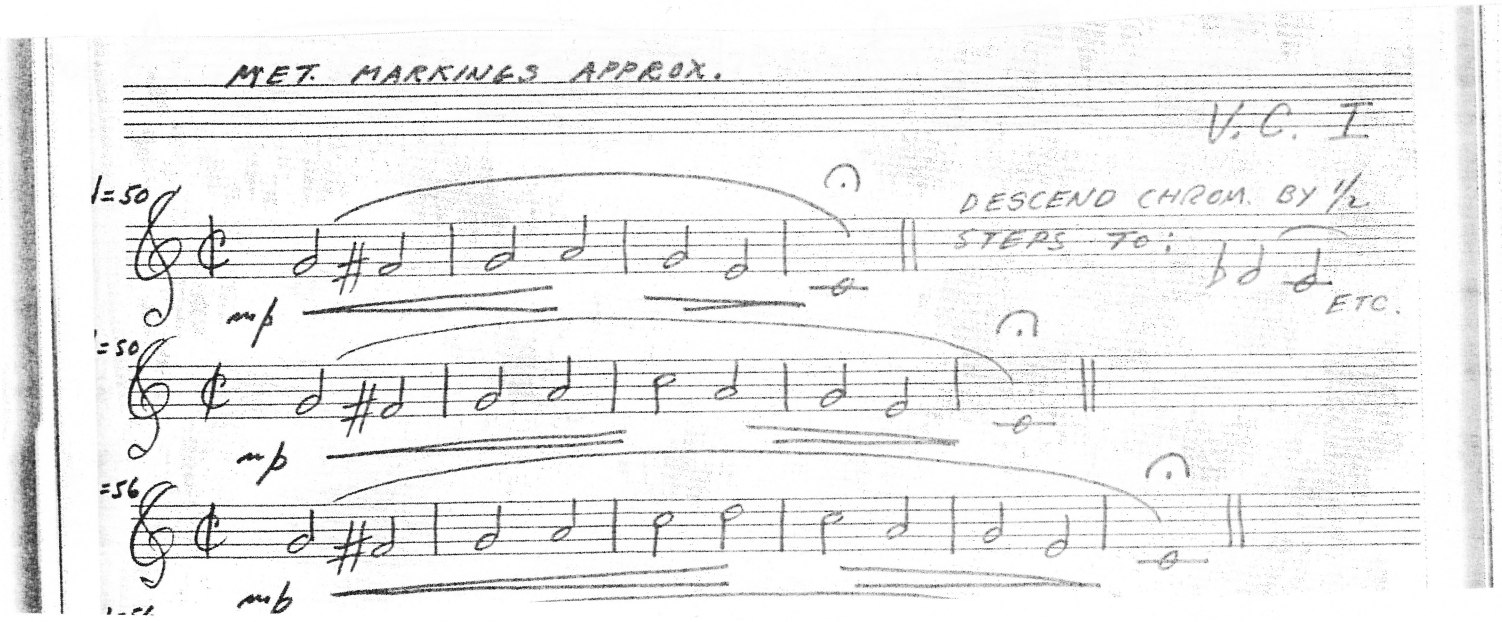
In 6 out 6
In 5 out 5
In 4 out 4
In 3 out 3
In 2 out 2
In 1 out 1

2. **Sing, Buzz, Play:** Rest as long as you play while working on ear training and fine tuning "the trumpet in your mind"

~Buzz scales with the piano (as high as you can!)
~*The Buzzing Book* by Jim Thompson
~Sing, Buzz & Play Longtones

3. **Longtones/Flow Study:** No articulation, just starting the tone with your air

~*Warm-Ups and Studies for Trumpet* by James Stamp
~*Long Tone Studies* by Vincent Cichowicz



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Range

The best way to improve one's **range** is to play as high as possible every day in a *healthy* way. Slurring all range exercises is preferable to tonguing since tonguing produces a fast burst of air which can be used as a crutch to reach high notes.

Follow the "Three Strikes and You're Out" approach to range exercises:
If you miss a particular high note on the first try, rest and try again.
Once you miss a note three times, that is where you should stop for the day.

