

# Lesson 1

## 1. Long tones

Take a full relaxed breath- **Chest Up!!** The first note is to set you up. Breath *again* after the first note. Think *aw* going down to the low C. Crescendo *slowly*, keep the tone centered, and let the sound get fat and full.

Don't allow the sound to distort or become stuffy or blatty.

## 2. Octaves

Vocalize first: *taw-tee, taw-tee, taw-tee*. Feel the movement of the tongue.

Play slowly and *Watch The Tongue*. Kick the top note.

## 3. Breath Push

Without the trumpet, take a full breath and slowly exhale for two beats. On beat three, forcefully push out air using abdominal and chest muscles. Keep **Chest Up!!** Repeat.

Now with the trumpet, play low C for two beats. On beat three, forcefully push out air using abdominal and chest muscles while slurring up an octave. Read more on **The Breath Push** in the introduction.

## 4. Octave slurs

Vocalize first: *aw-ee, aw-ee, aw-ee*. Feel the movement of the tongue. Slur using *controlled breath push* while thinking *aw-ee, aw-ee, aw-ee*. Middle note will disappear with practice.

Don't allow the sound to get raucous. Control the air power.

## 5. Intervals

Practice vocalizing: *aw-ew-ee-ss* 4 times.

Play slowly at first. Make sure the low G is fat and full and all notes are centered. Play faster on repeat.

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