

# The Seven Minute Warm-Up

## 1. Ha-too breathing with corners engaged.

You may want to bow through the mouthpiece first to get the feeling of **corners engaged** (not tight).

Repeat at least **5x**. Breath in- Haw-Too

**2x** blow easy- just let the air out. Sizzle the air.

**3x**- increase the blow as much as possible. Be conscious of firm **corners, tongue arch and abdominal support**. Sizzle the air.

Tongue should be arched in front of mouth.

No buzzing!

1A. Blow 3 second notes. Breath on beat 4- Haw-Too. Breath in through corners and keep corners engaged.

Relax! Air in, air out. Do not hold breath. One smooth motion. Try to not get “backed up”. **10x**.

## 2. Blowing through the mouthpiece. No buzzing!

Ha-too breath-chest up.

Repeat at least **5x**.

**2x** blow easy- just let the air out.

**3x**- increase the blow as much as possible. Be conscious of **firm corners, tongue arch and abdominal support**.

2A. Blow 3 second notes through mouthpiece. Breath in through corners and keep corners engaged.

Relax! Air in, air out. Do not hold breath. One smooth motion. Try to not get “backed up”. **10x**.

## 3. Leadpipe. Remove tuning slide from trumpet. Hold trumpet in right hand and mouthpiece in left hand.

Begin an easy blow on the mouthpiece. While blowing, connect the trumpet

to the mouthpiece. A sound will result. Focus the sound and the air. Retain that feeling and repeat. Repeat **5x**. Sizzle and focus.

3A. Blow 3 second notes. Breath in through corners and keep corners engaged.

Relax! Air in, air out. Do not hold breath. One smooth motion. Try to not get “backed up”. **10x**.

## 4. Trumpet. Hold trumpet in right hand and mouthpiece in left hand.

Blow for low C-easy. While blowing, connect the trumpet

to the mouthpiece. Continue to hold and bring note into focus. Repeat until each note sounds centered. Retain the feeling.

Repeat on **G, C, E, G** and **high C** if possible. No buzzing!

Think that higher notes are further away:

Low **C** falls out of the bell

**G** is 5 feet away

**C** is 10 feet away

**E** is 15 feet away

**G** is 20 feet away

**High C** is 25 feet away

4A. Blow 3 second notes. Breath in through corners and keep corners engaged.

Relax! Air in, air out. Do not hold breath. One smooth motion. Try to not get “backed up”. **10x**.

Pick a different note each day.

## Things to remember:

Don't buzz the mouthpiece.

Chest up! Big Breath!!

Corners engaged but not tight.

Keep the blow ON. Support from the abdominals.

Air in, air out! One smooth motion.