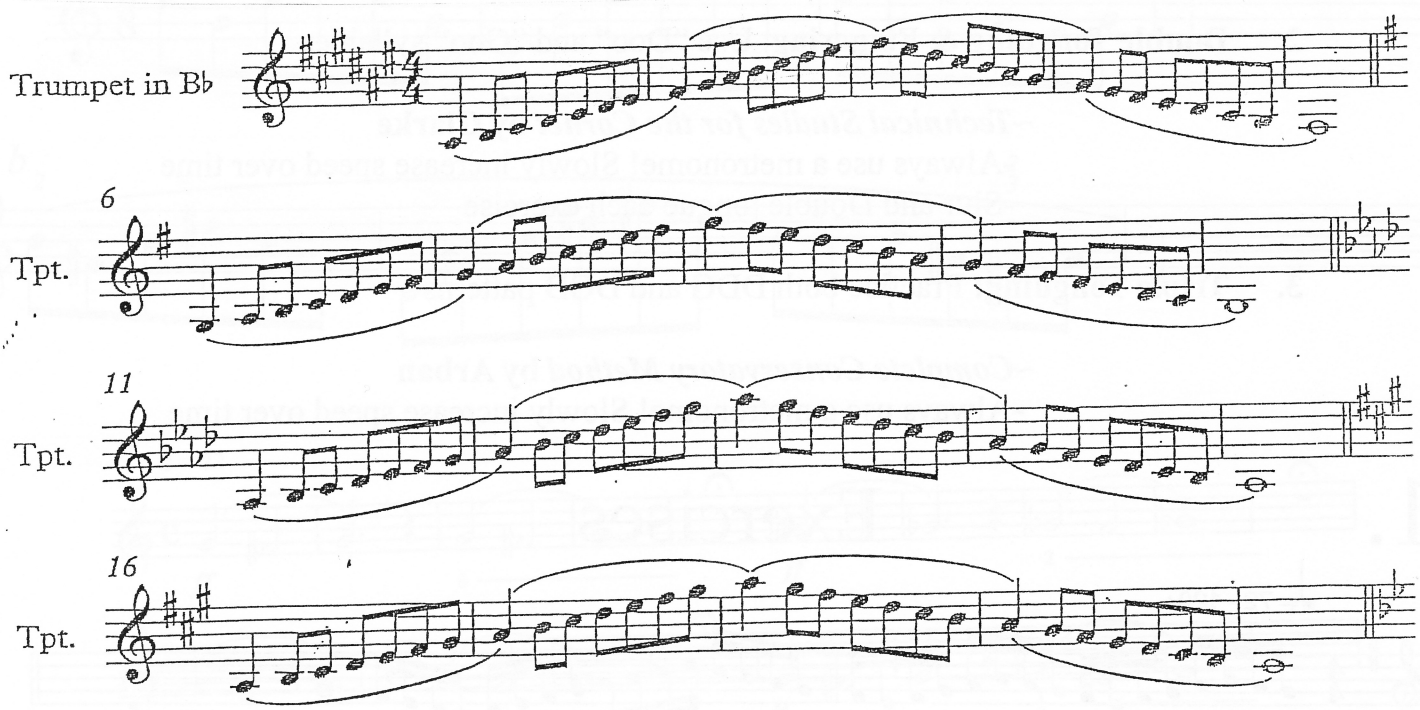
1. **Scales:** Slur two octave scales starting on low F#

   ~Minor scales: Natural, Harmonic, Melodic
   ~Whole Tone scales
   ~Modal scales etc.
   ~**Major scales**

2. **Arpeggios**: Slur two octave arpeggios starting on low F#

3. **Play in All Registers:** Simple songs, etudes, other resources etc.

   ~*Top Tones for the Trumpeter* by W.M. Smith
   ~*Low Etudes for Trumpet* by Phil Snedecor
   ~*Systematic Approach to Daily Practice* by Claude Gordon



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Articulation & Agility

When it comes to **articulating** on the trumpet, one can think of the different types of articulations as an artist's various brushes; each one creates a different affect. Legato, Staccato, Accented, Double Tonguing, Triple Tonguing etc. You must find a way to incorporate all the types of tonguing into your daily routine!

Agility on the trumpet can mean many things from clean technique to mental sharpness. Fingering exercises, sight reading, and transposition are just some examples of agility exercises.

No one says these areas need to be kept separate from each other. Maximize your efficiency by working on Articulation and Flexibility at the same time!

1. **Single Tonguing:** Use different syllables every day ("Too" "Doo" "Loo" etc.)

   ~*Daily Drills and Technical Skills for Trumpet* by Schlossberg

   ~**Minute Drill by Herbert L. Clarke** (Chris Gekker)
   -**Metronome ♩ = 80,** single tongue sixteenth notes for 1 minute
   -Slowly increase speed each week

   ~***Articulation Studies*** **by Chris Gekker**
   -Practice with different articulations: all tongued, all slurred, slur 2 tongue 2, tongue 2 slur 2, tongue slur 2 tongue etc.

