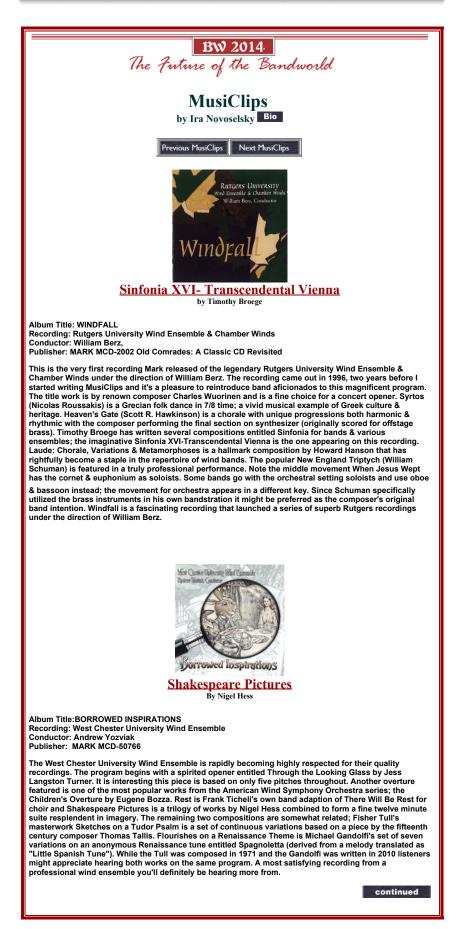




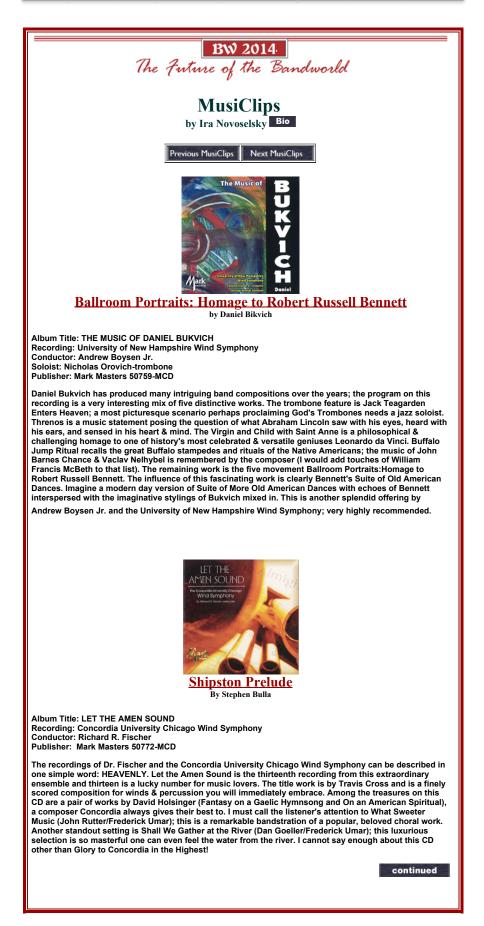
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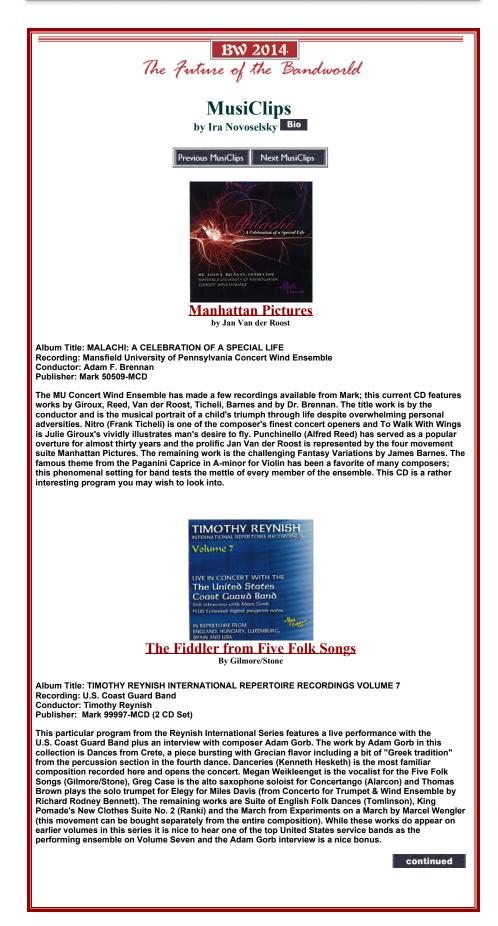


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usually sharp in the throat; cornets pinch in the high notes; saxes are sharp in the upper register, flat in the lower, etc.) Charts are available for those notes. Have students keep these charts in their folios for reference. Making a strobe chart of individual student's scales will give each a clear picture of the notes they must learn to play in tune. (Accomplished by playing scales and watching window-strobe and then marking on chart.)

8. Build confidence in ear training and listening. Most people have average pitch discrimination ability, so start from there. If you, as a director, have a fine ear-great. But remember, the student is the one that tunes while playing in the band and your ability is not going to help when you are conducting. They must hear and make the decisions as they play the performance. It does NOT happen overnight, so be patient with lesser abilities.

9. Have the band student play carefully, but with confidence. Selfdiscipline of the individual and class-discipline make it much easier to teach intonation. It is not possible to concentrate and listen to pitches in a noisy room. Everyone listens. It is true there is a discrepancy between the natural harmonic overtone and the tempered scale. Don't deal too much with this until the student is quite advanced. It will probably only overwhelm most students.

10. Always tell the student, "When in doubt, keep the tuning slide, etc. like it is in band. Your best chances are there."

11. GOOD TONE PRODUCTION, BREATH SUPPORT, and MATCHING PITCHES start in beginning band.

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<u>BW 2014</u> The Future of the Bandworld						
20 Years ago in Bandworld						
Intonation (concluded) by Gladys Wright Vol.9 , #3, p.15 (January - February 1994)						
FLUTE Most flutes are built slightly sharp when the head joint is in all the way. Tune by pulling head joint ou Still sharp? Probably caused by having flute turned out too far. Sometimes adjustments have to be ma Use the mark on the end of the flute cleaning rod to measure this. When tuning with strobe, tune Bb o staff slightly sharp.	de in head cork.					
CLARINET Tune all three registers of the clarinet. Tune G by adjusting barrel joint; tune Bb (3rd space C) by adj joint. Check notes C, G above staff, low G. If flat, firm embouchure, stiffer reed, or if necessary a shor						
SAXOPHONE Tune to concert Bb. Adjust both high and low octaves. Problems? Check mouthpiece only for followin sax—middle A; Tenor sax—middle G; Baritone sax—middle Eb.	g pitches: Alto					
BASSOON Do NOT tune bassoon by adjusting bocal from proper position. Try a different bocal.						
OBOE Do NOT tune by pulling reed. Is the reed correct size? Adjustments on the reed itself tune the oboe. Be reed tube all the way into the socket.	e sure to place					
VALVED INSTRUMENTS (Without compensating mechanisms) Tune open notes and adjust the tuning slide. Tune first valve to a major second below. Tune second valve to a minor second below open tone. Tune first and third valves to a perfect fourth below the open tone. Despite careful tuning of 1- 3; 1-2-3 is still sharp, while 2-3 combination is quite flat and 1-2 are still slightly sharp. At this point the musician must adjust the embouchure.						
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Bb Trumpet / Cornet



Brass Tone Boosters

A GUIDE TO A STEONGEE BEASS EMBOUCHURE

TOPICS INCLUDE

POSTURE & BREATHING

LONG TONES

PEDAL TONES

LIP SLUES

RANGE

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Bb Trumpet / Cornet

BRASS TONE BOOSTERS A GUIDE TO A STRONGER

BRASS EMBOUCHURE



BY DANIEL PAULSEN



American Band College at Sam Houston State University MUEN 5398 Ensemble Project Practical Application #2

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Forward

ABC SHSU °

Dear Student,

I am so excited that you have decided to join the Reedley High School band! This booklet was written for you, the trumpet players in our program, and we will be using it every brass rehearsal this fall during the marching band season. By implementing this booklet, we hope to help you learn to play with a mature, powerful trumpet sound. But fair warning: there are no magic bullets or short cuts! These exercises are great tools, and with daily repetition you will improve in several aspects of your playing: your tone, flexibility, range, endurance, and overall power! This booklet includes great reminders for what you may already know, and some effective new techniques that might be new to you!

Please remember when learning the techniques that these type of warm-up exercises have been around since these instruments were first made, so do not think that they are the only exercises that work for brass players. They are just a few examples of the limitless possibilities to play. What is most important are the key ideas behind the exercises and the purposeful application while playing. Take these examples and try them, find out which ones work best for you, and modify them and make them your own. Good luck and enjoy playing the trumpet!



Sincerely,

DANIEL PAULSEN

Reedley High School Band Director High/Low Brass Instructor

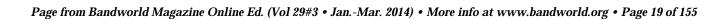


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ABC)

Introduction

What is an Embouchure?

An embouchure is something all wind instrument musicians have, whether they know it or not! It is all the physical parts of our face that go into blowing air into our instruments, including our lips, tongue, oral cavity, chin, teeth, etc. All trumpet players use it every time they play, and every single embouchure is unique.

Even though there are no two embouchures alike, proficient trumpet players have common characteristics that give them a mature sound. Some people have a natural great sound the first time they pick up the instrument, but the rest of us have to develop a great tone on our instrument. So how does an intermediate trumpet player get that beautiful sound?

The answer is more than just random playing your trumpet, though this will more likely help than not playing at all. The key is to develop your embouchure, just like an athlete works to make his or her body stronger, faster, or quicker. We can train our embouchure with specific exercises to target improvements in flexibility, range, endurance, and our overall tone or sound. Each musician has different strengths and areas for improvement, and these exercises can be tailored to the individual for maximum benefits. But what would this look like?

What is a Warm-up?

The best time to work on improving your own playing is through a routine every time you pull out the instrument. A warm-up is a routine that musicians go through to get ready to play their best. It is a time to get mentally and physically prepared, as well as a time to improve or develop your own playing. The possible parts of a warm-up are endless and each player has his or her own special way of doing one that fits best for him or herself. However there are common techniques that are unique to brass players which seem to bring the best results in a warm-up, for example long tones, lip slurs, tonguing exercises, etc. Each is a way to prepare and develop different parts of the playing process, such as the lips, the lungs, the tongue, the fingers, the ears, and most importantly the mind.

In this booklet you will find several examples of common parts of a brass warm-up that target different ways to improve your embouchure. By using this booklet you will learn more about how to build your embouchure for a better trumpet sound, but also why warming-up is important. You will learn some of the tricks of the trade for improving your playing every time you pull out the instrument.

What this booklet is *not* is the end-all of trumpet books or the answer to all your playing problems. It is a start for those players who are seeking to improve their sound and get serious about playing the trumpet. The exercises are just a sample of the infinite possibilities that can be played while warming-up, and at the back of the book there is a list of great materials for further study.

4



Target Embouchure Elements

According to David Bilger, trumpet player for the Philadelphia Orchestra, trumpet technique can be broken down into 6 main areas: **Sound** (tone production), **Flexibility**, **Endurance**, **Range**, **Articulation** and **Agility**. In this booklet we will focus on the first four elements. Good tone production on the trumpet is a combination of a functional embouchure and the proper use of air. Therefore, this booklet will focus on improving both. We will do this by using the various elements of a warm-up:

Sound:

- Breathing Exercises: As wind players we need to use our "fuel" efficiently and without tension. This can enable us to play longer, higher, lower, softer, with more power, etc.
- Long Tones: Playing sustained notes for longer durations, making sure that the tone is full and that the pitch is stable.
- Pedal tones and lip bends: Using both pedal tones and lip bends can strengthen the embouchure.
- Mouthpiece buzzing: Any playing that can be done on the trumpet can be done on the mouthpiece alone. Mouthpiece buzzing is an important part of sound development because if forces the player to focus the notes instead of relying on the trumpet to do it for you.

Flexibility:

Flexibility imparts all aspects of trumpet playing, especially endurance and range. This is the ability to change notes and intervals fluidly, quickly, and with good tone. The goal is to be able to move in all registers, low or high, with ease and control.

Range:

Range (both high and low) is a product of embouchure strength, tongue position, air flow, and efficiency. Many exercises that we have already discussed will increase range, such as pedal tones, lip bends, flexibility studies, etc. Most people only concentrate on playing higher in their range, but the key is actually learning to play lower as well! Remember, if you don't practice it, you can't do it! This applies to high and low notes.

Endurance:

5

As is the case with range, endurance is also a combination of many of the topics we have already touched on, and will benefit from many of the same exercises. The two other things that will most quickly improve endurance are strength training and avoiding bad habits that can actually make your playing more difficult.



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Strength development is another aspect of playing that comes from many different settings, but can be targeted for fast improvement. Loud practice is one way to develop strength, and sustained playing is another. These will not only train your embouchure muscles but also your abdominal muscles too. To counter playing at loud volumes be sure to practice some amount of time on soft playing during your sessions.

Avoiding bad habits can be described as efficiency, and is necessary for any brass player. Playing the trumpet is extremely physical, and efficient playing will reduce the demands on the player. Efficiency can be achieved by taking care of the following:

- 1) A good use of air support in all aspects of playing.
- 2) Eliminating lip pressure while playing (as much as possible).
- 3) Knowing your playing limits and not damaging your embouchure.



Breathing and Posture

Nothing is more important than starting off correctly! Posture, breathing, and hand position should be taught and practiced correctly from the beginning. "Practice makes permanent!" Whatever we do in the rehearsal room or at home will be what we do in performances.

Breathing Technique

Starting each session with breathing exercises is imperative! We are wind players, and we must learn to use our "fuel" correctly for a more powerful sound.

- The student should sit or stand with his or her body in balance and without tension when playing or for breathing exercises. This can be found by:
- Stand up or sit up tall and find your center of balance where you are neither leaning forward or backward but <u>relaxed</u>. Your body without tension is the most efficient posture for breathing!
- Wind players should be striving for an "Oh" shape on inhalation and exhalation. An invigorated yawn is another way to gain a correct breath. There should be no tension in the lips, throat, or lungs: if it hurts, don't do it!
- The lungs will expand in all directions when you breathe. Not up into your shoulders, or down into your belly. It will feel like your front and back ribs will expand from the center of your body. Try putting your hands flat on your back ribs: are they expanding?
- Breathing should be done in time with the music. Make sure that the breath is exhaled immediately after inhalation (no hesitation).

Breathing Exercises

Patrick Sheridan and Sam Pilafian, two amazing tuba players, invented some great breathing exercises for wind players in their book, <u>The Breathing Gym</u>. We will use some of their exercises for our warm-ups to develop fuller, deeper, and more relaxed breathing habits.

Below are some examples of breathing exercises that should be used each day. These are done at approximately 60 beats per minute. Use these hand positions to help you monitor the right air flow as you do the exercises:

Flat hand sideways in front of your mouth breathing INOpen "Oh" shape, hand placement causing a rushing air sound.





B R E A T H I N G

Hand flat in front of your mouth 12" away breathing OUT

- Blow the air against your hand about 12" away.
- Breathing OUT will feel like blowing cold air with an "Oh" shape with the mouth.

There should be no space or pause between breathing in and out: keep the air flowing!

Breathing Exercise #1

4 beats in, 4 beats out (repeat) 3 beats in, 3 beats out (repeat) 2 beats in, 2 beats out (repeat) 1 beat in, 1 beat out (repeat)

beat in, 1 beat out (repeat)
 beats in, 2 beats out (repeat)
 beats in, 3 beats out (repeat)
 beats in, 4 beats out (repeat)

Breathing Exercise #2

- 4 beats in, 4 beats out (steady air on exhalation or slight crescendo) 4 beats in, 8 beats out (steady air on exhalation or slight crescendo)
- 4 beats in, 12 beats out (steady air on exhalation or slight crescendo) Rest 15 sec
- 2 beats in, 4 beats out (steady air on exhalation or slight crescendo)
- 2 beats in, 8 beats out (steady air on exhalation or slight crescendo)
- 2 beats in, 12 beats out (steady air on exhalation or slight crescendo) Rest 15 sec
- 1 beat in, 4 beats out (steady air on exhalation or slight crescendo)
- 1 beat in, 8 beats out (steady air on exhalation or slight crescendo)
- 1 beat in, 12 beats out (steady air on exhalation or slight crescendo)

Breathing Exercise #3

4 beats in, 4 beats hold, 2 beats out <u>loud</u>, 1 beat hold, 2 beats out <u>loud</u>, hiss until empty Repeat 3 times, each time breathing in deeper than before.

