

Introduction

The Balance

Efficient trumpet playing is a balance between three elements; air, tongue level, and embouchure. This balance cannot be explained in scientific terms, therefore it must be accomplished by feel through proper practice. That is the purpose of this book; to provide trumpet players with a course of study which will enable them to find their balance and become more efficient in their playing.

Trying to describe the balance with statements such as "The balance is 1/3 air, 1/3 tongue level, and 1/3 embouchure" is pointless. The balance is in a constant state of flux, changing from day to day, gig to gig, and note to note. Your balance can change when you change instruments, when the playing environment is unfamiliar, when you are sick or tired, or for many other reasons. It is best not to over analyze your balance, but to develop it naturally over time and by feel.

The Balance is discussed and demonstrated in **Video 1**.

Air Power & Control

You will discover early in your study of these materials and after viewing the videos at **www.BolvinMusic.com** that we have plenty of air to play the trumpet. The secret to efficiency lies in the control of that great reserve of air power. When doing the breathing exercises in Lessons 1-3 Part 3, don't hold back the first time through. On the repeat control the air and go for the musical result.

Tongue Levels

There are four basic tongue levels or tongue positions in trumpet playing. These are achieved by the use of the syllables *aw*, *ew*, *ee*, and *ss*. Each syllable represents a range on the trumpet. While playing, you should think of the syllable for the register that you are playing in. For example when playing low C, think *aw*. There are not exact tongue positions for individual notes; rather each syllable represents a register on the horn. These ranges may vary slightly from player to player.

A good exercise is to vocalize: *aw-ew-ee-ss* 4 times.

Tongue levels are discussed and demonstrated in **Video 1**.

Aw or *Taw*

Aw (or *Taw* when tonguing) is used in the lowest register of the horn, from low C down to low F#. It is very important to develop a fat, vibrant sound in the *aw* register, without any restriction to the air flow. This is the foundation for everything we do in the higher registers. Watch Video 1 for a demonstration of the *aw* register.

Lesson 1

1. Long tones

Take a full relaxed breath- **Chest Up!!** The first note is to set you up. Breath *again* after the first note. Think *aw* going down to the low C. Crescendo *slowly*, keep the tone centered, and let the sound get **fat and full**.
Don't allow the sound to distort or become stuffy or blatty.

2. Octaves

Vocalize first: *taw-tee, taw-tee, taw-tee*. Feel the movement of the tongue.
Play slowly and *Watch The Tongue*. Kick the top note.

3. Breath Push

Without the trumpet, take a full breath and slowly exhale.
On beat three, forcefully push out air using abdominal muscles. Keep **Chest Up!!** Repeat.
Now with the trumpet, play low C for two beats, forcefully push out air using abdominal and slurring up an octave. Read more on The introduction.

4. Octave slurs

Vocalize first: *aw-ee, aw-ee*.
Slur using *controlled breath*.
Middle note will disappear.
Don't allow the sound to distort.

5. Intervals

Practice
Play
are



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Lesson 1

Haa-Too Breathing 5X

**Chest Up!
Big Breath!**

1

Open *mf*

Tew *Tew*

Aw *Fat & Full*

Continue down with fingerings:
2, 1, 12, 23, 13, 123

2

Open *mf*

Taw *Taw* *Taw* *Taw*

Tee *Tee* *Tee*

Continue down with fingerings:
2, 1, 12, 23, 13, 123

3

mp *ff*

AIR! *AIR!*

Air Only *On Horn*

4

Open *mp* *ff*

Taw *AIR!* *EE* *EE*

Continue down with fingerings:
2, 1, 12, 23, 13, 123

5

Taw *Taw* *Taw* *Tew*

Tee *Taw*



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Lesson 12

1. Long tones

Take a full relaxed breath- **Chest Up!!** *Watch the tongue!*

No crescendo. Hold at *mf* but never hold back. Listen for resonance, clarity and centered sound and pitch.

Clean, even slurs. Don't "telegraph" your slurs.

2. Flexibility

Vocalize first. Play slowly the first time to feel the movement of the tongue. *Watch The Tongue*. Kick the top notes.