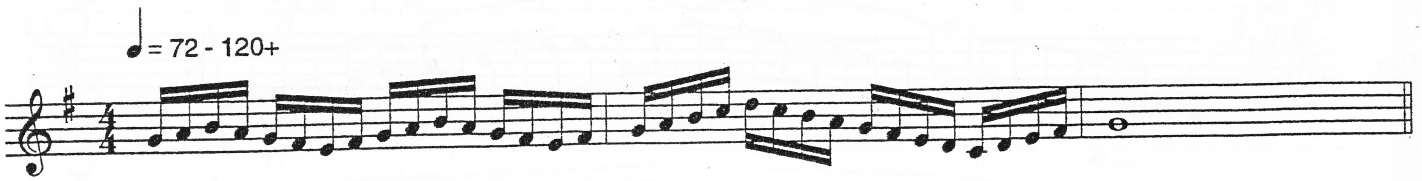
2. **Double Tonguing & Fingering**: Use "Doo" and "Goo" syllables

   ~***Technical Studies for the Cornet*** **by Clarke**
   -Always use a metronome! Slowly increase speed over time
   -Slur and Double tongue each exercise

3. **Triple Tonguing:** Practice both DDG and DGD patterns

   ~***Complete Conservatory Method*** **by Arban**
   -Always use a metronome! Slowly increase speed over time

1. Exercises



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Flexibility

Flexibility on the trumpet can also mean multiple things such as comfort in all registers of your horn, but in this case it refers specifically to lip slurs & bends. The ability to lip slur cleanly and quickly leads to efficiency in trumpet playing. It is important to practice lip slurs daily and to do so with a metronome, always striving to increase speed with cleanliness.

1. **Lip Slurs:** Play in cut time and Aim for the center of pitch

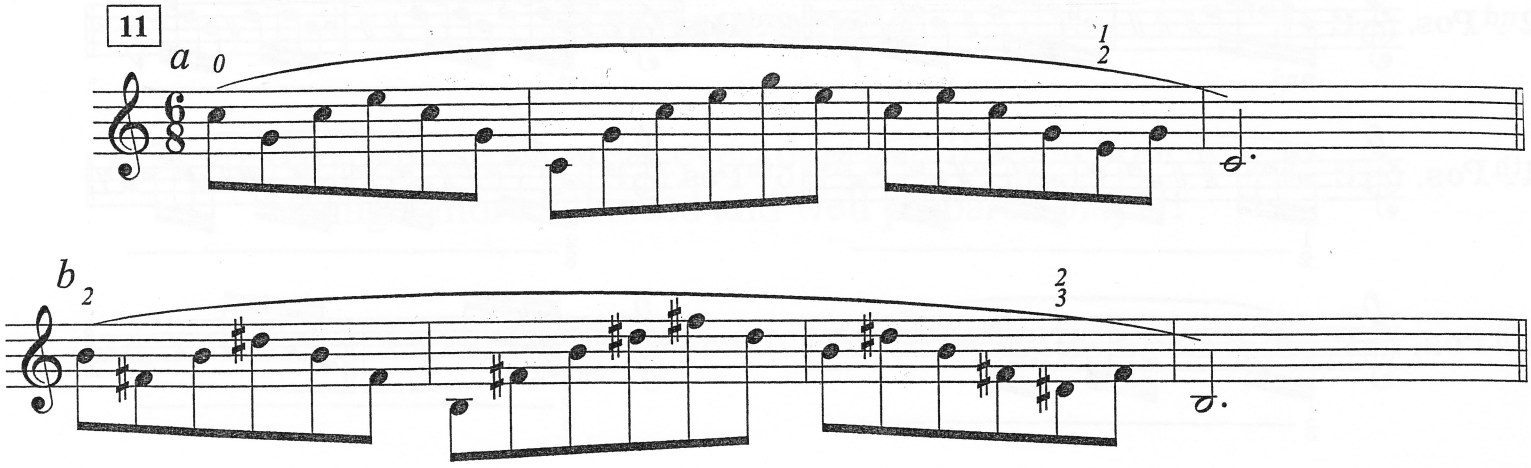
   ~*Twenty-Seven Groups of Exercises for Cornet & Trumpet* by Irons
   ~*Advanced Lip Flexibilities* by Colin
   ~***Lip Flexibilities for All Brass Instruments*** **by Bai Lin**

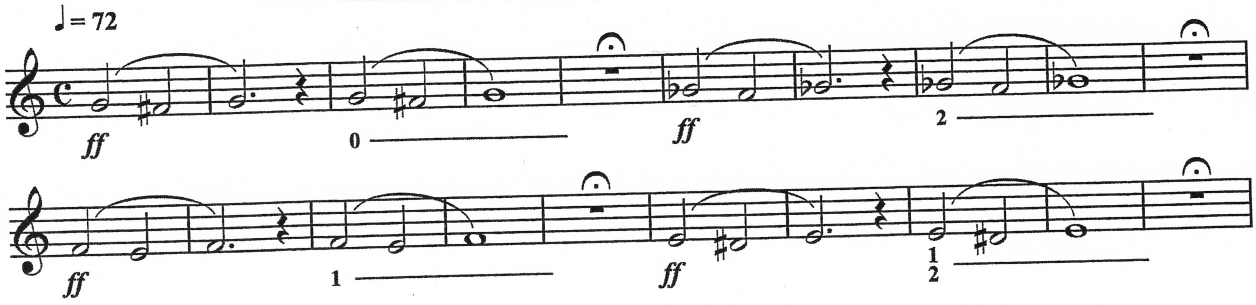
2. **Lip Trills:** Work your way up to an effortless trill