Breathing Exercise #4

16 beats in slowly & evenly, hold 4 beats, then blow out as fast as possible (open "Oh") Repeat 3-4 times





8

Posture



Good posture while seated: the trumpet player's feet are flat against the floor and his back is straight. He is not leaning against the chair, even though he is seated towards the back (If you are taller, you might need to find a taller chair or you may need to sit more to the front of the chair and your feet more underneath to have proper balance). Notice that the shoulders are relaxed and the neck is not bent. Always keep the head up and looking straight forward, then bring the horn to your face. Some players will need to hold the trumpet at a lower angle because of their dental structure.

Arnold Jacobs, the great tuba player and master teacher, has good advice about the seated posture. He advises that you should sit in a way that you can stand up immediately. This sounds simple but will probably

take some adjustment before you are able to do it. Try it, and if you have to lean forward before you stand, you do not have it quite right yet. Keep your back off the chair and sit on the front half of the chair.



A. Slouched Sitting

B. Forward Head Posture

C. Too Ridged at Attention

D. Proper Sitting Posture



Good posture while standing: the trumpet player's upper body looks identical to his posture while seated; he does not need to lean back, or forward, or tense his neck muscles. Your feet should be slightly less than shoulder's width apart. Practicing while standing up is naturally helpful to healthy air support, as it eliminates the tendency to slouch.

Hand Position



Good hand position, option 1: In these pictures (above), the left hand supports the weight of the trumpet with the index finger. The ring finger is available to extend the third valve slide, and the thumb operates the first valve slide. Players with small hands may choose to place both the ring finger and the pinky in the third-slide ring so as to facilitate triggering, or in some cases the pinky alone. Notice that the fingers of the right hand are curved on top of the valves, and the pinky is <u>out</u> of the hook. Most band directors prefer this position for beginning students.



A common problem: This hand position (right) places the fingers of the right hand flat across the valves, which can lead to fingering errors during technical passages. In order for the fingers to move quickly, they must be arched atop the finger buttons. (I personally have found that rapid finger motion depends on the arch of the fingers more so than whether the pinky is in the hook.) **Good hand position, option 2** (left): In this variation, the right hand stays the same but the left hand has moved so that the ring finger and pinky finger grip the valve casings below the third valve slide. The weight of the instrument now rests upon the ring finger of the left hand, which can be preferable for students with large hands.



ABC

What the Buzz is About

Terms to Know

- Embouchure (AHM-ba-sher): The position and use of lips, tongue, and teeth when playing a wind instrument.
- Buzz: The sound made when air is forced through a brass player's embouchure.
- Aperture: The opening in your lips where the air escapes and the buzz happens. Aperture should not be too wide or two open.
- Chops: A cool word for "embouchure." Can also refer to one's ability on an instrument.

Making the Buzz

All sound is vibration. With the trumpet the vibration is provided by the lips and the air column. The "buzz" is the sound your lips make which is amplified by the trumpet into a gorgeous sound (with practice).

For trumpet players who have been playing for a while you can probably already make a good buzz sound. If you feel that you do not have a great sound or would like to see how to improve your tone, there are a few things you can check.

- 1. Start with just the mouthpiece, no horn.
- 2. Hold the mouthpiece with your left hand to your face. (One trick to try is to place your pinky finger over half the mouthpiece opening: the resistance makes it feel more like the real horn.)
- 3. Lick your lips, place them together as though you are saying "B" like the beginning of the word "B-eautiful." This will tighten the corners of your mouth, like you just had a big bite of lemon.
- 4. Place the mouthpiece directly over the center of your lips. Ideally this should be where the mouthpiece should go, but not crucial. Put the mouthpiece where you get the strongest buzz!
- 5. Take a deep breath.
- 6. Blow air through the middle of your lips. Use a lot of air! Use your stomach muscles to help push the air out.
- 7. Hold the sound of the buzz steady for as long as you can.



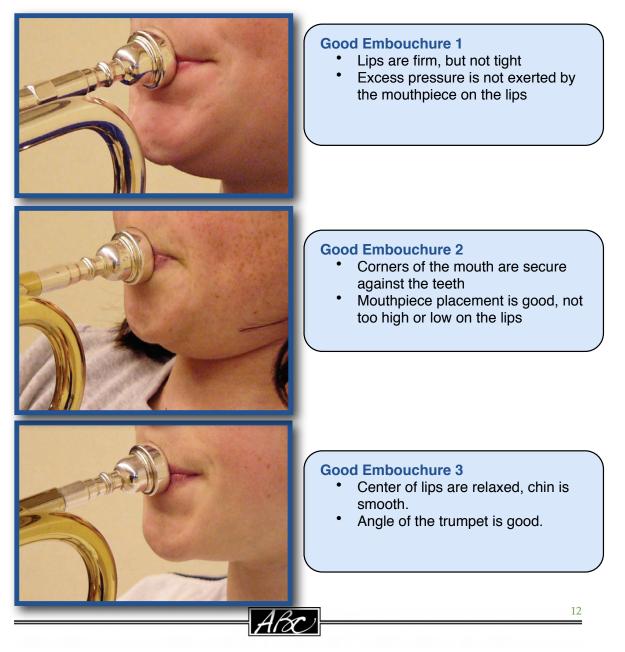
From the middle of your lips you should make a funny buzzing sound, similar to that of letting out the air from a balloon. When you get a buzz going, your lips might itch and tickle if you are doing it right. Strive for a clear, "fat" tone and a steady sound. Think "ten-pound bumblebee." *Mouthpiece buzzing will strengthen your lips more than almost anything else you can do!*

11	Boi
	AIOC

Embouchure Examples

It would be ideal that every trumpet player would naturally have a beautiful sound from the moment they first picked up the instrument. Most of us have to work for a good sound. Even seasoned players can benefit from viewing their placement of the mouthpiece or embouchure set-up to improve their tone. A music educator by the name of Cynthia Plank created a set of embouchure examples and identified the problems and solutions to each example. Here are a few of her examples to help you diagnose your own embouchure:

Good Embouchures



Poor Embouchure Examples

Here are several examples of poor embouchures. There are trumpet players who have a great sound without a perfect embouchure, but generally the following examples typically could be improved with a little help:



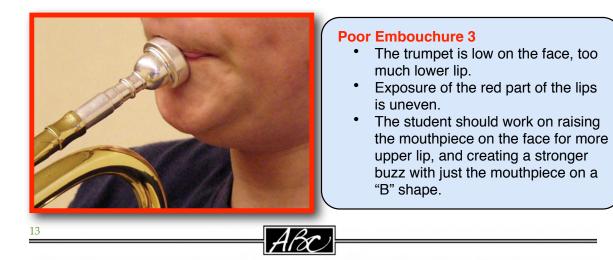
Poor Embouchure 1

- Lips are too tight (too much "smile").
- Poor trumpet angle to lips caused by withdrawn lower lip.
- Student's range is limited and unpredictable.
- The student could work on reforming the "B" embouchure and raising the trumpet playing angle.



Poor Embouchure 2

- This is an example of "biting".
- Squeezing the lips together is causing the chin to bunch.
- Also, this student is using pressure of the mouthpiece on the face in an attempt to increase range.
- The tone is thin and out of tune.
- The student could work on relaxing the embouchure, de-emphasizing pursing the lips and concentrating.





Poor Embouchure 4

- Lips are too "pouty"
- Lower lip is folded over and not firm.
- This student's tone is harsh and "blatty."
- The student should work on reforming the "B" shape with less pucker ("oo" shape).



Poor Embouchure 5

- The mouthpiece is placed too high on the lips.
- This student struggles with range and articulation.
- The student could bring the mouthpiece placement down.



Poor Embouchure 6

- The trumpet is placed too high on the mouth
- There is too much pressure against the lips.
- The tone sounds strained.
- The student should bring the mouthpiece lower on the face and relax with less pressure on the lips. This player would benefit also from practicing the "sigh breath."

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When working on your embouchure it is very

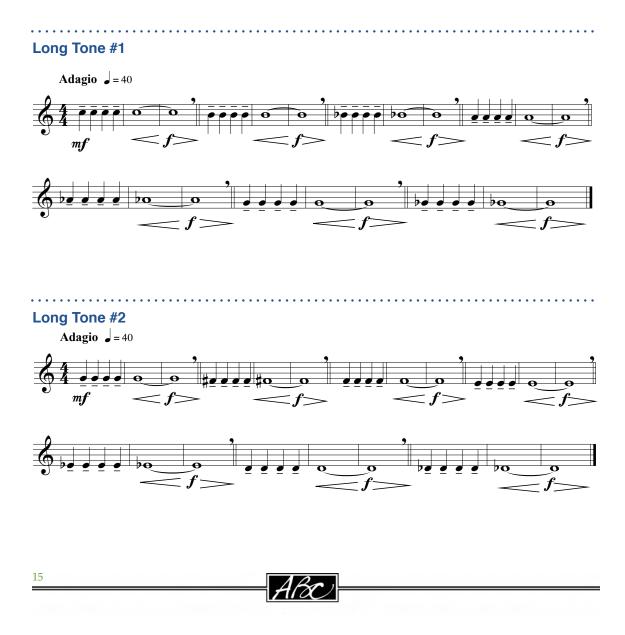
helpful to check with a mirror how your lips and mouthpiece look while playing. You could also ask someone else to check these things, like another trumpet player or your music teacher. Any adjustments should be small, and realize that changes to your embouchure make take time to become natural. Long tones are a great way to practice a correct embouchure, as well as a good way to start any warm-up on your trumpet.



LONG TONES

Playing long tones on brass instruments refer to playing the same note for an extended length, concentrating on any number of elements, and is not only a physical warm-up but also a mental warm-up. The goal of long tones is to make the most beautiful sound you can on every note. This takes control over your air, your lips, and having a clear example in your mind of what you are tying to sound like!

Hold each pitch as long as comfortable at a volume of *mf* to *f*. Hear the sound you desire in your mind before you play. Take a full relaxed breath and blow, accelerating the air through the horn. Keep your mind focused on the sound you desire and let your body adapt as it attempts to achieve your goal. When you reach the end of your air reserves, release while still playing with a solid tone.



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Mouthpiece Buzzing

Brass players must work on mouthpiece buzzing everyday. The better the buzz, the better the tone, intonation, and pitch accuracy on the instrument. Our lips make the pitch or the sound; our mouthpiece is the microphone; our instrument is the speaker! When we only use the mouthpiece we hear what pitches and what sound we are really making, without the valves or instrument to help or get in the way. Here are a few techniques to try:

- Play a "siren" buzz on the mouthpiece starting very low and glissing or slurring as high as you can and then back down. Be sure to stress a strong vibration at all times in the buzz.
- Do not press the mouthpiece into your lips very hard. Press just hard enough to make a seal so the air does not escape out the sides. (As you play higher, you will want to press harder but resist this.)
- Play simple songs on your mouthpiece, and listen to yourself to make sure you are playing the right pitches. You need to hear it in your head to be able to play it right!



Buzzing the Lead-Pipe

To buzz the lead-pipe remove the tuning slide. On a Bb trumpet, the mouthpiece/leadpipe should resonate at approximately an F (Eb concert) at the bottom space on the staff. Cornets and higher keyed trumpets will resonate at different pitches as the pitch is determined by the length of the tube. Hear the pitch in your mind (*can you sing the pitch?*), take a full, relaxed breath, place the mouthpiece to your lips and blow. The sound should be a resonant, reedy buzz. Focus on creating a resonant buzz, not an airy sound.

Buzzing During Practices

One good use of mouthpiece buzzing is to use it as part of your warm-up. On a regular basis play some of your warm-up on your mouthpiece, such as lip slurs, pedal tones, range exercises, etc. Remember not to use lots of pressure or strain for your high notes! Keep the air flow smooth and your buzz vibrant. It will force you to make the pitches with only your lips and not the valves, and also train you ears to hear in your head what notes you are trying to play.

Here are a few exercises to do on the mouthpiece:



M O U T H P I E C E B U Z Z I N G

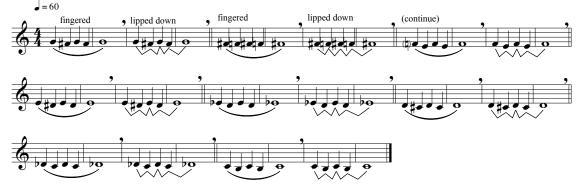
Mouthpiece #1: Siren (30 sec to 1 min)

Start at a high but comfortable pitch and go as low as you can and still maintain a pitch, go back up and try to get as high as your original note. Repeat this over and over.



Mouthpiece #2: Lip Bends

This exercise uses the mouthpiece and the horn. Play the first two bars to get the sound in your ear, then the second two bars without changing the fingering. Bend the pitch down to make the different notes.



Another good mouthpiece exercise is to play any of your performance literature on the mouthpiece. This is especially helpful for passages that require large interval jumps or sections where you have a hard time hitting the right partials.

- 1. Hum or sing the passage to yourself so you hear the pitches you will play.
- 2. Play the passage with only the mouthpiece, in your left hand, with correct tonguing and dynamic levels.
- 3. Now play the passage on the mouthpiece again, but with your right hand finger the notes on the trumpet valves as you play them.
- 4. Put it all together and play the passage. If you still struggle with hitting the right notes, go back to step 2 and repeat.

Example #1: Reedley High School "Fite" Song Opening







Example #3: Star Spangled Banner Fanfare



Mouthpiece #3: Lip Bends 2

- Try this exercise on your mouthpiece in these steps:
 - 1. Mouthpiece only
 - 2. On the trumpet, normal fingerings (bend 2nd to last note)
 - 3. On the Trumpet, using only the fingering listed at the beginning of each line



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Flexibility

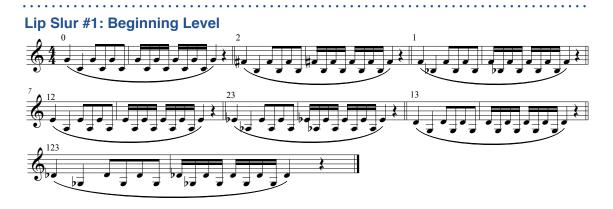
What is a Lip Slur?

A lip slur is the technique of moving from one note to another using the same fingering without tonguing between notes. This is an essential skill of a brass player, and one that takes development over time to do well. However the work in lip slurs pays off in increased flexibility, endurance, range, tone, and note accuracy.

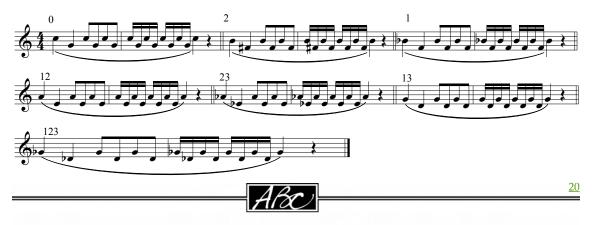
There are two basic forms of lips slurs: multiple note exercises and two note exercises, otherwise known as "shakes". Lip shakes are used a lot in jazz or pop music and they consist of rapidly moving between two notes. To do them the air speed must change with the lip muscles rapidly flexing back and forth. Concentrate on air speed: blow faster air for moving up, relax for lower notes. Your embouchure will flex more along with the faster air, relax with the slower air.

Keys to Lip Slurs:

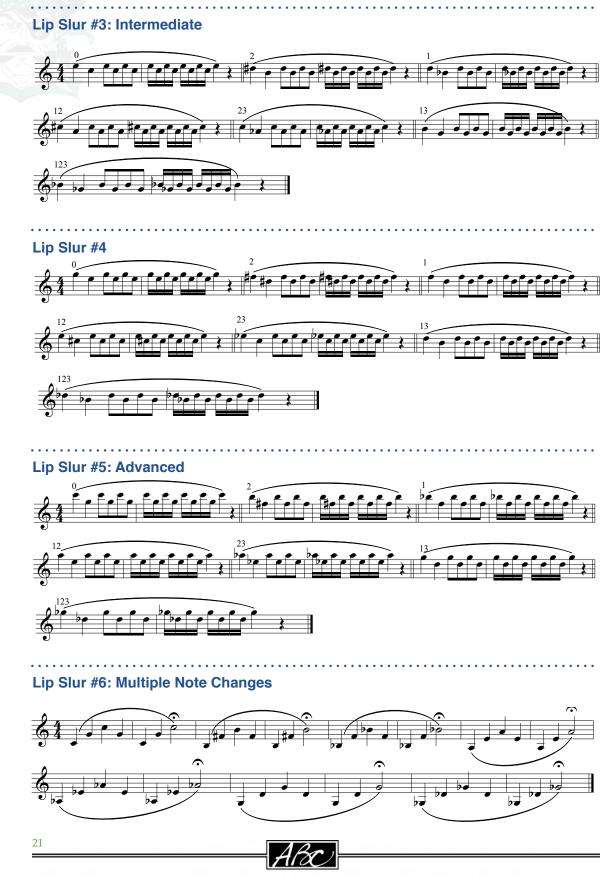
- 1) Do not move your jaw! It should be stable and consistent.
- 2) Play these with a metronome and start slow! Always play with control.
- 3) With your tongue think "Ah" for your lower notes and "Ee" for your upper notes
- 4) Play each note with an even volume and full tone: always try for a beautiful sound!



