Lifelong Lip Trills

(If done correctly every day for two weeks, you should have a lifelong lip trill!)

INSTRUCTIONS:

1. Use common fingerings for note changes.
2. Think of them as very smooth, gooey, seamless lip slurs.
3. Go "through" each pair’s "in-between" note (ex.: g# is in between g and a). Slide through it on every trill-slur.
4. Make sure you are not overshooting (pinching to get) the higher note; rather you should aim for the note in between.
5. Move WITH EASE from note to note. Do not bite, struggle or otherwise overwork to maked the slur(p).
6. Play in tempo.
7. Go only as fast as POSSIBLE in the "(tr)" measures (i.e. no faster than it is POSSIBLE for you to play both notes in tempo.
8. Play in 2!
9. Breathe only at breath marks.
10. Let the air do the work, not the lip.

(Footnote: The art of trilling is in the letting go of the note-by-note paying we do in most of our music. You must adopt a Zen-like approach to the way the lip is vibrated by the air, as opposed to the user-controlled approach to which we tend to default in any other playing circumstances. The resulting feeling is one of calm semi-detachment, which can also be found in the trancelike quiet relaxation of correctly focusing on Magic Eye Inc. 3-D photos. Visit magiceye.com for samples.)

d = 88

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