   ~***Complete Conservatory Method*** **by Arban**
   -Always use a metronome! Slowly increase speed over time

3. **Lip Bends:** Use a drone and listen for where the note "pops" in tune

   ~***15 Advanced Embouchure Studies*** **by David Hickman**





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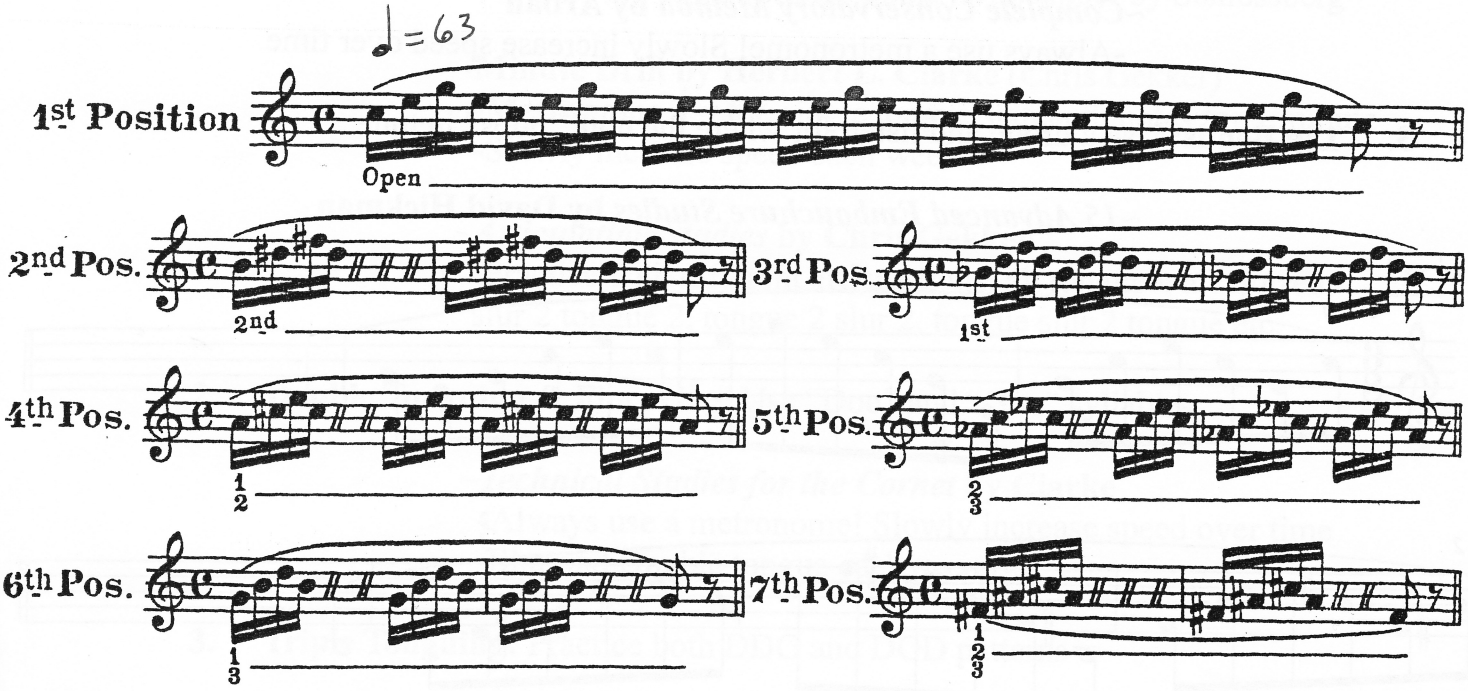
Endurance

The main way to increase **endurance** is to play consistently. However there are exercises that can help build strength and endurance. Here are a few suggestions:

1. **Lip Slurs:** See section on Flexibility

   ~***The Complete Shuebruk Lip Trainers for Trumpet*** **by R. Shuebruk**

2. Playing songs or etudes in succession with very little rest

   ~*Endurance Drills for Performance Skills* by Chris Gekker
   ~Final chorale from the Hindemith Sonata transposed up a step