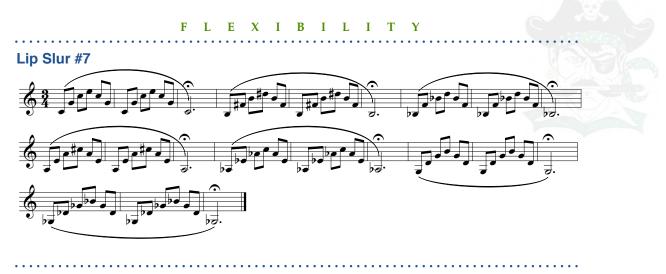
Lip Slur #2



F L E X I B I L I T Y



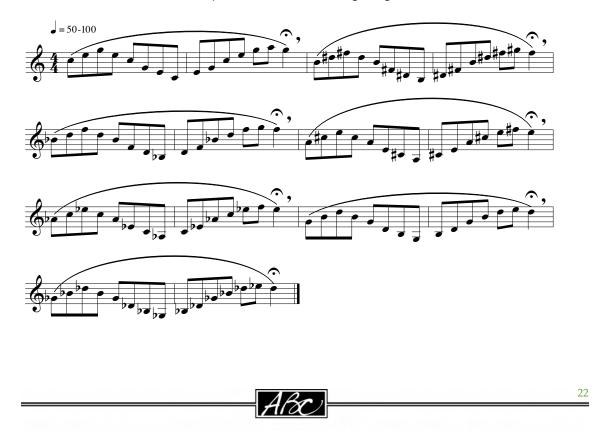
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Lip Slur #9

Use a combination of lip slurs and normal fingerings.



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. Lip Slur #10

. . .

Try this one on the mouthpiece first: don't use pressure for the upper notes!



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Low Tone Exercises

When most people think of the sound a trumpet they think of a brilliant high sound, not low notes. So why practice low notes on a trumpet? There are actually some really good reasons for any brass player to play really low notes. For instance:

- They allow your embouchure to relax and help get the blood flowing to your muscles used for playing.
- They take a lot of air and train you to use lots of air along with deep breaths.
- They train your ear to create the correct pitch with your embouchure.
- They increase your high range by exercising your embouchure without excessive pressure.

Playing slowly and softly in the low register requires extreme control. As the volume of air increases in the low register, the embouchure must resist it. Low register practice also demands breath control and capacity. We use much more air in the low register than in the upper register. It is necessary to breathe deeply in order to play for any length of time in the low register.

Most students are taught to expand their range incorrectly. Young trumpet players are told to loosen the embouchure to play low and tighten to play high. This simply results in a tubby, unfocussed low register and pinched high register. It also causes the low notes to play flat and the upper notes to play sharp.

Producing a focused low register demands embouchure strength and aperture control.

- If the air speed is too great, the embouchure will be blown open.
- If the aperture is not firm and focused, the sound is airy or fuzzy.

PEDAL TONES

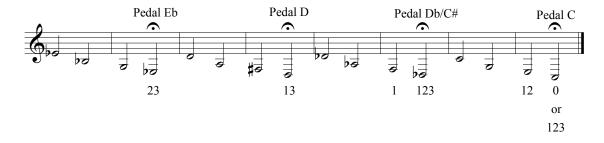
These low notes are called "pedal tones," and get their name from the lowest notes on an organ played by the musician's feet. They are actually not real notes in the trumpet playing range, but are forced out by bending the pitch down using your embouchure and slower air speed. To get the right feeling try playing as low as you can with just your mouthpiece: you are probably playing a pedal tone! Now all you need to add is the horn!

The following example should be played taking a HUGE breath each time you breathe! Play each fermata note for as long as possible. If you have trouble finding the right pedal tone pitch just get as close as you can. As you become more proficient in your pedal tones you can increase your volume to work your embouchure even more!

L O W T O N E S

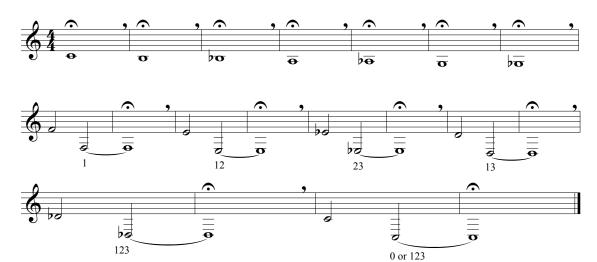
Pedal Tones #1





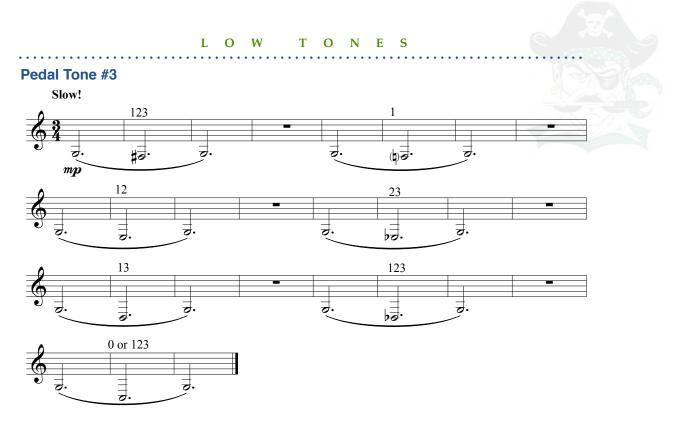
Pedal Tone #2

The second line uses upper notes to give your ear a reference pitch to find the right sound in the lower octave. Do not worry about getting the pitch exactly right.



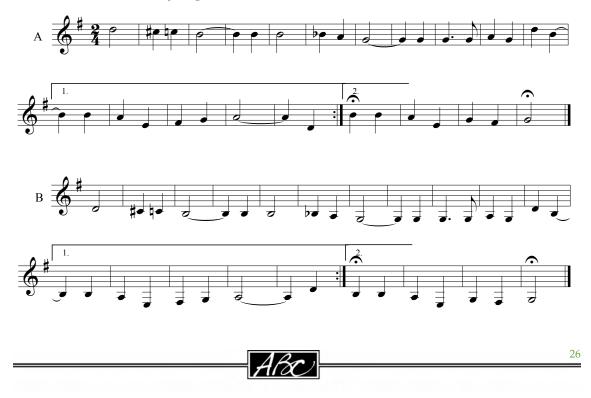
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Another good source of material for low register playing is to take simple songs or your easier material and play it down an octave using pedal tones. Just read the same notes and use the fingerings from the previous page. For instance, example A becomes example B:

Pedal Tone #4: Reedley High School Alma Mater



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There are two different sets of notes we refer to when we talk about how high or how low we can play: our range in the practice room and our "usable" range on stage or in rehearsals. In the practice room we play with a range of notes that we are working to improve and develop. This is our "possible" range. However our "usable" range of notes what we can play with control, consistency, and a full tone. The task is to extend this usable range in the practice room to use in rehearsals and performances.

It is important to stress that although high range is a desirable thing for all trumpet players, it is not as important as good tone, musicality, flexibility, or good intonation. Often trumpet players have the mentality that higher, faster, and louder is better. This is not necessarily true. *Better is simply better.* All areas of playing should be improved.

Range Check-List

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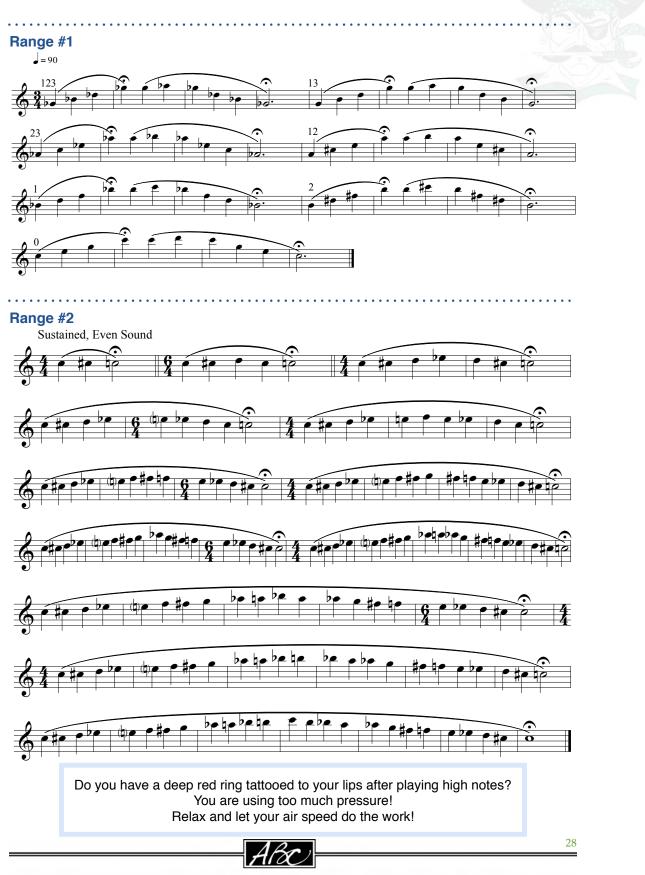
Having a powerful high range is always something we listen for in a trumpet section, yet there are tricks to develop this that will allow a player to develop that sound correctly. Some basic principles must be understood to improve your range:

- 1) Be patient! It takes time and daily work to improve your high range. Be consistent by allowing your muscles and technique to develop over time.
- 2) NEVER USE MOUTHPIECE PRESSURE FOR HIGH NOTES! Some players force their range by pressing the instrument into their mouths. This may work but it can seriously damage your teeth and lips, as well as producing poor tone and pitch control. Cheating will not only produce no benefits, but it can ruin what you have already developed.
- 3) Air control and support are paramount in high range playing. The best way to develop this is with **low range playing.** The support needed for the bottom of your range will assist your upper range playing. For every minute you spend on upper range playing, spend two minutes on low register. Pedal tones are best.
- Flexibility studies improve your muscle control and pitch accuracy. This strengthening will enable you to reach higher and higher notes. This is probably the most important aspect of range development.
- 5) Place your tongue as though you are saying "Ahh" so your sound will be open and full. Now try saying "Eee" with a raised tongue: this will speed up your air stream and will raise the pitch, but will result in thinner tone. Try to play all notes with an open "Ahh" sound and only use the "Eee" to kick the pitch up (on lip slurs and big interval jumps).
- 6) Remember to Rest! Take frequent breaks in between playing high note exercises, and rest more than you play. When you feel tired= stop!

For these exercises remember to slur up to the top notes. Use your air speed to reach higher, not pressure. You are not trying to play with more air, just *faster* air. High notes actually take less air, but it is extremely fast air! We call this "compressed air."







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R A N G E

As you go higher:

- •
- Think "Ah" with your tongue lower in your mouth. To slur to the upper notes think "EE": this will increase your air speed.

Range #3

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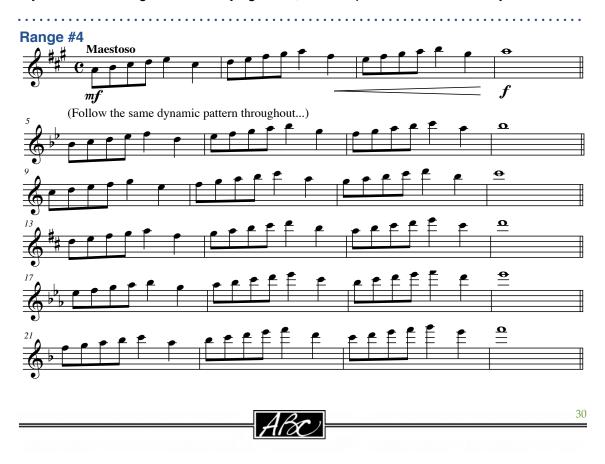
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R A N G E

- Play only as high as you are comfortable, keeping a full, open sound. It way take some time before you can move up a few notes. Don't be in a hurry to develop your high range.
- If you are straining to reach the high note, stop and rest. Try again on the same note. After the third miss, stop and play the warm-down section. Remember, three strikes and you're out!
- Do not play these exercises every day. Taking a day off from these exercises will help your muscles build back stronger.
- The warm-down section is important to get the lip relaxed again. Otherwise your muscles will be tired or sore the next day and will not strengthen as quickly.

I know that there limits to the analogy between strength training and expanding trumpet range, but one of the basic ideas is to work out with a weight that you can lift several repetitions. For example 3 sets of 10 reps will build strength faster than only maxing out on the heaviest weight possible for one rep. In brass playing this translates to concentrating on your range expansion using a range that is lower than the highest notes you can muscle out ("usable" verses "possible").

Okay, so some of these exercises are very high and most of us cannot hit a lot of these notes. There are a lot of people, however, who can play (and play very well) these notes (and higher!). There is also a fair amount of jazz band music which goes this high. Keep in mind that you are exercising your lips, breathing muscles, and embouchure. Remember to rest for a bit after each line. You might even try playing soft low notes for a few moments. This will relax your chops and get blood back into them. If you are becoming sore while trying these, then stop and come back a day or so later.



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Endurance

"How do I get more endurance?"

There is not a simple answer to this question. Just as with the topic of range, to develop long lasting endurance more concentration should be given to what *not* to do and let the muscles develop with repetition. Avoiding mouthpiece pressure, blasting too loud, playing with lip pain, all of these will harm a player's playing ability. If you start to experience pain: stop! Doing damage with lip pressure or playing too loud will actually slow your development, not help.

How to Build Muscle Strength

Muscle strength is the most obvious factor in endurance development. We all know the feeling of tired "chops" in a rehearsal after not playing for several weeks or more. What is actually happening is your muscles are repairing themselves after working hard. This is how we become stronger: *by allowing our chops to rest and repair in between playing sessions*. If we do not let our muscles repair we could actually damage them and slow the repair process.

It is important to warm-up properly before working on endurance, and also to warmdown (more on this later). All the previous exercises in flexibility, range, long tones, etc. will help build up endurance if done properly. Here are some simple exercises to also build endurance:

Endurance #1: Pencil Bench Press

This exercise has nothing to do with playing and is done away from the instrument. Find an unsharpened pencil. Close your teeth, and support the tip of the pencil between your lips by either end. Do not use your teeth (keep them closed) or thrust your jaw! Use the lip muscles to keep the pencil in place and horizontal. When you begin to feel the lip muscles burn you are doing it right! At first 30 seconds will seem like a long time. Your goal is to do this 3-4 minutes a day. Once you can do the entire 3-4 minutes at one setting you are done. Do not do more than 4 minutes any day. It can stiffen the chops and hinder flexibility, tone soft playing etc. Think of this as weight lifting for your face!

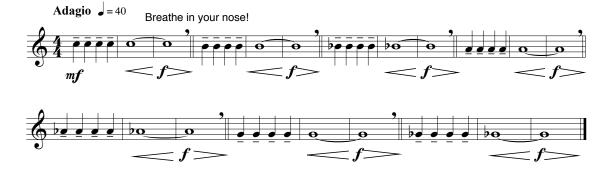


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E N D U R A N C E

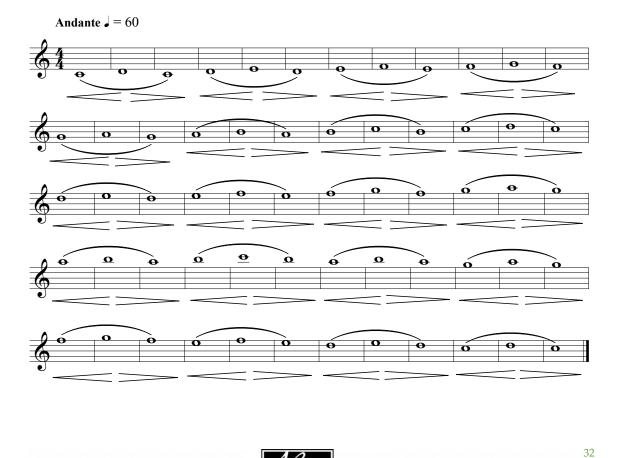
Endurance #2: Long tones

Play any long tone exercise, holding each note for one full breath. Take a deep breath for the next note, but with one important element: keep your lip corners "set" or firm and **breathe in through your nose**. You will start to feel a burning sensation after some time, and this means it is working! After you finish the exercise make sure to rest.



