

## *Instructions for proper technique and warm up*

This will discuss how to do your warm up properly. You will need to create good technical habits along with building the muscles in the face.

1. Try to keep everything as straight as possible. The mouthpiece should sit on the center of the lips and straight out from your face. Try not to angle the horn up or down, or side to side.
2. During each warm up exercise, DO NOT take the mouthpiece off of the mouth. This will help your flexibility and flow from lower to upper range with ease.
3. Keep a steady meter for the beat. The 5 note warm up and intervals should always be about 75 BPM (Beats Per Minute). You should start the flexibility exercise at about 75 BPM and gradually build it up to as fast as you can play the exercise and still hit all notes.
4. Remember to hold the last note on the flexibility exercise for as long as you can hold the note with one breath and still sustain a tone.
5. The 5 note warm up should always be the first thing you play when you pick up the horn and then the intervals and finally the flexibility exercise.
6. Pay attention not only to playing the notes but center the tone and creating proper sound. Push air throughout the whole set of exercises.
7. Pay attention to how the notes look and what they represent. Whole notes=4 beats, half notes=2 beats, quarter notes=1 beat, eighth notes= 1/2 beat and sixteenth notes =1/4 beat.
8. Try to read the notes and not just the fingering.
9. Say out loud “g whole note, g half note and g half note. That is the first section of the 5 note warm up. You need to be able to verbalize all of these exercises in a musical way as I have just described, but you have to be able to do it for all of these warm up exercises.

# 5 Note Warmup

Red Wardlow

Musical staff 1: Treble clef, 4/4 time signature, key signature of one flat. Notes: G (0), G (0), G (0), A (1/2), A (1/2), A (1/2).

0 0 0 1/2 1/2 1/2  
G G G A A A

Musical staff 2: Treble clef, 4/4 time signature, key signature of one flat. Notes: Bb (1), Bb (1), Bb (1), B (2), B (2), B (2).

1 1 1 2 2 2  
Bb Bb Bb B B B

Musical staff 3: Treble clef, 4/4 time signature, key signature of one flat. Notes: C (0), C (0), C (0).

0 0 0  
C C C

# Intervals

Red Wardlow

0 2 0 1/2 0 1/2  
G B G A C A  
2 1 2 0 0 0  
B D B C E C  
1 1 1 0 0 0  
D F D E G E  
1 1/2 1 0 2 0  
F A F G A G  
1/2 0 1/2 2 1 2  
G A G A A G  
0 0 0 1 1 1  
G A G A A G  
0 0 0 1 1/2 1  
G A G A A G

# Flexibility

Red Wardlow

0  
G C G C

2  
F# B F# B

1  
F B F B

1/2  
E A E A

1  
F B F B

2  
F# B F# B

0  
G C G C

0  
G