

Warm-up Routine

Dr. Jessica Hawthorne

Posture

- Feet flat on the floor
- Shoulders down, relaxed upper body
- Bring the instrument to *you*. You are in control!
- Air needs to follow the easiest path out of your instrument.

Breathe

- The quality of the breath going in reflects the sound coming out!
- Relaxed – as easy as your everyday breath.
- In time, with a metronome
- Where do you feel expansion?

Buzz

- Like a microphone for your voice!
- Centered, controlled, lively sound
- Make this feel as easy as playing your instrument.
- Long tones, sirens, melodies, etc.

Long Tones

- Clear, warm, resonant sound
- In time, with a metronome
- Remington exercises

Lip Slurs

- Flexibility
- Look for smooth transitions
- In-line or skips through the partials

Tonguing

- Touch on all articulations and rhythmic values
- Must be quick, then get the tongue out of the way!
- Aim for consistency
- Are you keeping your air moving between each note?