Endurance #3: Long tones 2

Set a metronome for 60 bpm or slower, and be sure to hold your loudest volume for two beats before starting the decrescendo.

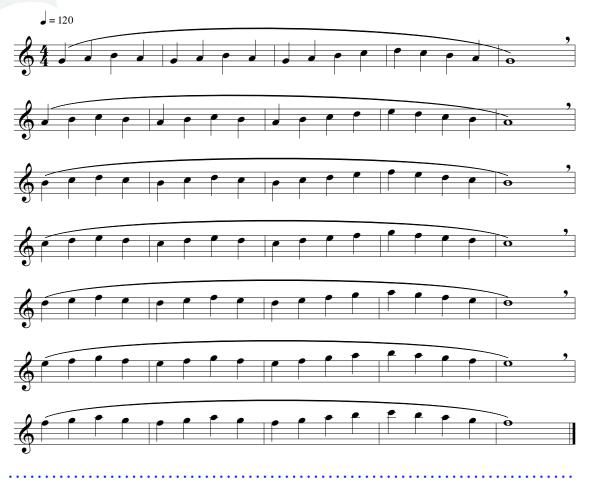


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APX

Endurance #4: Long Phrases

Play each line using one deep breath. Keep your volume the same for the whole exercise. As you become stronger try playing it with a louder dynamic level.



Projection

The difference between an efficient player and a tired player is the use of air support while playing. Using proper air speed to change notes instead of muscle straining will increase endurance and range, not to mention improve the tone of the player. Project the notes where they belong. We want to project notes like this:

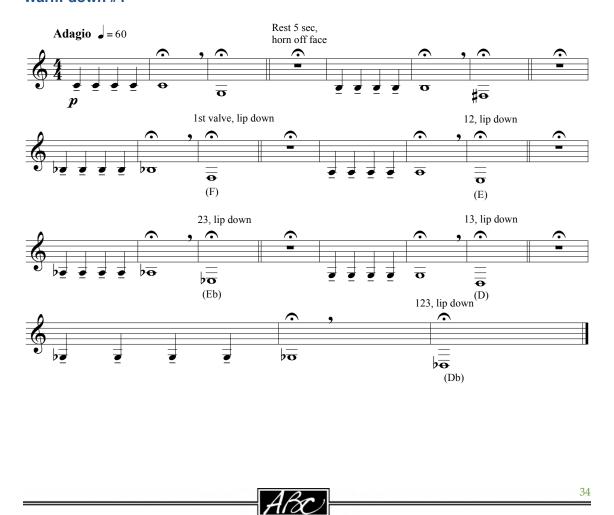
- Low G rolls out of the bell
- Low C goes out 5 feet
- Second line G goes out 8 feet
- 3rd space C goes out 12 feet
- G on top of the staff goes out 20 feet
- High C goes out 40 feet
- G above high C goes out 80 feet

33 F A

Warming Down

Even though all these exercises are geared to be played as a warm-up before playing other material, there needs to be said something about how to end a playing session. As our embouchure muscles become tired from playing they build up a substance called lactic acid. It is the burning sensation in the lips or the fatigue we experience after an extended amount of playing. If we simply pack up the instrument and walk away, that lactic acid stays in our embouchure and can cause our chops to feel leathery or unresponsive the next time we try to play. It is important to get that acid out of our muscles so our muscles can repair and feel fresh the next time we play.

Warming down is best done with equal amounts of playing and rest inner mixed. This lets the blood flow better. You will know it is starting to work when your face feels puffy. Play soft, low tones to get your embouchure relaxed and flush out the lactic acid. Playing soft may be hard at first after a long playing session, but by the end you should be able to play at a whisper.



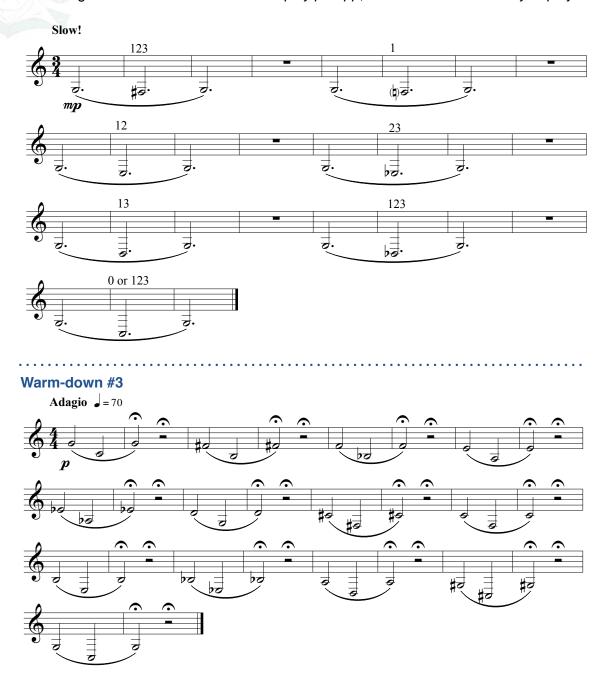
Warm-down #1

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W A R M - D O W N

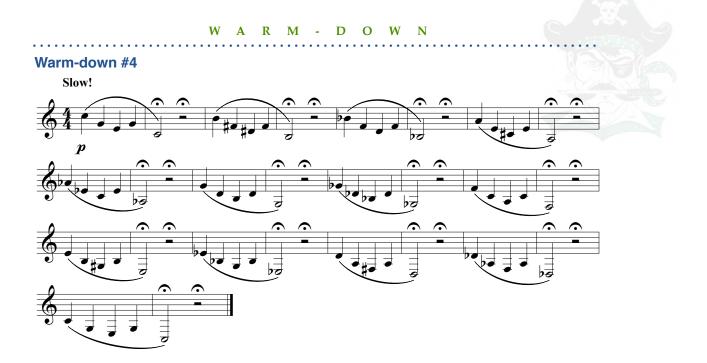
Warm-down #2

Any of our pedal tone exercises can be done as a good warm-down with some slight modification. Remember to play *p* or *pp*, and to rest as much as you play!

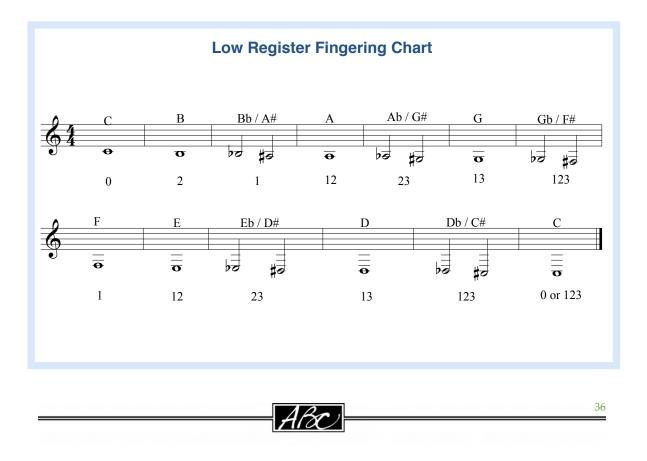


Some brass players will blow through their lips to make a horse sound, soft with a big flapping feeling. This is a quick way to get new blood to the embouchure in between playing, but it does not give the full benefit of a real warm-down.

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Sometimes a warm-down can take only a few minutes, other times a full 15 minutes. Do not go by a clock, but by how your muscles feel. When your muscles are puffy, relaxed, and you can play your low range *pp*, you know you are done. This is especially important if you have multiple playing sessions soon after each other: you will feel more fresh and stronger for the entire set, instead of burning out.



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Trouble Shooting

A musician by the name of Larry Hudson wrote a great article on the trumpet embouchure, and here are a few case studies of his that might help point you in the right direction towards a better sound.

Sound Produced	Causes of Problem	Remedies
No tone, rushing air	Lips not together (spread aperture)	Re-form and maintain "B" position with lips
	Too much pucker in lips ("oo" shape)	Re-form and maintain "B"
	Dry lips and/or dry mouthpiece	Lick lips, inside of mouthpiece
	Insufficient air to make lips vibrate	Review "sigh" breath, use faster air
Airy tone	Lips not together (spread aperture)	Re-form and maintain "B" position with lips
	Too much pucker in lips ("oo" shape)	Re-form and maintain "B"
Tight, thin, pinched tone	Tense, excessively pursed lip formation: biting	Relax; re-form "B" but de- emphasize lip pursing
	Too much pucker in lips ("oo" shape)	Re-form "B" but emphasize no pucker
	Tight, closed throat	Review "sigh" breath, suggest yawn with head up
Stopped (restricted throat or buzz)	Tense, excessively pursed lip formation: biting	Relax; re-form "B" but de- emphasize lip pursing
	Too much mouthpiece pressure towards lips	Relax left hand grip; no right hand little finger hook
	Tight, closed throat	Review "sigh" breath, suggest yawn with head up

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ABC

T R O U B L E S H O O T I N G

Simple Solutions to Tone Problems

Often players will be able to hear tone qualities that they don't like, but won't know what to do to fix them. Here are a few common examples of potential solutions:

Problem: Your tone is described as "airy."

Solution: Be more efficient with your airstream.

What gives the "airy" quality is literally small amounts of air passing over your lips without causing them to vibrate or buzz. There are several things that might correct this.

- First, the aperture of the lips is probably too wide. Correct this by firming the corners of their mouth.
- Second, continue to produce a steady airstream, but use a slightly lower volume of air when you play.
- If that doesn't work, try making minute adjustments in the position of your lips until you find a setting that doesn't waste air.

You'll know you have an efficient combination when most listeners describe your tone as "pure."

Problem: Your tone is described as "stuffy."

Solution: Eliminate tension while playing.

- First, you may be too firm or tense with your embouchure. You may be using a hard "oo" shape or clamping down your teeth. Relax the embouchure and let the lips vibrate more.
- Secondly, you may be closing off your air flow with your tongue and your throat. Try thinking "AH" with your tongue down or imagine that your mouth is full of marbles to get the inside of your mouth more open. Relax and let the air flow out in a "sigh."
- Thirdly, your pitch may be un-centered. This happens when your lips buzz just a little too fast or a little too slow for the resonant frequency of the note you are trying to play. You might be able to correct the problem simply by tightening or relaxing your lips a very small amount.
- Last, you might have an air leak in your instrument. Check the spit valves to make sure they close tightly. If you play another trumpet and the problem is immediately gone, then you probably have an air leak that should be fixed by a repair shop.

You'll know you've fixed the problem when most listeners describe your tone as "resonant."

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Listen to great players! Identify and emulate the sounds that you like hearing in trumpet music.



Mouthpiece Selection

The topic of mouthpieces is a giant topic to jump into and it has a very slippery slope. Most players either have just one mouthpiece they have always used, or are so obsessed with the search for the perfect mouthpiece that they own 20! However it is worth mentioning a bit about mouthpieces in relation to the embouchure because the two work together for effective playing. **Most people have good success with standard size mouthpieces, and do not need a custom piece of equipment.** There can be special facial considerations depending on the shape of a person's mouth, teeth, lips, etc. The mismatch between a mouthpiece and an embouchure can create problems, but with the right match some of those obstacles can be eliminated.

Mouthpiece Anatomy

Cup Diameter:

The size of the opening to the mouthpiece. This is the most common way players compare one mouthpiece to another. This measurement needs to match the size of a player's lips to some degree:

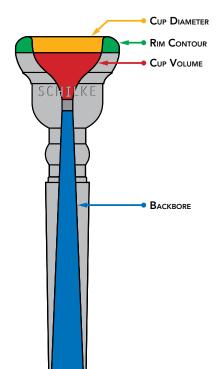
- **Smaller**: for those with thinner lips, also increased endurance. However it tends to have a thinner tone, and increased chance of splitting tones.
- Larger: for those with bigger lips, also for creating a larger, fuller sound. Intonation tends to be more consistent in all registers. Tends to tire the embouchure faster, needing more endurance.

Rim Contour

The shape of the rim, also the point of contact with the instrument where the air seal is created. The "thickness" of the rim or "bite" of the inner edge can greatly affect response and articulation.

- **Thicker**: for those with fuller lips; tends to not cut into the face as much. Increased endurance. This is at the cost of flexibility.
- **Thinner**: for those with thinner lips; tends to increase flexibility and range. This also translates to less endurance and not for those who tend to use too much pressure on the embouchure.
- Rounded inner edge: more comfortable, increased flexibility. However has less clarity in articulation, and notes will not center or "lock" as well.
- **Sharper inner edge**: more articulate, notes will center or "lock" in place better. Flexibility is reduced, and also not for those who use too much pressure.

39	Bai	
	<u>AIO</u>	



MOUTHPIECE SELECTION

Cup Volume

The depth and shape of the mouthpiece "bowl." This greatly affects the tone of the trumpet. It also affects the player's ability to play high or low notes.

- **Deeper:** darkens the sound, more of a classical tone. Requires a stronger embouchure but produces a bigger, fuller sound. High notes are more difficult.
- **Shallower:** brightens the sound, more of a pop or jazz tone. High notes are less difficult. A shallow cup offers more resistance to the player.

Backbore

This describes the taper or throat of the mouthpiece. It has a big affect on the resistance on the air while playing, as well as intonation to some degree.

- **Tighter, smaller:** offers more brilliance and control, also more resistance. Will assist a player in the upper register. Can also sound stuffy. Flattens high register.
- **Open, larger**: offers a darker, thicker sound with more volume. Can be harder to control and is less stable without a strong embouchure. Sharpens high register.

Mouthpiece Choices

Most mouthpiece manufacturers have done a great job of combining the elements of the mouthpiece for different styles of playing. Smaller cup diameters and volumes tend to go with smaller backbores, and these combinations work best for most players. There are many, many good brands of mouthpieces to choose from, and each has a different feel or characteristics to their products.

Most mouthpiece models have several variations or combinations available. For instance, lets take a Bach 5C mouthpiece and look at the different variations:

Model	Сир	Description
5C	Medium	Rounded edge, lively tone
5SV	Shallow	Medium Sharp edge, for a brilliant upper register
5B	Medium deep	Medium Sharp edge, fuller tone
5A	Very deep	Medium rounded edge, with a dark, full, mellow tone

As you can see it is easy to take a common mouthpiece and find a similar version with the characteristics you desire. You can see how this becomes obsessive!



MOUTHPIECE SELECTION

Type of Playing	Size #: Bach	Key Aspects	Considerations
Middle School / Beginner	7C	Medium size, medium sharp inside edge	Probably the most widely used model in the world. Brilliant tone.
Advanced H. S.	5C	Medium wide, well rounded rim	For players with a strong embouchure who do not like a sharp edge. Rich tone.
	3C	Medium wide, medium deep	Fairly large cup, good for all- around playing.
	2C	Deep cup, medium wide	Powerful tone. For players with a good embouchure.
	11EW	Small cup, Shallow	Designed for the extreme high register. Very brilliant, piercing.
	3E or 3F	Large cup, Shallow to Very Shallow	Preferred by players who want a large mouthpiece but facilitates the high register.
Thicker lips	7CW	Medium deep, wide rim	Same as 7C but with a cushion rim for heavier lips.
	3CW	Medium cup, wide rim	Same as 3C with wider cushion style rim.
Thinner lips	9C	Medium size, lowered toward the outside	Suitable for all-around playing for those with narrow lips.
Protruding Teeth	8	Fairly wide, with rounded inner edge	Same cup as 7 but with a more comfortable rim for protruding teeth.

Here are a few common and recommended mouthpiece sizes for developing players:

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ABC)

Suggested Materials

Tumpet Method Books

1) Arban's <u>Complete Conservatory Metho for the Trumpet, Eb Alto, Bb Tenor, Baritone,</u> <u>Euphonium and Bb Bass in Treble Clef</u>. New York: Carl Fischer Inc., 1982

This is probably the most comprehensive method book for trumpet on the market. Even though the book is well over 100 years old, the 150 songs, 68 duets, 14 characteristic studies, fantasies and other solos included in the hundreds of pages are relevant to the student wishing to learn slurring, scales, ornaments and tonguing. Arban gives short explanations for all skills, but the majority of the book contains exercises in various forms.

2) Webster, Gerald. <u>Advanced Method for Piccolo Trumpet Volumes 1 & 2</u>. Nashville: The Brass Press, 1980.

For the sophisticated, advanced high school student with exceptional high range who requires enrichment. Webster outlines background information on Baroque playing, emphasizing ornaments through drills, etudes, and duets. 72 and 60 pages respectively.

Trumpet Study Books

Easy

1) Clarke, Herbert L. <u>Elementary Studies for the Trumpet</u>. New York: Carl Fisher, 1936.

