

# Trumpet Warm-Up

Level 1

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**This is a beginner warm-up routine and must be done daily, before you play anything else. This is the most important part of your daily playing, so go slowly and follow the directions.**

## Step 1: Buzzing

We buzz to get loose and get better at listening. The two most important parts of buzzing are having a strong buzz and buzzing the correct pitch. Always ask your teacher if your buzz is on the right path. The buzzing part of the day should be quick, but *very* accurate, which means CORRECT PITCHES. To buzz the correct pitch you can play the notes first and then buzz them, use an app like "Tonal Energy" to play the notes for you or use a piano and buzz along with it. The piano part is written here for you. Slur everything and use a metronome. Remember, never buzz just to buzz and use your ears.

♩ = 72

The first system of musical notation consists of two staves. The top staff is in treble clef with a 4/4 time signature. It contains two phrases of four notes each, slurred together. The first phrase starts on middle C (C4) and moves up stepwise to G4. The second phrase starts on G4 and moves up stepwise to B4. The bottom staff is in bass clef and is labeled "Piano". It provides a harmonic accompaniment for the trumpet part, with notes corresponding to the intervals of the trumpet part.

The second system of musical notation consists of two staves. The top staff is in treble clef with a 4/4 time signature. It contains two phrases of four notes each, slurred together. The first phrase starts on B3 and moves up stepwise to E4. The second phrase starts on E4 and moves up stepwise to A4. The bottom staff is in bass clef and provides a harmonic accompaniment for the trumpet part.

The third system of musical notation consists of two staves. The top staff is in treble clef with a 4/4 time signature. It contains two phrases of four notes each, slurred together. The first phrase starts on A3 and moves up stepwise to D4. The second phrase starts on D4 and moves up stepwise to G4. The bottom staff is in bass clef and provides a harmonic accompaniment for the trumpet part.

The fourth system of musical notation consists of two staves. The top staff is in treble clef with a 4/4 time signature. It contains two phrases of four notes each, slurred together. The first phrase starts on G4 and moves up stepwise to B4. The second phrase starts on B4 and moves up stepwise to D5. The bottom staff is in bass clef and provides a harmonic accompaniment for the trumpet part.

## 2 Step 2: Long Tones

Long tones help us get a better sound, better air control, improved accuracy (hitting the right note at the right time) and much more. The most important part about long tones is to keep a steady sound. The volume should be the same and the tone should be clean. No cracks, no volume changes. Play at the given tempo and when necessary replay notes that aren't up to standard.

♪ Tip: If you don't know the fingering for a note yet, look it up in the fingering chart on the last page and write it on the note **in pencil**. After a week, erase it. Don't forget the metronome!

♩ = 60

## ♪ Learn the Trumpet Harmonics ♪

"Harmonics" on the trumpet are all the fingering combinations we use in a specific order. They are important to know for flexibility exercises and much more. Start on a low C and play the following combinations going down and then back up. You can also start on any open note and it will work.

0 2 1 12 23 13 123

### Step 3: Flexibility

Flexibility exercises, also called lip slurs, are all about slurring. Only tongue the first note of each section as written and go for a clean slur. Notes should go from one note to the next without air pockets or cracks in between them. Just like long tones, maintain a steady sound and volume. Flexibilities are great for improving your range and ear. Notice how each section goes through all 7 harmonics of the trumpet.

♪ Tip: To go higher curve your tongue up, like when you whistle or say "eee". Remember that the air makes the sound, but the tongue makes the pitch. Don't forget the metronome!

**A** ♩ = 88

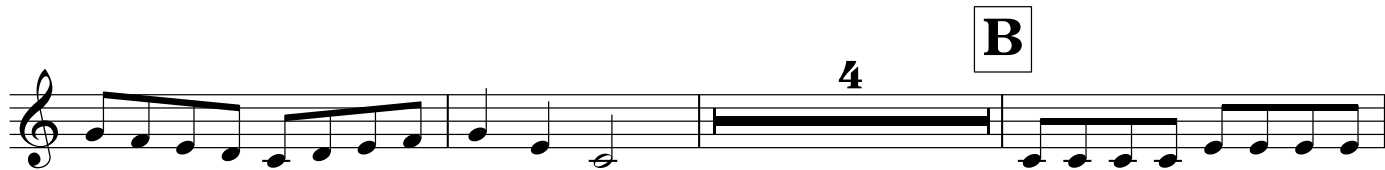
**B** Continue using the harmonic fingerings

### Step 4: Tonguing

Tonguing is one of the earliest techniques you will learn and it is very important because you will use it all the time. When doing these exercises keep the notes long (not tied, just full value). This means DO NOT play the notes staccato or short, unless it is marked that way. Start at 70 and slowly work up to 144!

♪ Tip: To play eight notes full value keep the air moving and bring your tongue forward to tongue without stopping the flow of air. Like always, ask your teacher for help!

**A** ♩ = 70 - 144



Six staves of musical notation for a warm-up exercise in 4/4 time. The first staff starts with a whole rest followed by eighth-note patterns. The subsequent staves continue with various eighth-note and sixteenth-note runs, including slurs and rests.

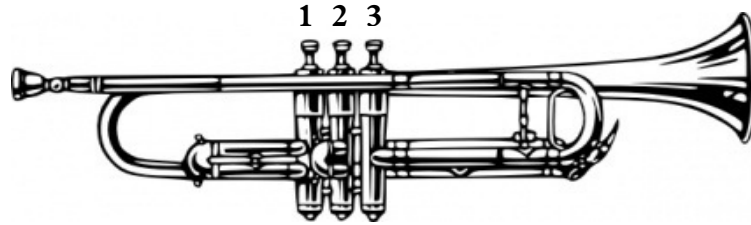
### Step 5: Quick warm down

The warm down is to relax. Start very slow, then speed up to as fast as possible, and then slow back down. Do this 4 times and aim to do it in one breath if possible.

All slurred, breathe big so you can make it!

Two staves of musical notation for a 'Quick warm down' exercise in 4/4 time. The notes are slurred across both staves, starting with a whole note and ending with a half note.

# Trumpet Fingering Chart



<b>F#</b>	<b>Gb</b>	<b>G</b>	<b>G#</b>	<b>Ab</b>	<b>A</b>	<b>A#</b>	<b>Bb</b>	<b>B or Cb</b>	
<b>B#</b>	<b>C</b>	<b>C#</b>	<b>Db</b>	<b>D</b>	<b>D#</b>	<b>Eb</b>	<b>E</b>	<b>Fb</b>	<b>F</b>
<b>F#</b>	<b>Gb</b>	<b>G</b>	<b>G#</b>	<b>Ab</b>	<b>A</b>	<b>A#</b>	<b>Bb</b>	<b>B</b>	<b>Cb</b>
<b>C</b>	<b>C#</b>	<b>Db</b>	<b>D</b>	<b>D#</b>	<b>Eb</b>	<b>E</b>	<b>Fb</b>	<b>F</b>	<b>F#</b>
<b>Gb</b>	<b>G</b>	<b>G#</b>	<b>Ab</b>	<b>A</b>	<b>A#</b>	<b>Bb</b>	<b>B</b>	<b>Cb</b>	<b>C</b>