

Daily Warm-Up 2023

By Nathan Chambers

I. Mouthpiece Buzzing

Buzz smoothly between notes, maintaining the same sound quality throughout. This is a good way to wake up your face and get some air going. Descend/ascend an octave or more.

Curran

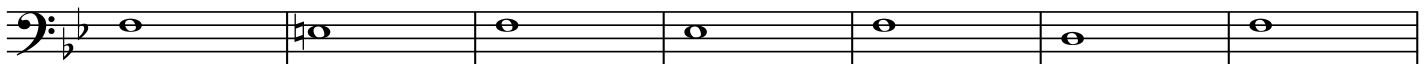
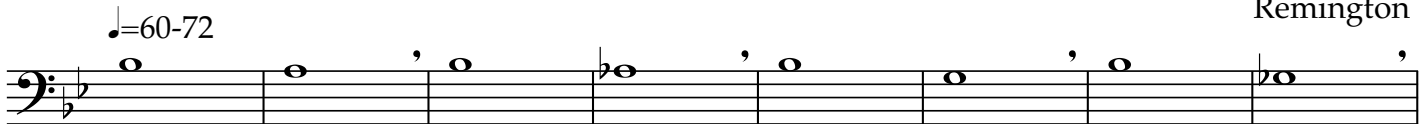


II. Long Tones

Strive for a beautiful, effortless sound. Always use a tuning drone for these exercises.

Repeat 8vb

Remington



III. Slow Slurs

Aim for next to no visible movement of the embouchure. Each note should be equally as full and supported by a steady air column.



IV. Legato Tonguing

When switching partials, the embouchure should remain still. Your goal is to only change the vowel sound and oral cavity while maintaining the same basic embouchure.

Remington

F Valve

V. Articulation

There should be a distinct difference between legato, tenuto, and staccato. Choose a new key each day or descend chromatically down an octave.

Ellefson

♩=76+

Etc.

VI. Flexibility + Trills

Play several or all of these each day; each exercise has its own purpose. Feel free to continue these through eleven positions. Don't prematurely increase speed before your face is totally awake.

No. 1

Remington

No. 2

No. 3

No. 4 - Take each repeat three times.

Marsteller

VIII. Check-in

Here are a couple tests to see if you are all good to go for the day. Keep in mind this is a fairly extensive warm-up. Every single exercise may not be necessary for days where playing will be light.

Alessi

Two staves of musical notation in bass clef, 2/4 time, key of B-flat major. The first staff contains a sequence of eighth and sixteenth notes with slurs and accents. The second staff continues the exercise with similar rhythmic patterns and includes a double bar line at the end.

Arban

A series of ten staves of musical notation in bass clef, 2/4 time, key of B-flat major. The exercise consists of continuous eighth-note patterns with various slurs, accents, and dynamic markings. The notation includes a variety of rhythmic groupings and articulations, ending with a double bar line on the final staff.