For the private teacher and student. Articulation emphasized. Student plays high A and low F by the end of the book. 53 pages.

2) Gordon, Claude. <u>Physical Approach to Elementary Brass Playing</u>. New York: Carl Fischer.

Takes a chromatic approach for the beginner. Progresses very quickly. Uses "tee" for high notes (vowel formation approach). 64 pages.

3) Getchell, Robert. First Book of Practical Studies for Cornet and Trumpet.

Student begins with c-scale range and progresses to a high G. Also useful for beginning piccolo trumpet players. There is also a second book. 32 pages.

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SUGGESTED MATERIALS

4) Rubank's Elementary Method. Chicago: Rubank, 1934.

Initial range is also to the third space C. Works up to a high G. Includes duets. 48 pages. Also available for intermediate and advanced levels.

Intermediate

1) Clarke, Herbert L. <u>Technical Studies for the Cornet</u>. New York: Carl Fischer, 1984.

Instructions in German, English, and French. All key signatures as well as the chromatic scale are used in these studies. 53 pages.

2) Concone, Giuseppe. The Complete Solfeggi. New York: Car Fischer, 1998.

Intermediate to advanced studies. 144 pages.

3) Hering, Sigmund. <u>40 Progressive Etudes</u>. New York: Carl Fischer, 1945.

Students require an initial range to an E in the staff, using only quarter and half notes. Leads to a high G and use of sixteenth notes. 44 pages.

4) Irons, Earl D. <u>27 Groups of Exercises for Cornet and Trumpet</u>. San Antonio: Southern Music Co., 1966.

Flexibility and range-development exercises from beginner to advanced levels.

5) Tyrel, H.W. <u>40 Advanced Studies for Trumpet</u>. Boosy and Hawkes, 1942.

Intermediate studies in many key signatures. First exercises have a high A.

Advanced

1) Brandt, Vassily. <u>34 Studies for Trumpet</u>. New York: International Music Co., 1956.

Studies Only, no instruction. 35 pages.

2) Clarke, Herbert L. Characteristic Studies. New York: Carl Fischer, 1963.

Technically difficult melodic materials.

3) Sachse, Ernst. <u>100 Etudes for Trumpet</u>. Oyster Bay, New York: M. Baron Co.

Transposition studies.

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S U G G Ε S Т Ε D Μ Α Т Ε R ΙΑ L S

4) Stamp, James. <u>Warm-ups and Studies</u>. Bulle, Switzerland: Editions Bin, 1981.

Extended range necessary. Begins with D below middle C and high C above staff.

5) Thibaud, Pierre. <u>New Trumpet Techniques</u>. Paris: Alphonse Leduc, 1975.

Lip slurs and other warm-up material.



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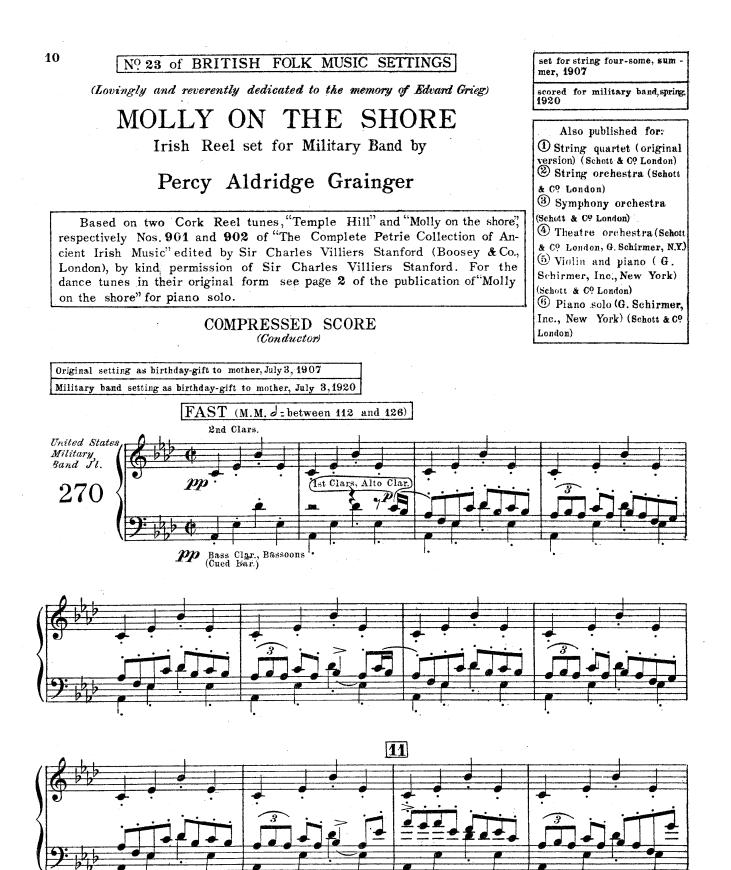
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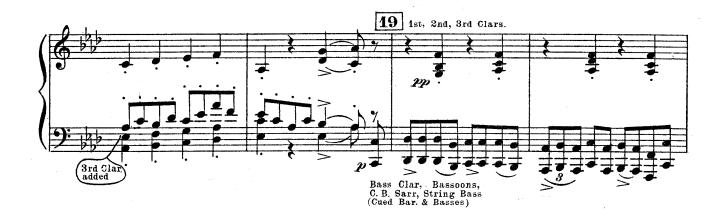




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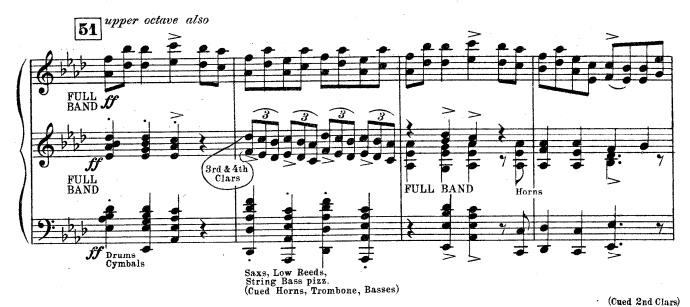
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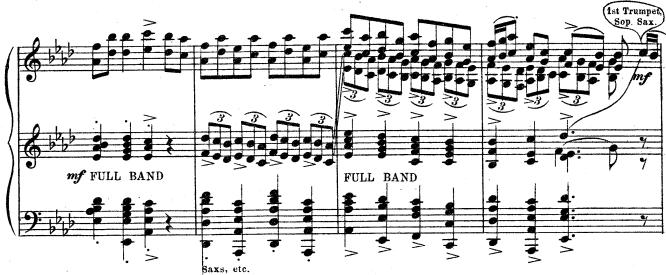






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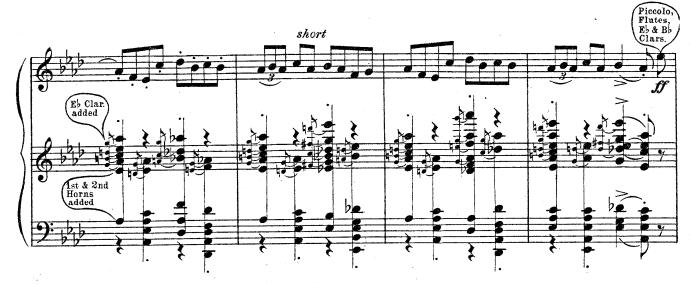








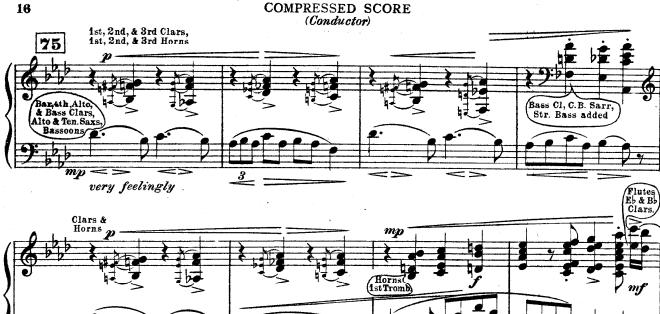
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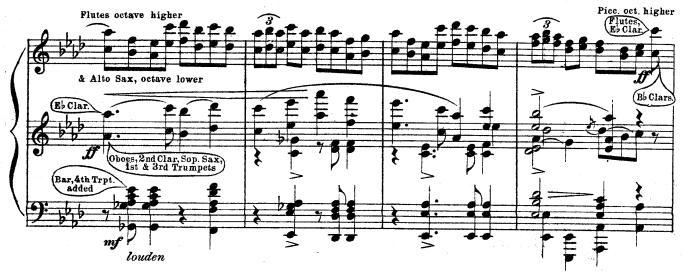


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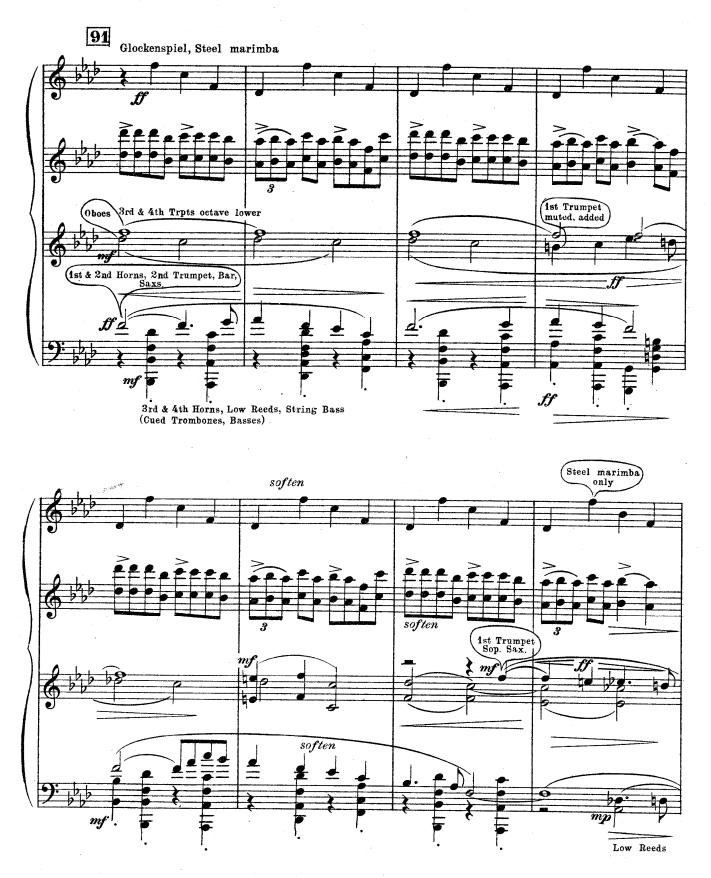








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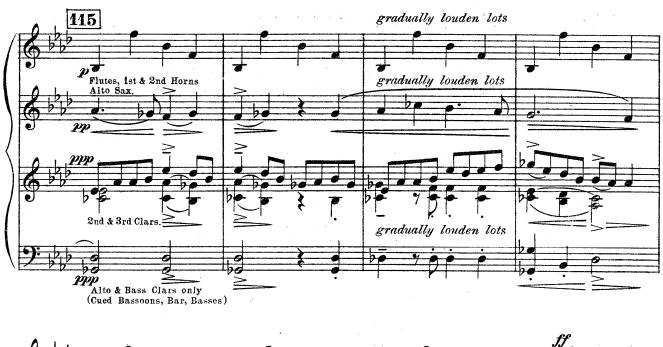




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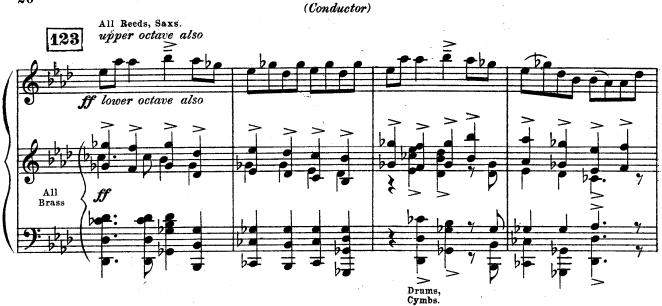
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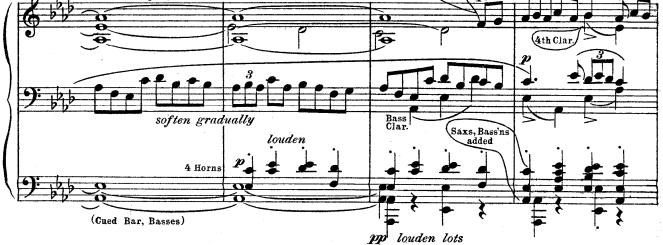


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COMPRESSED SCORE





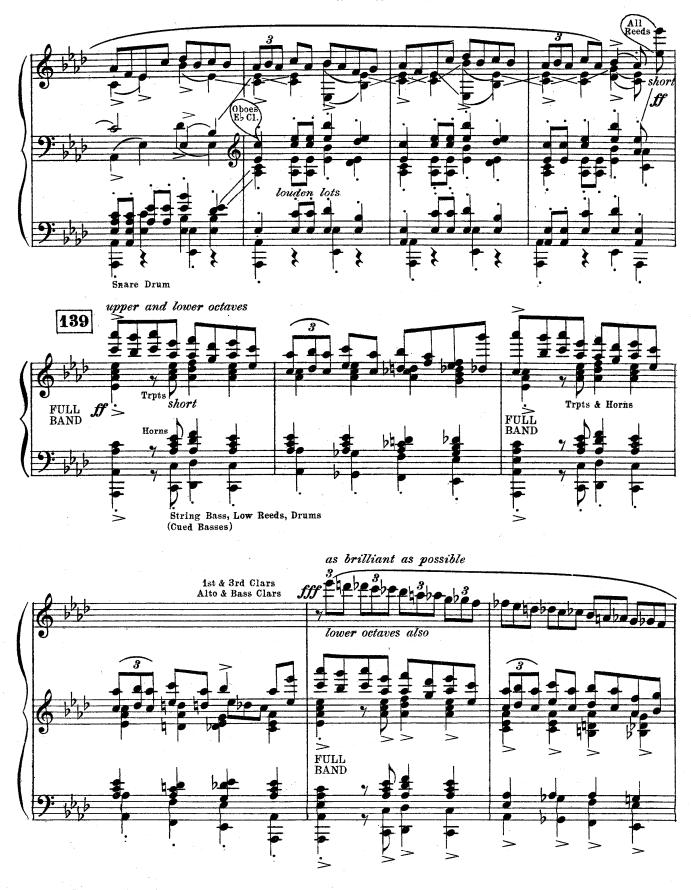
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C.B. Sarr, String Bass pizz, Basses

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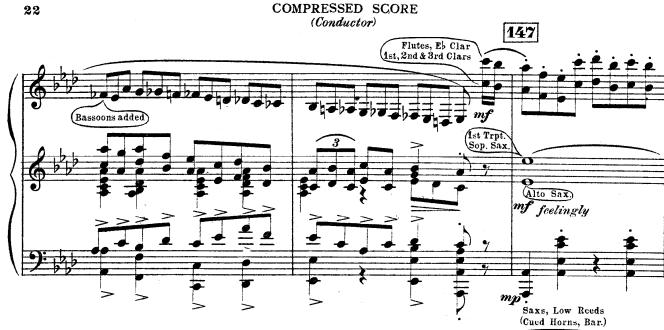
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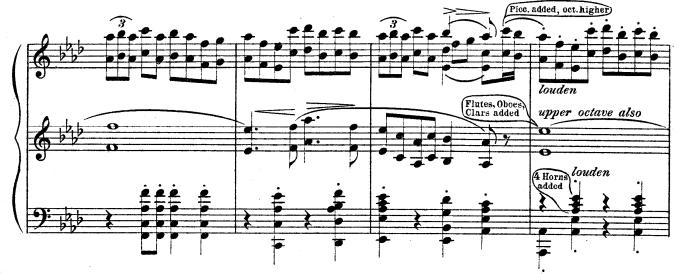


