

Warming up on your instrument is one of the most important things a person can do before he/she begins to practice. Just as it is in sports, you need to warm-up your muscles that help you play the instrument. You wouldn't work out without stretching first, so why would you work out your mouth muscles without warming up? These should be done everyday and with care, don't just play through them as quickly as possible. Relax and take your time, as in many cases the slower you go through something and the more you focus on what you're doing, the better. Have fun with these and good luck.

### Mouthpiece Buzzing

There are many different ways to buzz, here is another way. It is important to play every note accurately and in tune. You may find it helpful to buzz along with a piano. Spend no more than 10 minutes on this each day. **If you get dizzy, STOP!**

Keep buzzing as low as you can...



### Long Tones

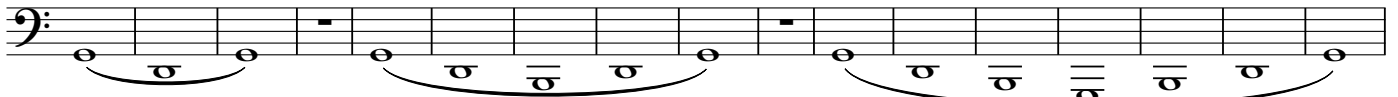
Play with your best sound possible. Nice warm tones and relaxed breaths. Take a short break after each line. Another good set of long tones, is to play scales with whole notes with lots of concentration.



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### Lip Slurs

With only using your tongue for the first note, play these smoothly and cleanly.



### Scales

Scales are some of the most important things to know. First learn and memorize this Chromatic Scale.

