

Warm-Up Exercise

This exercise should be played holding the trumpet with only your left hand. The focus of this warm-up is to get your best lip vibration with minimum mouthpiece pressure on your lips. To minimize this pressure start the note with the amount of mouthpiece pressure you normally use. Continue backing off on the pressure by relaxing the arm. Continue backing off on the pressure by relaxing the wrist. Back off the pressure even more by next relaxing the left shoulder. Note that while you do this the note might become unstable or fuzzy. Then you add just a bit more pressure to stabilize the sound. By doing this exercise you will gradually reduce your playing pressure significantly.

Warm Up Exercise

To be played with only the left hand holding the trumpet

m.m. 70

Normal arm pressure Back off pressure slightly Back off slightly more Add slightly more arm pressure

(Continue as above)

Repeat entire exercise once more

Day 1

1a
met. 70
-Slurred
-No Crescendo
One breath

1b
met. 70
-To be played as half valved slur-slowly
-No crescendo

Rest 2 minutes

Day 2

No range extension practice on Day 2. I recommend a much less demanding routine today.

Day 3

1a met. 70

Musical notation for exercise 1a, measures 70-73. The exercise is in 3/4 time and begins with a mezzo-piano (*mp*) dynamic. It consists of three staves of music. The first two staves are in treble clef, and the third staff is in bass clef. The melody is primarily eighth notes with some quarter notes. A dynamic accent (>) is placed over the final note of the third staff.

1b

Musical notation for exercise 1b. The exercise is in 4/4 time and begins with a mezzo-piano (*mp*) dynamic. It consists of one staff of music in treble clef. The melody is primarily eighth notes with some quarter notes. A dynamic accent (>) is placed over the final note of the staff.

Rest 2 minutes

(Day 3)

8b

Musical notation for exercise 8b, consisting of two staves in 4/4 time. The first staff contains a sequence of eighth notes with various accidentals (sharps, naturals, flats). The second staff contains a sequence of eighth notes, ending with a half note and a fermata.

Rest 3 minutes

9 met. 60

Musical notation for exercise 9, consisting of five staves in 4/4 time. Each staff contains a sequence of notes with dynamic markings (*p*, *ff*) and slurs. A large watermark "www.hickeys.com" is overlaid diagonally across the page.

Rest 10 to 15 minutes before final exercise of Day 3

(Day 5)

2 - To be played softly and rapidly
- Slurred

The musical score consists of ten staves of music. The first staff begins with a treble clef, a 2/4 time signature, and a key signature of one flat (Bb). The music is composed of eighth notes grouped into triplets, which are then slurred together. The second staff continues this pattern with various accidentals (sharps and flats). The third staff includes a measure with a double bar line and the number '12' below it, indicating a measure rest. The remaining staves continue the triplet and slur pattern, ending with a final double bar line and a fermata-like flourish.



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(Day 6)

A single musical staff in treble clef with a key signature of one sharp (F#). The notes are: G4 (p), A4 (f), B4 (p), C5 (f), D5 (p), E5 (f), F#5 (p), G5 (f). Dynamics are indicated below each note.

Rest 1 hour

3 - Repeat 4, times one breath

A musical staff in treble clef with a key signature of one sharp (F#). It features a triplet of eighth notes: G4, A4, B4. The notes are beamed together and marked with a '3' above them. The dynamics are: f, pp, mf, ppp. The triplet is repeated four times, indicated by '(4x)' at the end.

Rest 1 minute

A musical staff in treble clef with a key signature of three sharps (F#, C#, G#). It features a triplet of eighth notes: G4, A4, B4. The notes are beamed together and marked with a '3' above them. The dynamics are: f, pp, mf, p.

Rest 1 minute

A musical staff in treble clef with a key signature of two flats (Bb, Eb). It features a triplet of eighth notes: G4, Ab, Bb. The notes are beamed together and marked with a '3' above them. The dynamics are: f, pp.

Rest 1 minute

A musical staff in treble clef with a key signature of one flat (Bb). It features a triplet of eighth notes: G4, Ab, Bb. The notes are beamed together and marked with a '3' above them. The dynamics are: f, pp.

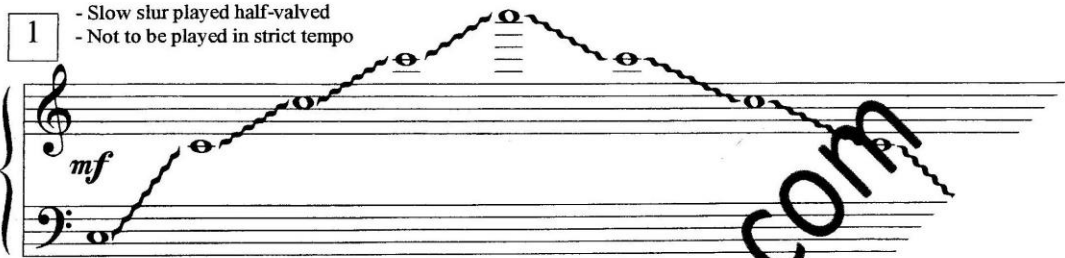


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Day 7

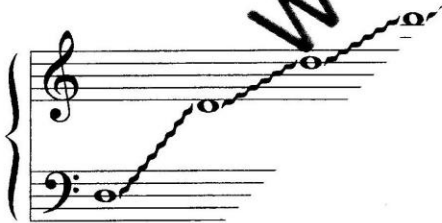
1 - Slow slur played half-valved
- Not to be played in strict tempo



Rest 5 minutes



Rest 5 minutes



Rest 5 min

- Cont'

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