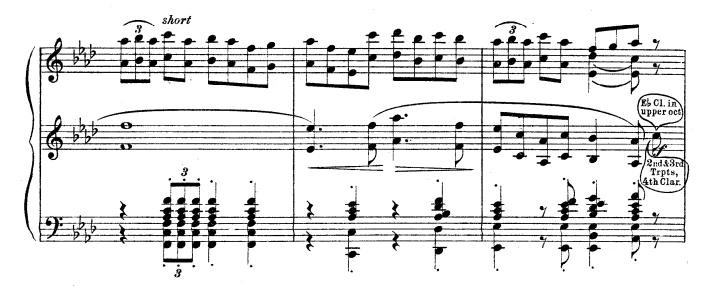
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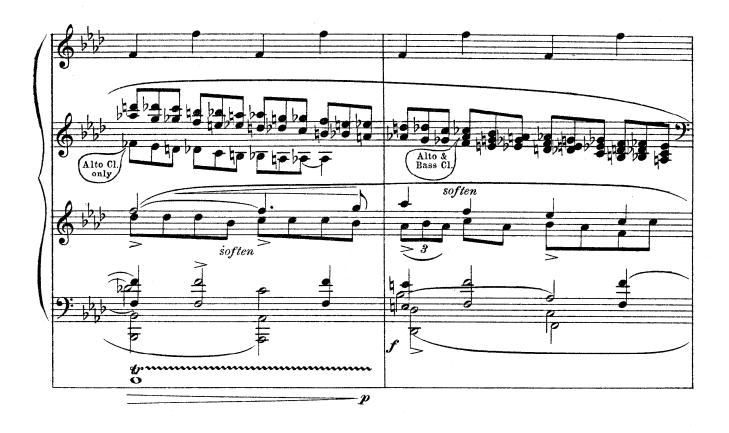


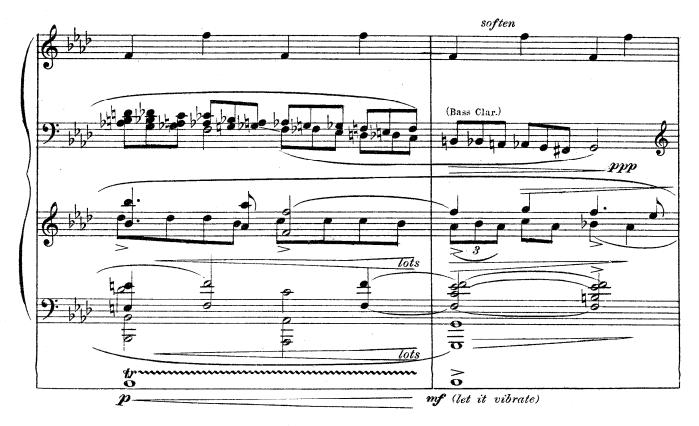
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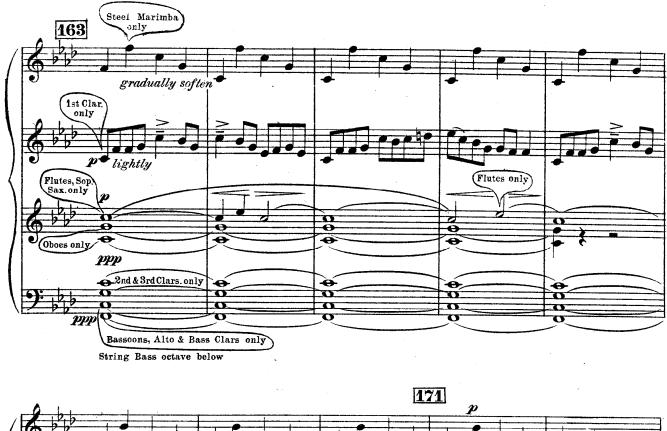
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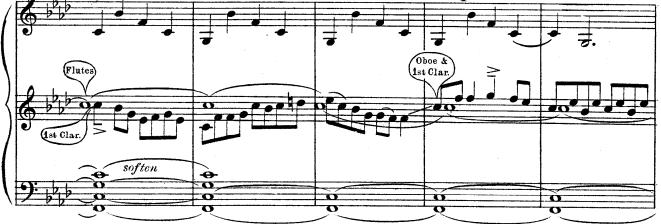




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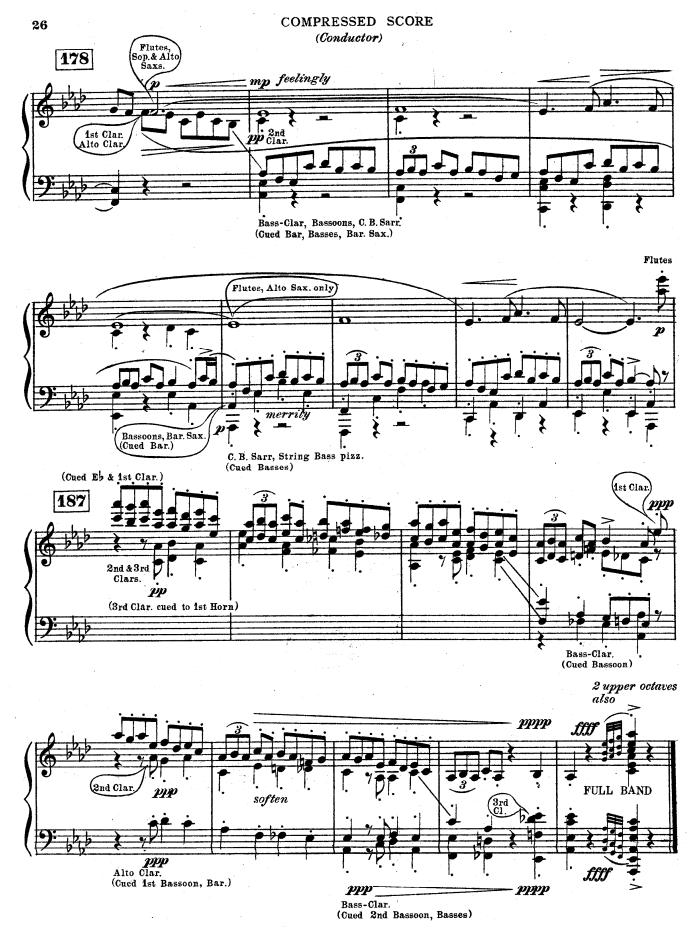
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Irish Reel set for Military Band

Solo Bb Cornet

Percy Aldridge Grainger





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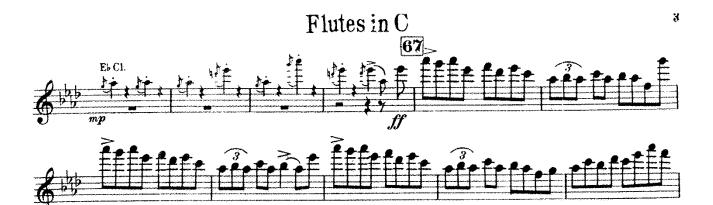
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Db Piccolo



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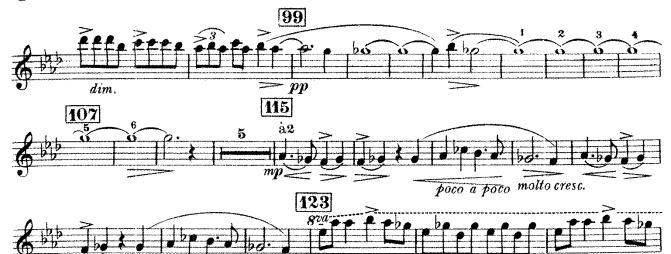














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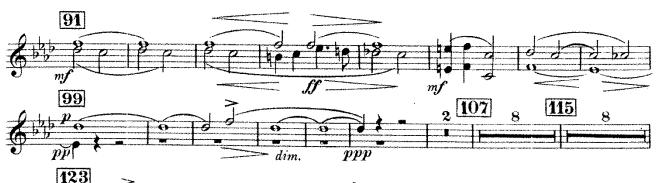
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Oboes

Oboes



















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MOLLY ON THE SHORE

Irish Reel set for Military Band

Bassoons

Percy Aldridge Grainger

















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Carl Fischer, New York.

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Bassoons



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Bassoons



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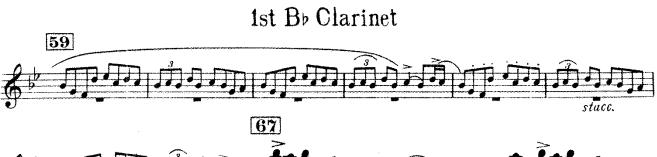
Irish Reel set for Military Band

1st Bb Clarinet

Percy Aldridge Grainger



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1st Bb Clarinet



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MOLLY ON THE SHORE Irish Reel set for Military Band

Eb Alto Clarinet Percy Aldridge Grainger Presto J 11 stacc. stacc. 27 cresc: poco a poco 19 8 p 35







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Carl Fischer New York

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Irish Reel set for Military Band

Bass Clarinet

Percy Aldridge Grainger



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Irish Reel set for Military Band



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Soprano Saxophone



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Irish Reel set for Military Band

Alto Saxophone

Percy Aldridge Grainger



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Alto Saxophone



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Irish Reel set for Military Band

Baritone Saxophone

Percy Aldridge Grainger



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Carl Fischer, New York.



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Irish Reel set for Military Band

1st Bb Cornet

Percy Aldridge Grainger

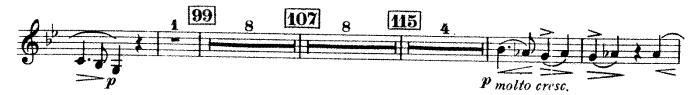


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1st Bb Cornet





















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Irish Reel set for Military Band

1st & 2nd Eb Horns

Percy Aldridge Grainger



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1st & 2nd Eb Horns

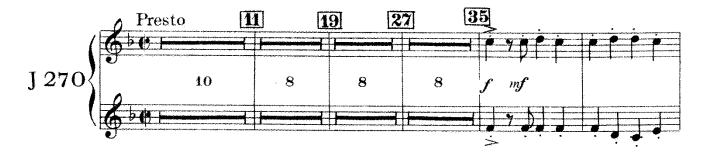


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MOLLY ON THE SHORE Irish Reel set for Military Band

3rd &4th Eb Horns

Percy Aldridge Grainger







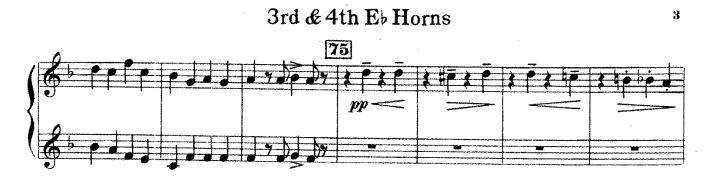




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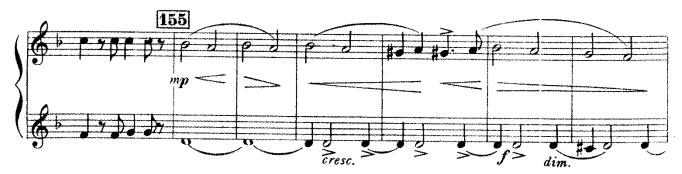
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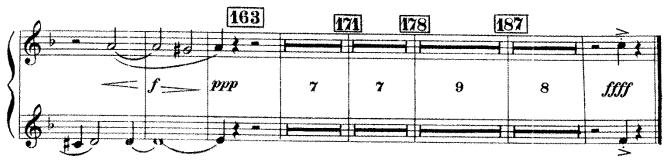
3rd & 4th Eb Horns













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Irish Reel set for Military Band



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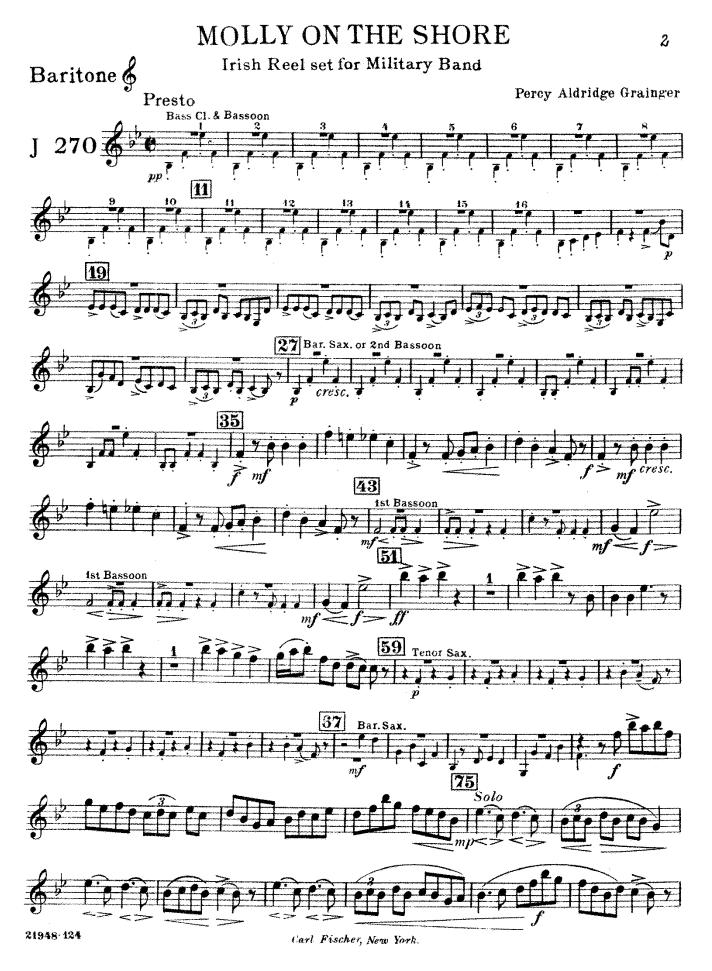


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Baritone 🖗



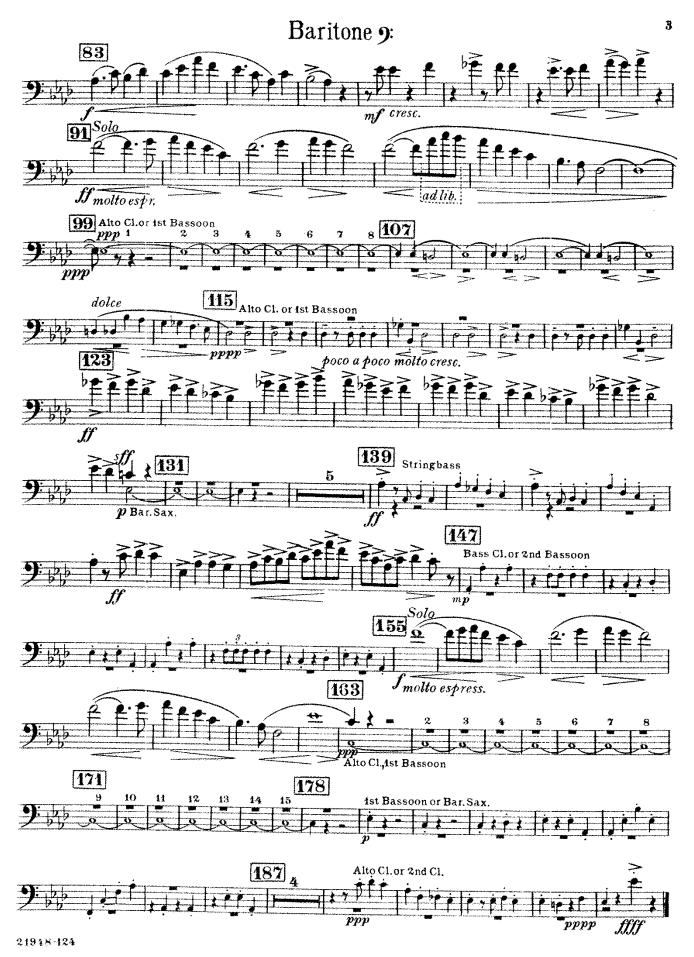
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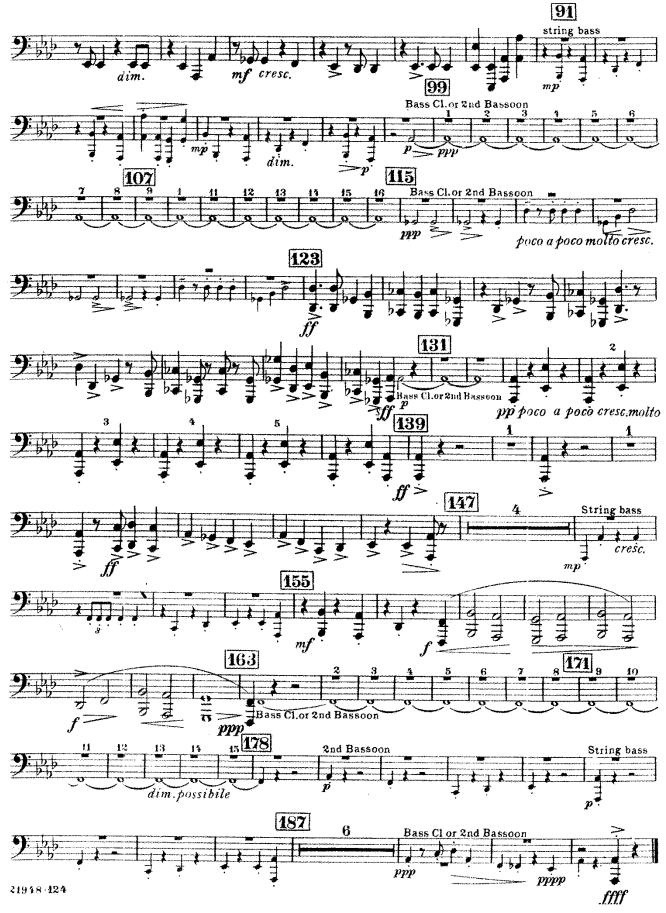
Basses Percy Aldridge Grainger 19 11 Presto 10 String bass J 270 p stac 9. 27 35 String bass String bass cresc. m mf š cresc. 43 String bass or C.b.Sarrusoph 51 mp String bass 訪 m_j 59 String bass or C.b.Sarrusoph. 67 String bass m cresc. 1 75 83 String bass З String bass 2 cresc.

