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TRUMPET

BY KEVIN JOHNSON

AEROBICS

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MON

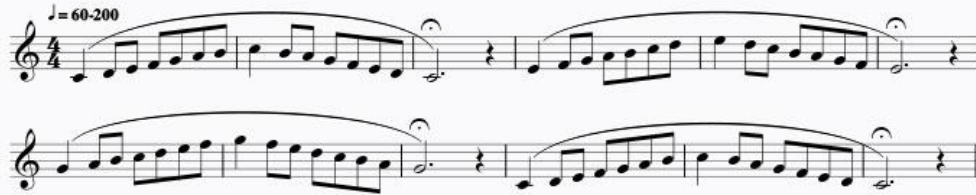
Workout #1

Type: Scale

Sub-type: C major

Goals: 1) To develop an even, beautiful sound across the full range of the trumpet; 2) To reach the point in which you are no longer consciously thinking about the fingerings.

Tip: Start slowly and gradually increase the speed. Repeat the exercise a number of times until the fingerings become natural and subconscious.



TUE

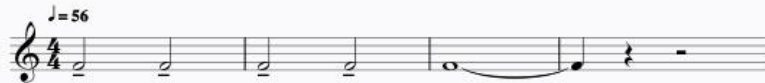
Workout #2

Type: Articulation

Sub-type: Legato

Goal: To produce a pure tone that fluidly connects to the next note without a break.

Tip: Practice by imagining you are playing one single long tone, barely nicking the air to initiate each new note.



WED

Workout #3

Type: Flexibility

Goal: To play relaxed, uninterrupted transitions between the partials of the trumpet.

Tip: Focus on the fact that you are simply playing one long steady stream of air. Imagining the sounds "tah" on lower notes and "ee" on upper notes may help move your air.



WEEK 13

MON

Workout #85

Type: Scale

Sub-type: A natural minor, A harmonic minor

Goals: 1) To develop an even, beautiful sound across the full range of the trumpet; 2) To reach the point in which you are no longer consciously thinking about the fingerings.

Tip: Start slowly and gradually increase the speed. Repeat the exercise a number of times until the fingerings become natural and subconscious.

The musical notation for Workout #85 is written on a single staff in 4/4 time. It begins with a tempo marking of $\text{♩} = 60-180$. The first half of the exercise is the natural minor scale, starting on C4 and ascending to C5, with a slur underneath labeled "natural minor". The second half is the harmonic minor scale, starting on C4 and ascending to C5, with a slur underneath labeled "harmonic minor".

TUE

Workout #86

Type: Articulation

Sub-type: Legato

Goal: To produce a pure tone that fluidly connects to the next note without a break.

Tip: Practice by imagining you are playing one single long tone, barely nicking the air to initiate each new note.

The musical notation for Workout #86 is written on a single staff in 4/4 time. It begins with a tempo marking of $\text{♩} = 104$. The exercise consists of a sequence of notes: a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, a quarter note G4, a half note F4, and a whole note E4. The notes are connected by a long, smooth slur, indicating a legato articulation.

WED

Workout #87

Type: Flexibility

Goal: To play relaxed, uninterrupted transitions between the partials of the trumpet.

Tip: Focus on the fact that you are simply playing one long steady stream of air. Imagining the sounds "tah" on lower notes and "ee" on upper notes may help move your air.

The musical notation for Workout #87 is written on a single staff in 4/4 time. It begins with a tempo marking of $\text{♩} = 104$. The exercise consists of a sequence of notes: a half note G4, a half note A4, a half note B4, a half note C5, and a half note B4. The notes are connected by a long, smooth slur, indicating a flexibility exercise.

WEEK 42

MON

Workout #288

Type: Scale

Sub-type: C Phrygian

Goals: 1) To develop an even, beautiful sound across the full range of the trumpet; 2) To reach the point in which you are no longer consciously thinking about the fingerings.

Note: A Phrygian scale can be thought of as a natural minor scale with an additional lowered scale degree 2.

J = 60-180

TUE

Workout #289

Type: Articulation

Sub-type: Legato, staccato

Goal: To incorporate contrasting styles of articulation together.

Tip: Although the articulations are contrasting, strive to connect them to form one musical phrase.

J = 100

WED

Workout #290

Type: Flexibility

Goal: To play relaxed, uninterrupted transitions between the partials of the trumpet.

Tip: Focus on the fact that you are simply playing one long steady stream of air. Imagining the sounds "tah" on lower notes and "ee" on upper notes may help move your air.

J = 96

THU

Workout #291

Type: Interval

Sub-type: Expanding

Goal: To hear each interval in your head, and then to execute it through the trumpet.

Tip: Try singing these exercises to ensure that your ears are truly hearing each note. Imagine the wider intervals as being close together and easy to execute.

J = 84

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- Ornaments
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- Finger Dexterity

BENEFITS:

- Facile Technique
- Better Intonation
- Increased Style Vocabulary
- Heightened Rhythmic Acuity
- Improved Ensemble Playing
- Expanded Range

A versatile, genre-crossing freelance musician, **Kevin Johnson** performs throughout the United States. He has appeared with ensembles ranging from symphony orchestras to jazz and Latin groups to musical theatre pit bands. He has been onstage with Broadway sensation Ciara Renee at 54 Below in New York City, performed with the Cleveland Orchestra's Blossom Festival Band, and accompanied the New York Voices with the Brent Wallarab Jazz Ensemble at Jazz at Lincoln Center. In addition to his life as a performer, Johnson has a passion for directing, arranging, and composing music. His previous publications for Hal Leonard Corporation include *The Beatles Session Parts*, a collection of 20 note-for-note scored transcriptions of the Beatles' session players' string, woodwind, and brass parts.

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