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The Warm Up

A warm up is simply an exercise which allows your lips to vibrate freely and prepares your diaphragm to relax for easy breathing. A proper warm up is essential and will benefit you enormously. Do not warm up by blasting in the upper register. Upper register blasting is a foolish practice which will hinder, rather than help your lips to vibrate effortlessly.

Warm Up Exercise

Play very slowly and very softly.

use valve 1-2-3



use valve 1-3

use valve 2-3



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The Core of Your Sound and How to Develop It

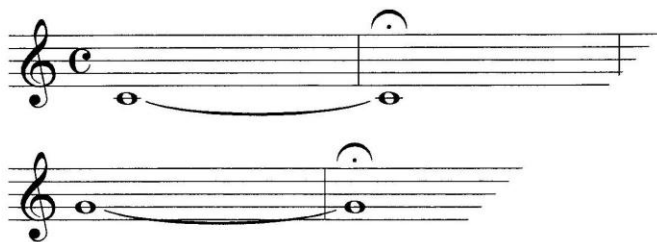
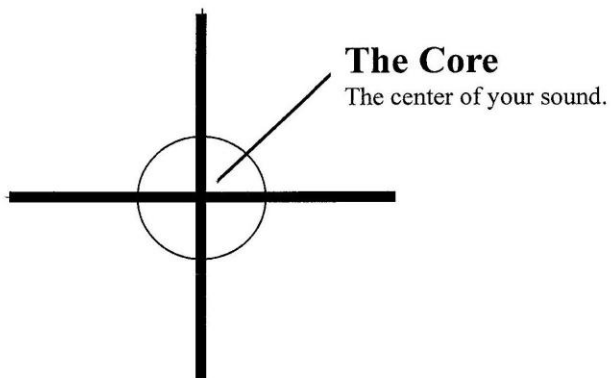
The Core

The most important quality of your sound is its core because the **core** is the central and innermost part of your sound. When you develop the core, it creates an auditory stimulation which radiates a sonorous sound of perfect pitch.

How to Develop the Core

When you practice your long tone exercises, you must locate the core of the note. As you play the note, *glissando* down slightly, then let the pitch slowly ascend back. This will enable you to hear the core of the note.

Do not change your embouchure or use any valve in this process. Use the arched tongue. Your ear, tongue and steady stream of air are vital to this development. Start each note at *p* crescendo to *mf* and then decrescendo back to *p*. The results will be astonishing.



Glissando down slightly after playing
allow the pitch to ascend back.
in your normal playing range
Your ear and tongue are vital



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Long Tone Exercise B2

Slur each phrase. Hold for 10 seconds. Use one breath.



Repeat two times



Repeat two times



Repeat two



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