

Jett Walker

2020-2021 TMEA All-State Etudes

Preparation Routine

www.jettwalkertrombone.com

Preparing the Body, the Wind, and the Aperture *BEFORE TOUCHING THE HORN*

Preparing the Body

Playing a brass instrument is a physical activity, be sure to move your body in a way that will benefit your performance. For proper expansion, the body needs to be loose and relaxed. As you do these stretches be mindful of how your body feels and try to rid it of tension as much as possible. These exercises also help to prepare the mind for a great practice session.

Trunk Twists

Toe Touches

Chest Expanders

Lat Stretches

Preparing the Wind

As you do your breathing, focus on always getting a full breath and notice how the aperture size changes as you increase and decrease the counts during expiration.

In 2 - Out 10 (2x)

In 2 - Out 8 (2x)

In 2 - Out 6 (2x)

In 2 - Out 4 (2x)

In 1 - Out 4 (2x)

In 1 - Out 6 (2x)

In 1 - Out 8 (2x)

In 1 - Out 10 (2x)

Preparing the Aperture

While some might not agree with this, I am a huge proponent of buzzing of all kinds as a way to both engage the embouchure as well as prepare the aperture to find its most efficient way to produce sound. I do this by using four different types of buzzing: (1) free buzzing (2) rim/visualizer buzzing (3) mouthpiece buzzing (4) inner slide buzzing (removing outer slide).



Remove outer slide – Buzz into inner slide

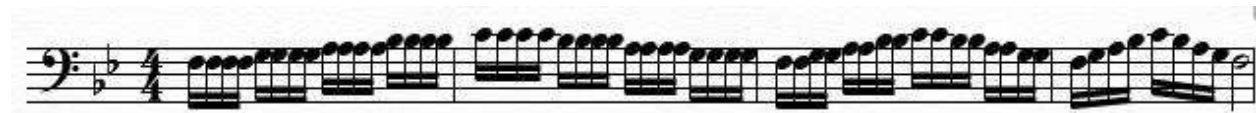


Also, consider using a few (no more than 5 or 6 per day) selections from Dr. Benjamin Coy's Mouthpiece Routine.

https://www.youtube.com/playlist?list=PLyoVYvSS4fBtVul59z7K67LogYPyMp_eR

Tongue Speed and Articulation: The tongue is a muscle and must be conditioned as such. Daily practice will allow you to increase this skill very quickly! As far as articulation, remember, articulation is not just “tonguing”. The articulation sets the style for each note and must constantly be refined.

Set a timer and play for 60 seconds. Change notes at your discretion. Aim to increase your tempo each day.



**Also, there are many exercises in the Arban method. Pick a few a day to increase your skill.

Technique: Scales/Arpeggios/Intervals

This section can be overwhelming to some students but is absolutely worth the time and attention! Remember, mastering a musical instrument is not a sprint, it's a marathon! **Practice these in different ways each day** (ex: all slurred, all tongued, slur two-tongue two, staccato, etc)

Eb Major – One Octave



Eb Major - Expanded

Three staves of musical notation in bass clef, 4/4 time signature. The first staff contains 8 measures of eighth-note and quarter-note patterns. The second staff contains 8 measures of eighth-note and quarter-note patterns, starting with a measure rest. The third staff contains 8 measures of eighth-note and quarter-note patterns, starting with a measure rest. The key signature has three flats (Bb, Eb, Ab).

Eb Major - Interval Exercise (to help with Etude #1): Play each measure on the mouthpiece before attempting on the instrument. Hear the interval in your head. Be sure to rely on the change in air speed and tongue position (Ahh-Eeeeh) rather than mouthpiece pressure to achieve a clean leap.

Five measures of musical notation in bass clef, 2/4 time signature. Each measure shows a half-note interval leap. The notes are: Bb2-Gb2, Ab2-Gb2, Ab2-Gb2, Ab2-Gb2, Ab2-Gb2. The key signature has three flats (Bb, Eb, Ab).

G Major – One Octave

One staff of musical notation in bass clef, 4/4 time signature. The exercise consists of a single line of eighth-note and quarter-note patterns across 8 measures. The key signature has one sharp (F#).

G Major – Extended

Two staves of musical notation in bass clef, 4/4 time signature. The first staff contains 8 measures of eighth-note and quarter-note patterns. The second staff contains 8 measures of eighth-note and quarter-note patterns, starting with a measure rest. The key signature has one sharp (F#).

Bb Major – One Octave



Bb Major – Expanded



D Minor - One Octave – Natural/Harmonic/Melodic



D Minor - Expanded – Apply to all three forms of minor scale.

The image shows three staves of musical notation for the D minor scale. The first staff is in 4/4 time, showing the ascending scale from D2 to D3. The second staff is in 4/4 time, showing the descending scale from D3 to D2. The third staff is in 3/4 time, showing the natural minor scale from D2 to D3. All staves use a bass clef.

Db Major – One Octave

The image shows a single staff of musical notation for the Db major scale, one octave. It is in 4/4 time and uses a bass clef. The scale starts on Db2 and ends on Db3.

Db Major - Expanded

The image shows three staves of musical notation for the expanded Db major scale. The first staff is in 4/4 time, showing the ascending scale from Db2 to Db3. The second staff is in 4/4 time, showing the descending scale from Db3 to Db2. The third staff is in 3/4 time, showing the natural minor scale from Db2 to Db3. All staves use a bass clef.

