

DAILY FUNDAMENTAL ROUTINE

Always avoid tension!!
Always with a tuner & metronome!!
Always the complete range of the horn!!

I. BREATHING EXERCISES (4)

1. Warmup (head between knees, fast in, fast out) 8x
2. Expansion (in 4, hold 4, out 4) 8x
3. Circular (in 4, out 4) 8x
4. Quick Breath (in 1, out 4) 8x

Quarter ~ 72

Breathe to & from the lowest part of the body.

Don't close your throat! Let the air flow with ease.

II. LONG TONES

Quarter ~ 72, 4 to 8 counts on each pitch.

Buzz some, play some.

Tone, tuning, and stability!



III. LIP SLURS

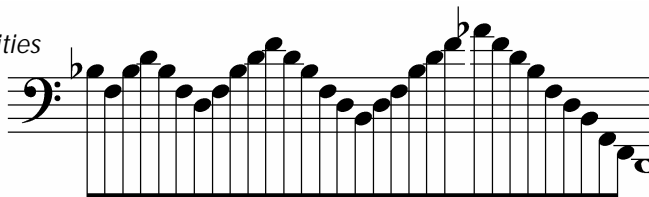
Charles Colin *Advanced Lip Flexibilities*

Robert Marsteller *Basic Routines*

Buzz some, play some.

As fast as accurate.

Minimize the embouchure motion.



IV. TONGUING

Single, double, triple, doodle. (hit them all each 2-3 days)

Single pitch, same partial, amongst partials. (scales & patterns are great!)

The jaw is separate from the tongue!

V. PATTERNS

Jerry Coker, *Patterns for Jazz*

One melodic pattern each 2-3 days.

as fast as accurate. Rhythm patterns!

Coordinate: fast slide, fast tongue, fast air!



ON BREATHING EXERCISES:

Sam Pilafian, Tuba

John Rojak, Bass Trombone

Nathaniel Brickens, Tenor Trombone

and many others...

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