

The 5 Minute Trumpet Workout – Round 2

1. Higher, higher, higher jumps

So the 5 Minute Workout in your Primer Pack was too easy? Get ready for Round 2!

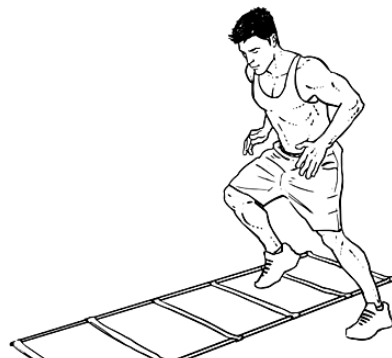
Focus: Confident sound and clear starts to notes, especially on the biggest leaps. Try to imagine how the upcoming notes will feel and sound before you get to them.

C D C C E C C F C
C G C C A C C B C
C High C G E C

Challenge: Apply the same jumping sequence to other major scales you've learned (e.g. D Major with the notes D-E-F#-G-A-B-C#-D).

2. Hop, Skip & Jump... and Flip!

Good luck making it through these tricky combinations of steps and leaps without stumbling! The middle note of each set should sound the highest, after which you reverse and head back down again.



Focus: Getting each note to sound as bright and clear as the one before it (fast, light “too” or “tah” tonguing). Continuous airflow is just as important as the tonguing!

Triple-Jump: D E F# A B A F# E D
Parkour Run: D F G A C A G F D

Challenge: Gradually increase your tempo until you can play each pattern three times in a row without stopping (i.e. in a single breath!) with 100% accuracy.

3. BONUS EXERCISE: 2-Minute Warm-Down Stretches

This is a great exercise with which to finish any practice session. It assists with embouchure (i.e. lip muscle) recovery and relaxation after intense musical exercise. Slow, deep breathing is the best technique we have for calming our body's various systems so the benefits of these musical stretches are numerous!

Focus: Keeping your jaw relaxed (as if mid-yawn) and as still as possible while changing notes.

Step 1. Slur C – B – C on your trumpet, nice and slowly. Now try to play the exact same thing using the mouthpiece only. Finally, play the same pattern again on your trumpet, but without pressing down 2nd valve for B. Simply use your embouchure (lips) to change the pitch!

Step 2. Slur C – B \flat – C on your trumpet. Buzz it, listening carefully to your pitch. Play it once more with an open, relaxed sound and no valves.

Step 3. C – A (1+2) – C... same process!

Step 4. C – A \flat (2+3) – C...

Step 5. C – G (1+3) – C...

Step 6. C – F \sharp (1+2+3) – C...



CHALLENGE: Once you've mastered this play/buzz/play-without-valves process you can skip the middle step altogether. Try to maintain a full, open sound at *all* times, especially when 'ghosting' the lower notes without changing valves.