Use a metronome. Start slowly and try to increase speed each day.

Mark your tempos in the margin for future reference.

Rest and repeat entire exercise slurred.

3a and 3b. Glissandos

Read **Glissandos** in introduction.

Review **Breath Push** exercise- Lesson 1 Part 1

Play in slow cut time. Use breath push at all the "in-between" partials. *Watch the glissando*. Rest frequently!

4. Intervals

Review Lesson 3 Part 1

Practice vocalizing:

Play slowly to all

but never sacrifice

Rest and repeat

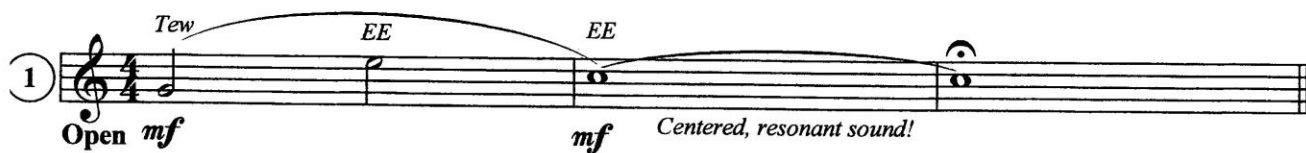


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Lesson 12

**Chest Up!
Big Breath!**



Continue down with fingerings:
2, 1, 12, 23, 13, 123



Continue up with fingerings:
13, 23, 12, 1, 2, 0

Rest and repeat Part 2 slurred

Review Lesson 1 Part 3

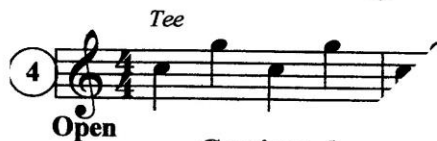


Continue up with fingerings:
13, 23, 12, 1, 2, 0



Continue up with fingerings:
13, 23, 12, 1, 2, 0

R



Continue *r*
2, 1, 12.



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Lesson 25

1. Long tones

Review Lesson 23 & 24 Part 1.

Take a full relaxed breath- **Chest Up!!** *Watch the tongue!*

Beautiful, centered, clean sound.

Don't allow the sound to distort or become stuffy or blatty.

Clean, even slurs. Don't "telegraph" your slurs.

2. Flexibility- Trills

Play slurred as written. Use a metronome.

Start with a slow tempo and try to speed up daily.

Breath and rest as needed.

Working towards a lip trill.

Watch The Tongue.

3. Intervals based on minor blues

Play lightly and staccato. Try to play in one breath.

Practice with models:

Slur 2 notes *up*, Slur 2 notes *down*, Slur 4 notes, ♪

Rest between models.

4. Intervals- Tritone

Review Lesson 18 Part 4- Octaves.

Practice vocalizing: *ah-ew-ee-ss* 4

Start slowly.

Use a metronome and mark v

reference. Try to speed up

Rest and repeat slurred



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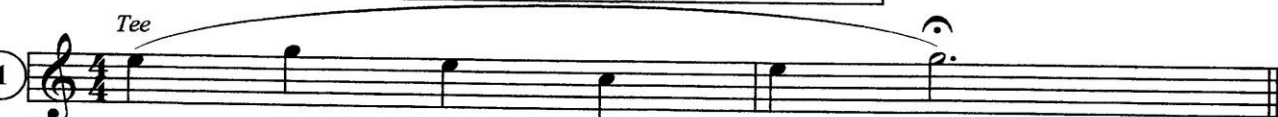
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CG Breathing 10 Steps
Power walk

Lesson 25

Review Lesson 23 & 24 Part 1

Chest Up!
Big Breath!

1 
Open

Continue down with fingerings:
2, 1, 12, 23, 13, 123

Watch The Tongue!

2 
Open Tee ew


Tss

Continue down with fingerings:
2, 1, 12, 23, 13, 123

3 
Tss

Repeat
Slur 2 v

4 
123-

Continue up w/
13, 23, 12, 1



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