Warmups 08

Choose tempi in which you can play each section perfectly.

1. Brass Gym
   - Repeat 2x
   - Keep the air and lip flowing smoothly.
   - Don't bite or tighten the lip.
   - Use as much F horn as you can in the lower passages.
   - Play with all scales and modes (make some up for variety!)
   - Use a metronome, and increase the speed.
   - Tongue regularly, consistently and with rhythmic accuracy.

2. Fred Fox
   - Repeat 2x (play 3x total)
   - Underplay with the lip while you support from below.
   - Don't harden the lip as you ascend.
   - Fluck the lip between the notes.
   - See #2 for fingerings.
   - Move as little as necessary to change the notes.
   - Gliss lip between adjacent notes.

3. Joseph Singer
   - Take mouthpiece off lips between short note attacks.
   - Accent by firming the abdominal muscles.
   - Open lips on accents (and lower notes) to accommodate the increased volume of air.
   - Use as much F horn as you can.

4. Jay Wadenpfuhl
   - Trill M2s, M3s, P4s, P5s.
   - Repeat 2x
   - Advanced option: Repeat 2x
   - Tongue regularly, consistently and with rhythmic accuracy.
   - Use a metronome, and increase the speed.
   - Play with all scales and modes (make some up for variety!)

5. Bill Adam ("Hungarian minor")
   - Continue until:

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