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Basses



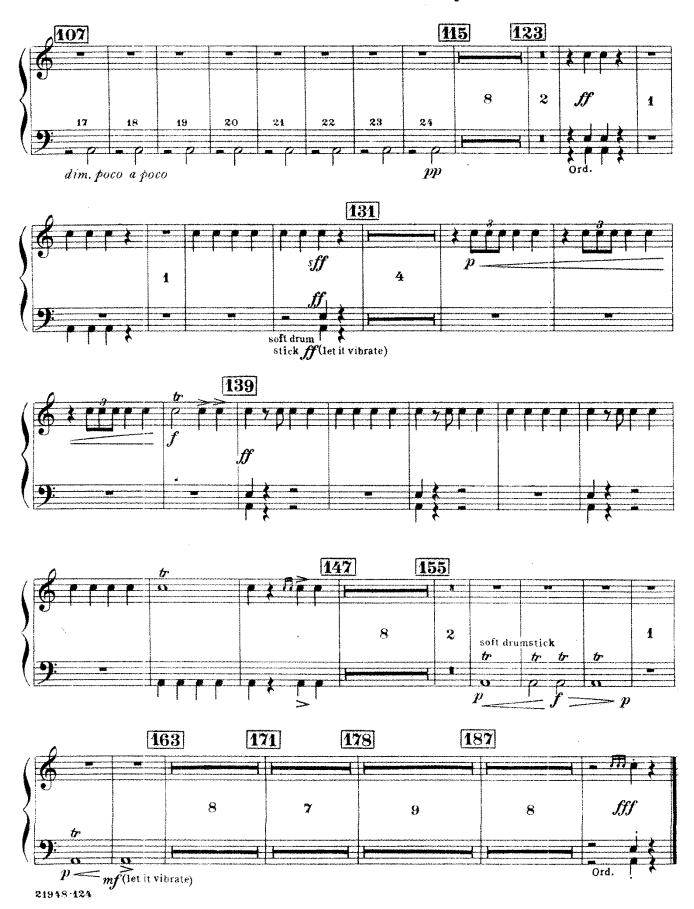
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Second Tier Oboe Techniques

Supplemental Exercises for the Intermediate Oboist

Congratulations, you are no longer a beginning oboe player! You know where to put your fingers, how to get a basic sound, and how to read notes and rhythms. Ready to take your oboe skills to the next level? As a supplement to your lesson book, this book will help you build on your beginning oboe skills by providing information and exercises that will take you to the next level of oboe performance. In this book, you will combine the concepts of long tones, slurs, tonguing, scales, correct F fingerings, left Eb fingerings, octave vents, high register notes and low register notes with melodious exercises to reinforce new skills. Additional resources will provide information to help you buy an oboe and good reeds, along with links to performances by professional oboe players. Throughout the book, QR (Quick Response) codes will be used to link to certain internet resources. These QR codes will make it easy to access online information through your smart phone or tablet. To download a QR code scanner, just access the app store on your device and search for "QR code." And while you are downloading a QR code download scanner, a metronome and tuner, too!

Cover photo Pyramid? by tanakwho. All other photos by Nicolas Propes

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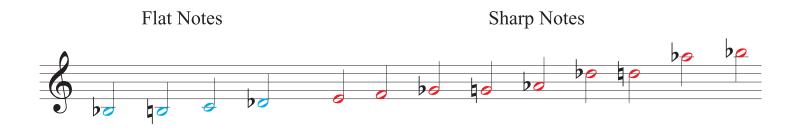
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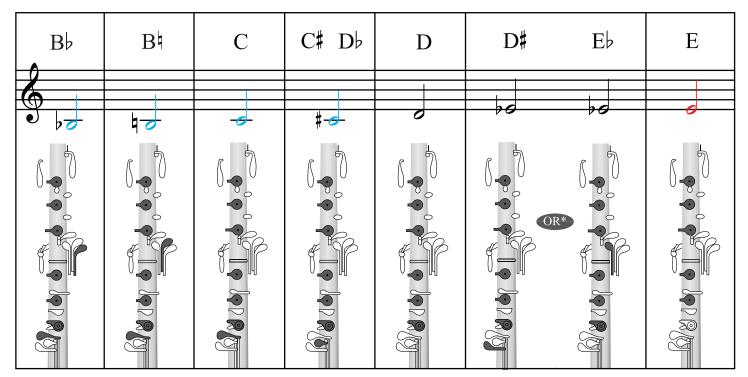
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Fingering Chart

As an intermediate oboe player, you already know the fingerings to most notes, but it is a good idea to have a fingering chart close by for extended ranges and alternate fingerings. Throughout this book, notes that are typically flat in pitch are marked with a blue note head while notes that are usually sharp are marked with red note heads. Be aware of these notes and ready to make adjustments with your embouchure to bring these notes in tune. Check these notes regularly with a tuner as you work on gaining the "muscle memory" needed to play these pitches accurately. However, do not use a tuner all the time as it is also important to develop your ear and make adjustments based on what you feel and hear. Practicing with drones is also a good way to learn to match pitch. QR codes next to various exercises in this book will link to drones to use while you practice.





Note: Not all brands of student oboes have a low B_{\flat} .

*Use left-hand $E\flat$ key if before or after $D\flat$ (C#).

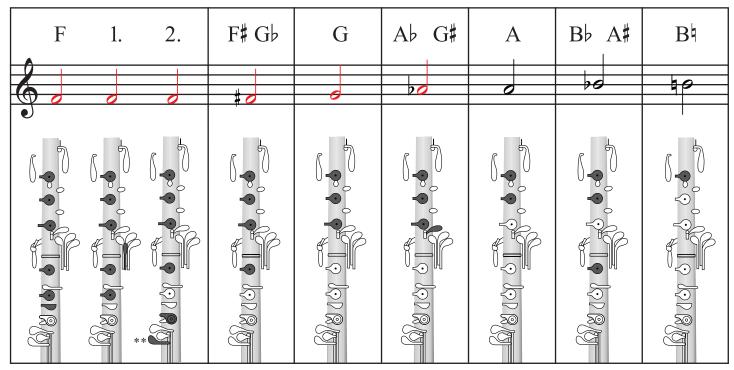
Nicolas Propes

Fingering chart adapted from Let's Play Oboe by Catherine Paulu.



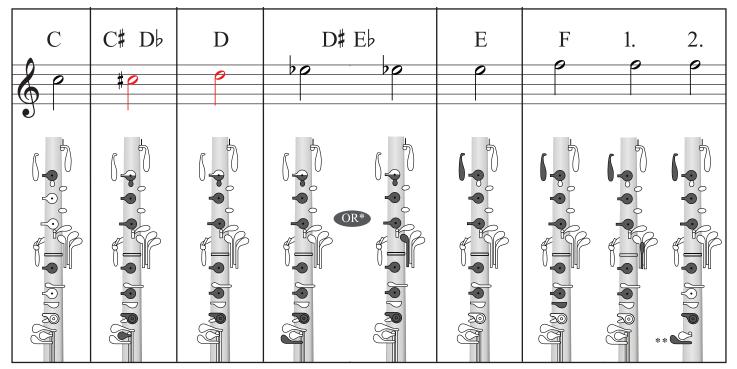
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1. Left-hand F

2. Forked F (Although it is one of the first fingerings learned, Forked F is actually an alternate fingering and should only be used when necessary.) ** Eb Key may be used with Forked F for stability on instruments without the F vent.



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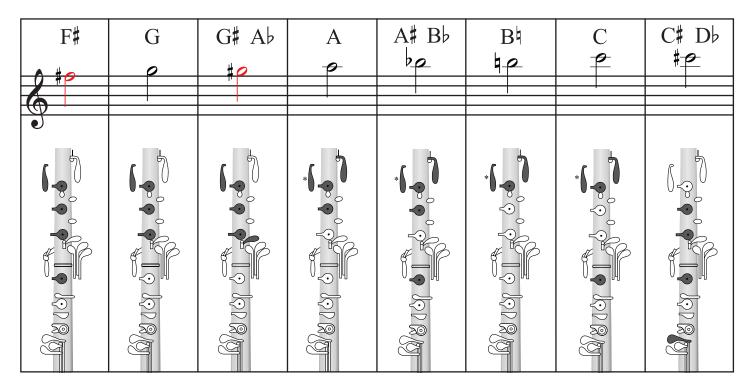


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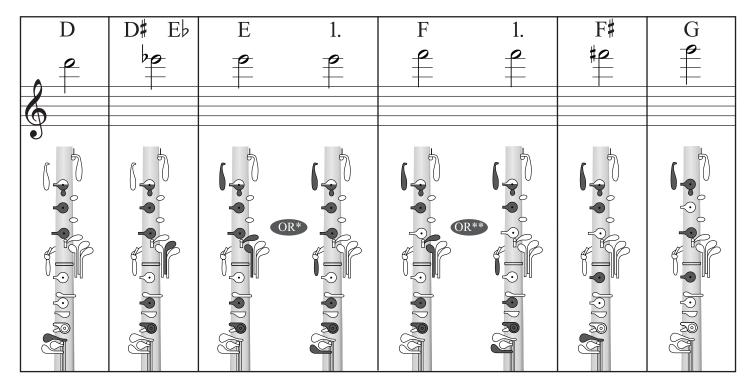
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*Left Thumb Key may be left down to ease facility on A, $B\flat,$ $B\flat,$ and C.



* Use before or after high E♭ (D♯). **Use before or after E♭ (D♯).



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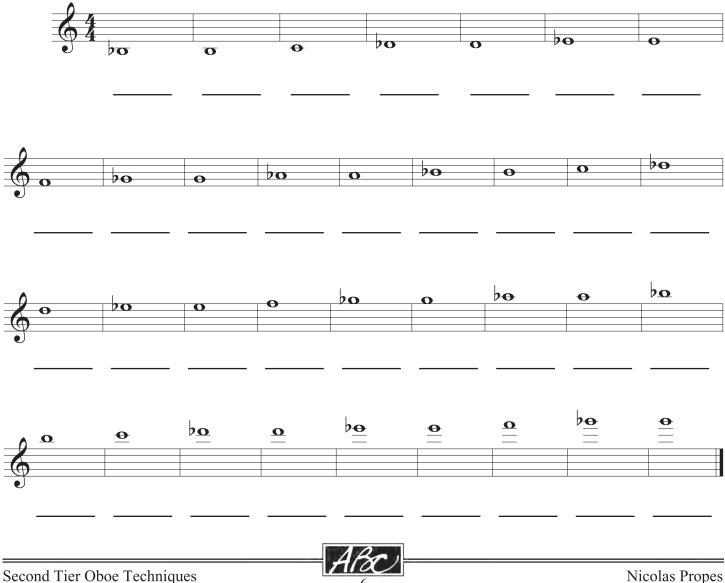
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ersonal Intonati

The notes marked as having intonation issues are only a guideline to notes that are most commonly out of tune. It is impossible to make an instrument that is completely in tune across the entire range of the instrument, but every instrument will have its own tendencies. While the notes marked as such will usually be flat or sharp, the degree to which they are out of tune will depend on the instrument as well as the reed and individual player. Because intonation on the oboe is so finicky, owning a tuner is an absolute must for any true oboe player. Buy one or download an app on your mobile device and use it often.

It is beneficial to make a personal intonation chart and start to understand your tendencies and the tendencies of your instrument. With the help of a friend, use a tuner and this chart to track your personal intonation tendencies. Play and hold each pitch while your friend holds the tuner and notates on the chart a + for sharp or a - for flat along with the number of cents sharp or flat you played. It is important that you not look at the tuner for this exercise and that you not adjust your embouchure excessively since the goal is to track your natural playing tendencies and not how you play when you are trying to match to a tuner.



Second Tier Oboe Techniques

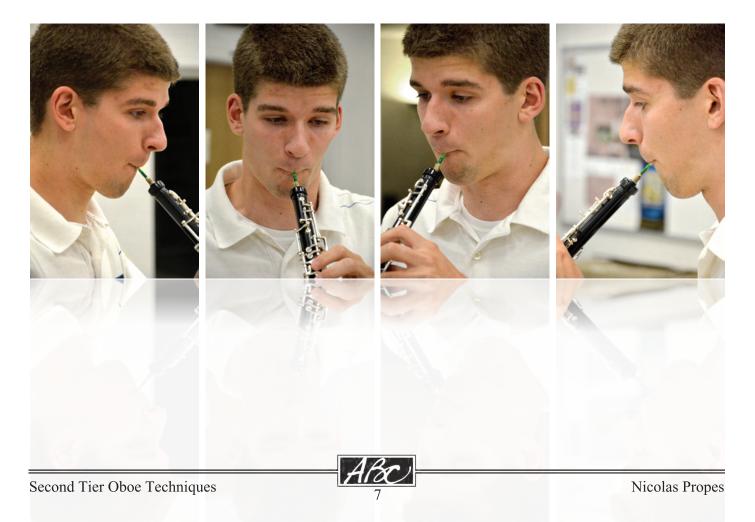
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Reviewing The Basics

Even intermediate and advanced musicians need to remember the basics! Use a mirror or the front-facing camera on your mobile device to check your embouchure and posture regularly to make sure you have not developed any bad habits.

Embouchure

To form a good, cushioning embouchure, pucker your lips as if you were going to whistle and then bring your lips in to cover your teeth and cushion the reed. Support for the reed should come from all directions, not just from the top and bottom. Think of how pulling the drawstrings on a hooded sweatshirt closes the hood from all directions. When done properly, the embouchure will support the reed without changing the opening of the reed tip. Your teeth should always be covered by your lips and should never touch the reed. When forming your embouchure, place the tip of the reed on the lip where the lip goes from dry to wet. As you form your embouchure and bring your bottom lip in, only the tip of the reed will be inside your mouth. The reed should never be in your mouth far enough that your lips touch the string at the base of the reed. It is important to remember that the oboe embouchure is active and flexible. A good oboe player will be constantly adjusting their embouchure while they play. Many of the intonation issues sited in this book can be addressed by actively listening for intonation and making embouchure adjustments while playing.



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Three C's

Embouchure flexibility is important for an oboe player to help manage both intonation and response in the upper and lower registers. Being able to adjust pitch using just your embouchure is a vital tool since the oboe does not have a tuning mechanism. Starting with just your reed, place your lips around the thread of your reed and blow. A good reed, when played in this manner, will "crow" a pitch of C. If your reed does not "crow" a C, buy a new reed or ask a teacher or professional oboe player to help you adjust it. Now bring the reed (no instrument yet) to a good



playing position with just the tip of the reed in the mouth and a good, supportive, round embouchure and match the C pitch you just "crowed" by adjusting your embouchure. Now put the reed in the oboe and match the C pitch playing the third space C. Scan the QR Code to see this exercise performed.

Bending Pitch On The Reed

Once you are comfortable matching C's, it is time to start working on flexibility. Using just your reed and playing with proper embouchure, play a C and try to bend it down a full step to Bb by shaping your embouchure more towards an "OOOOH" shape. Once you are o staio comfortable bending the pitch down, try bending the pitch up to D by making your embouchure into an "EEEE" shape. Finally, combine the two as in the exercise below. Scan the QR Code to see this exercise performed.



You can play a lot of songs with just three notes! Using just your reed, try to play Mary Had A Little Lamb or Hot Cross Buns. As you get more comfortable with three notes, try to bend the pitch down to Ab. The embouchure used to play each note on your reed will correspond to playing ranges on the oboe - A_{\flat} for low notes, B_{\flat} for middle notes, C for high notes, and D for very high notes.

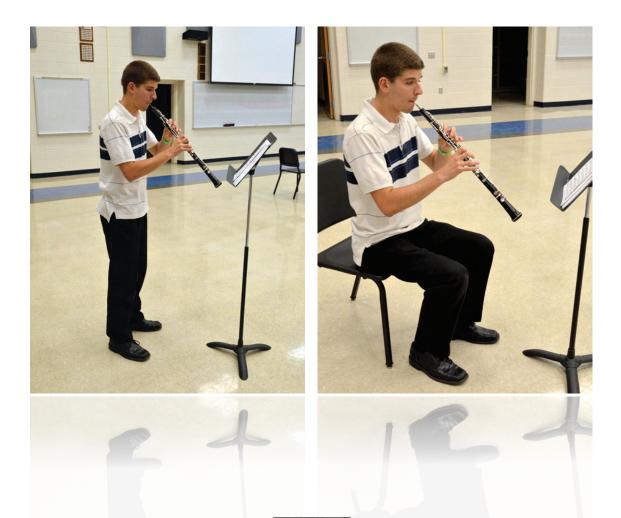


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Posture

Good posture is the most basic building block for any musician. In order to play with good tone and air support, you must be able to breathe properly. In order to breathe properly, the organs in your chest and abdomen must be in the correct position. And in order for your organs to be in the correct position, you must sit with good posture.

Standing is the most natural posture for human beings and puts all of our organs in the correct place. However, musicians, especially those in ensembles, very rarely stand to play. Therefor, we should strive to make our sitting position as much like our standing position as possible. Sit towards, but not on, the front edge of your chair with your knees slightly lower than your hips. This will allow the organs in your lower abdomen to drop down to a natural position and open up room for your lungs to expand. Next, align your shoulders over your hips. Marching band or military style posture (shoulders back, chest out and arched back) is not necessary and only adds tension in your upper body. Finally, align your head over your shoulders. Your neck and throat should feel relaxed and natural since tension or restriction in your lungs to your instrument is always best, so do not put any unnecessary twists or turns in the air stream. When playing, hold the oboe at a 45 degree angle from your body with your arms away from the sides of your body at a comfortable angle.



Second Tier Oboe Techniques



Nicolas Propes

Hand Position

Correct hand position is essential for proper technique, tone, and intonation. When held correctly, the weight of the oboe will rest on the side of the right thumb just above the knuckle, and the instrument will be balanced with the reed in the mouth. Your wrists and all other fingers should remain relaxed so they can move efficiently. Fingers and palms of both hands should maintain a natural curve as if you were holding an egg between your hand and the oboe. Fingertips should be covering the holes in the keys and should not stick out past the edge of each key. The left thumb should gently rest on the back of the oboe, ready to play the thumb octave key when needed. The left index finger should hover just over the side octave key and the left little finger should hover just over the B natural key. The right little finger should rest gently on the C key. Fingers should always hover directly over or lightly touch keys. Any further distance from the instrument will require excessive movement when fingering notes which will lead to inaccuracy, tension, and delay when playing.



Second Tier Oboe Techniques



Nicolas Propes

Warm-Ups

When you play a musical instrument, you are using many muscles in your face, hands, and upper body. Unless you regularly tap your fingers on your desk or exhale for sustained lengths of time, you are likely using these muscles differently than you do for the majority of the day. A good warm-up focused on skills such as breathing, fingering, and tonguing will loosen necessary muscles that may not generally be used during a typical day. The following exercises are good warm-up routines to help focus your thoughts and prepare your body to play music.

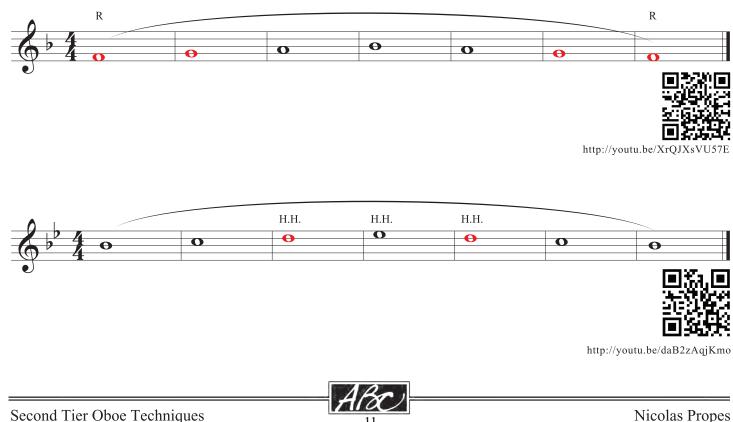
Long Tones

Long tones are an important part of a warm-up because they give you a chance to ease your embouchure muscles into playing and give you time to focus on tone, intonation, and breath support. The goal is always to play with a smooth, even sound from beginning to middle to end.

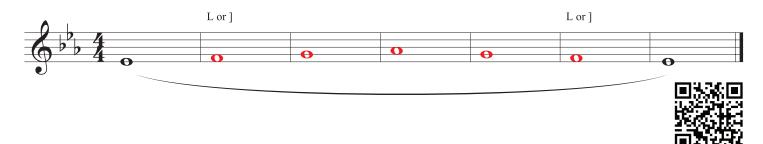
Diatonic tetrachords are groups of four notes that have an interval pattern of whole step, whole step, half step and are the building blocks of all major scales. In every major scale, the lower half and upper half of the scale are both diatonic tetrachords separated by a whole step. The following warm-up exercises use tetrachords in long tones and will give you a chance to gradually warm up your embouchure, posture, and breathing. Tone and intonation should be the primary focus when



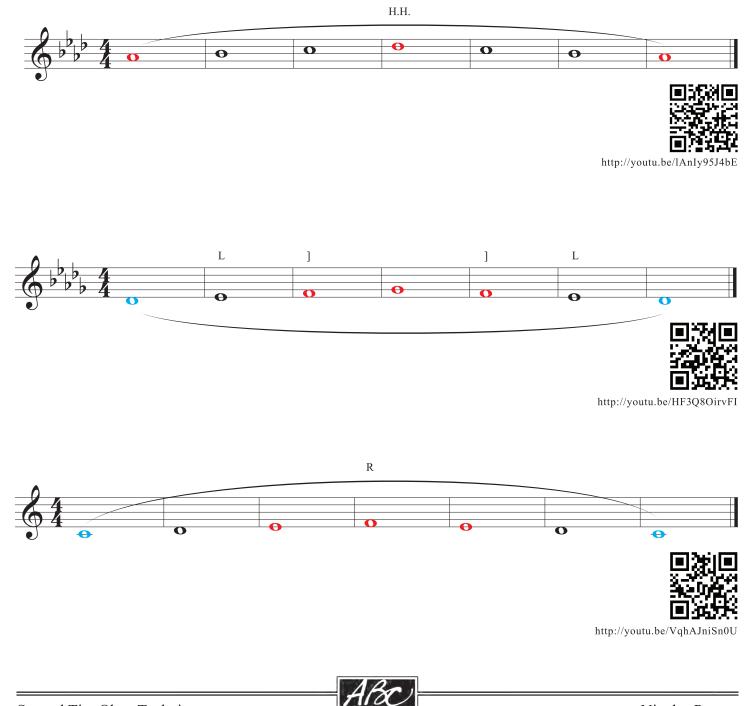
practicing these warm-ups. Improve your intonation by practicing with a tuner or by scanning the QR code next to each exercise to play along with a drone of the root pitch for each exercise. Scan the QR code to the left to see an example of these exercises performed.



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http://youtu.be/m3vriBNWzjo



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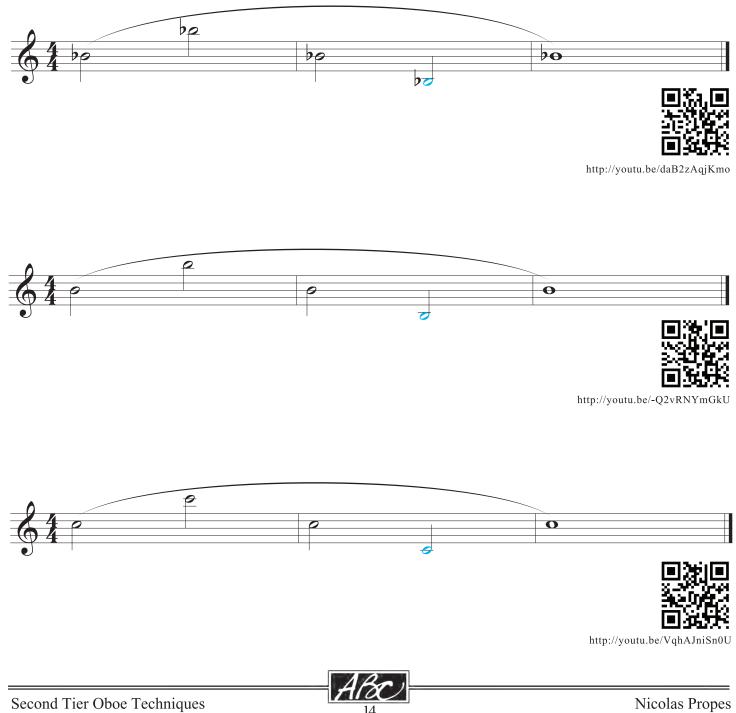
<u>Slurs</u>

Octave Slurs

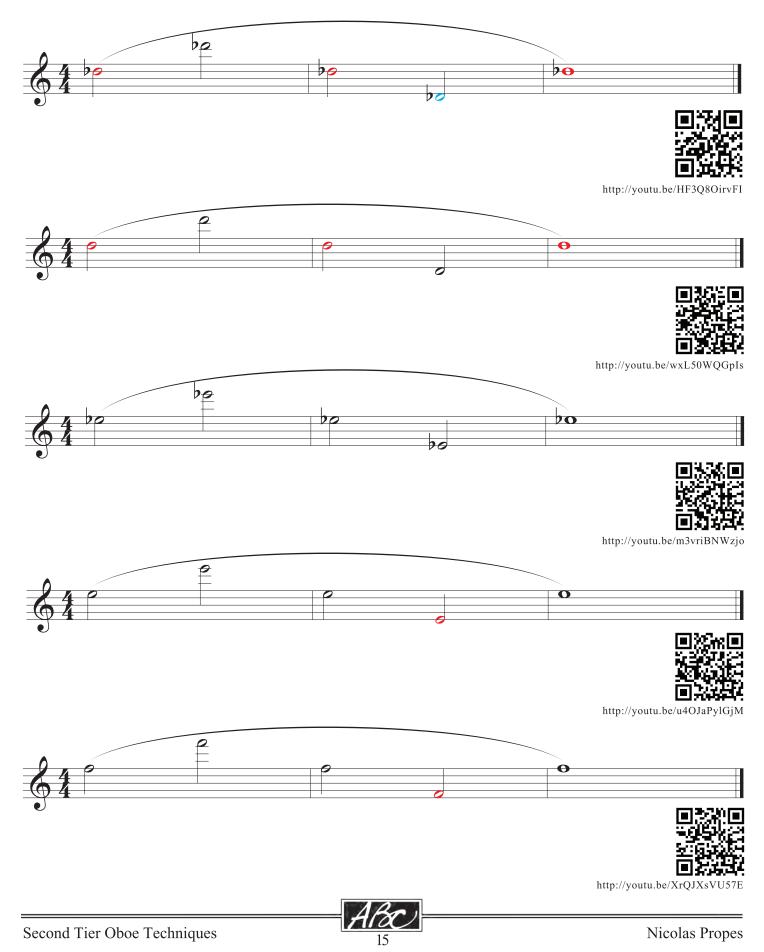
Slurring warm-ups help improve flexibility in the embouchure: a concept that is vitally important for oboe players who use a constantly changing embouchure. Always play with a smooth, even sound and focus on tone, intonation, and breath support. Land on each pitch accurately without



bending in to each note. When moving your fingers, all fingers must lift off or press on the keys at the same time. "Blips" in the sound are the result of some fingers lifting or pressing before others. Use a tuner or a drone as you practice to improve intonation. Scan the QR code to the left to see an example of these exercises performed.



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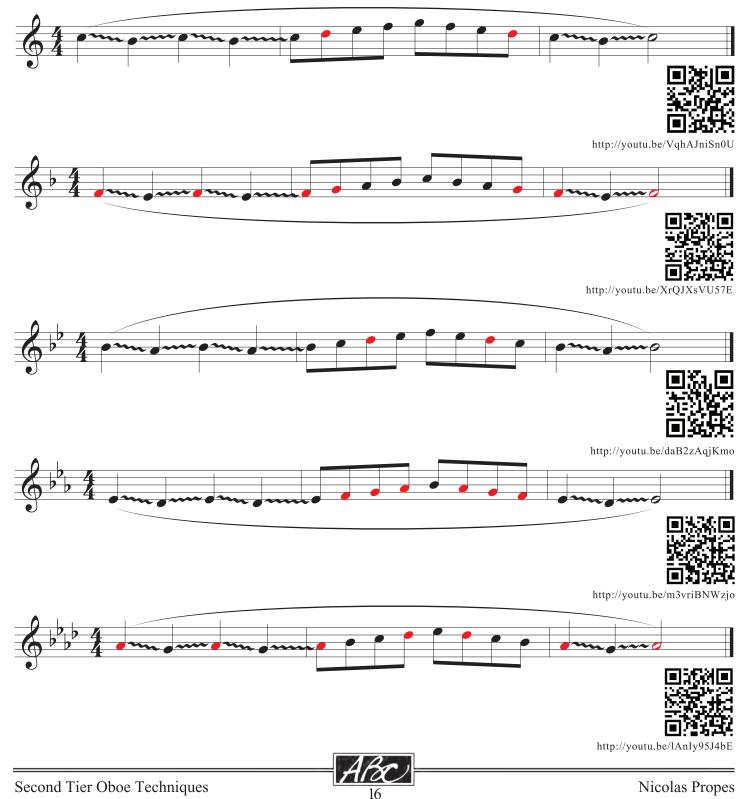
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Bend and Slur

Start these *Bend and Slur* exercises by fingering and playing the first pitch and then, using only your embouchure, bend the note down a half step and back up. Practice these exercises slowly and do not



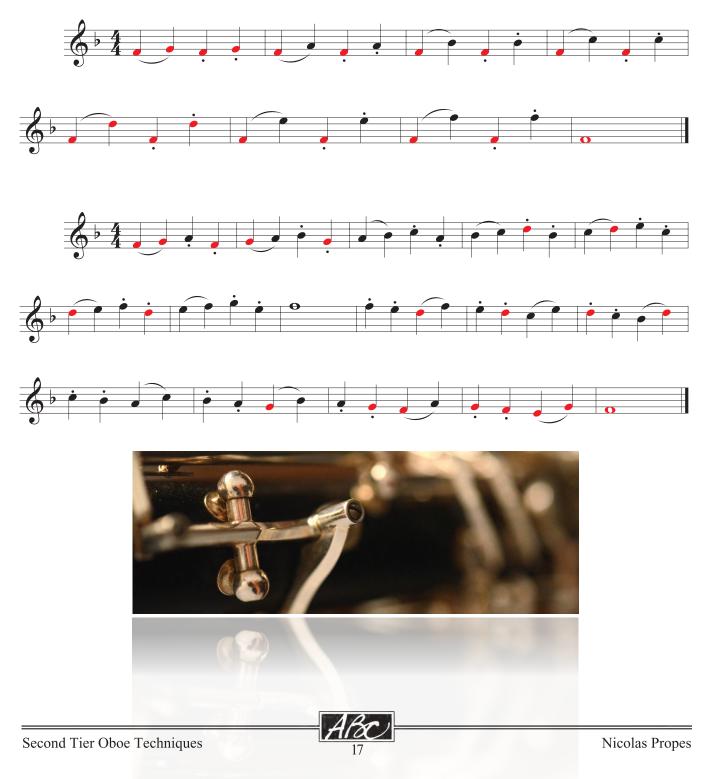
e, bend the note down a half step and back up. Practice these exercises slowly and do not move on to the eighth notes until you have brought the pitch back in tune by using just your embouchure. Pitch is of the utmost importance in these exercises; as you play, check your pitch with a tuner or scan the QR Code underneath each exercise to practice along with a drone. Scan the QR Code on the left to see an example of how to play this exercise.



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Tonguing

Your tongue is a muscle and, like any other muscle in your body, it also needs to stretch and warm up. In the following exercises, strive for clean articulation while making sure your tongue and fingers move at the same time. When articulating notes, your tongue should not push the reed out of your mouth. As always, focus on a smooth, even sound with good tone, intonation and breath support. These exercises are presented in the key of F, but should be played in all keys.



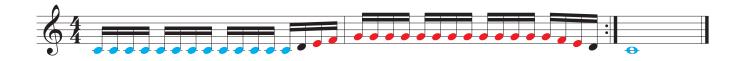
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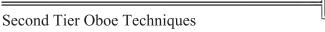












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