

Life Lessons ---“ DAILY “ Routine Fundamentals and alternates 2/2/2023

Habits of successful People.

- 1) Create your own luck. Successful people don't idly sit by and wait for what ever comes their way, they initiate a daily plan for success.
- 2) Don't be afraid to take risks or fail, lasting success is best built on failures that you learn to work through creating a better result.
- 3) Pay attention to details, don't ever allow yourself to accept “It's good enough”
- 4) Set lofty goals. Remember, if you ever achieve your goal, your goal was set too low. True success in life means always striving to be a better person and well as a better musician.
- 5) Learn from others, surround yourself with friends that support you and share high standards.
- 6) Visualize success every day, don't dream about it, get after it every day.

Routines/consistent practice covering the fundamentals of trumpet development:

Always start with blowing the pipe, here you want a free resonant sound, once that is free (6-8 breaths through the pipe) move on to long tones, set one as written or chromatically up and down. Alternate idea, again start on the first set of long tones, when you get to the 3rd space C move to the 2nd set of long tones still moving chromatically up and down. Alternate every other day doing a few long tones then use the Flow Studies to get the sound and breath lined up. Next are flexibilities, don't get stuck doing the same thing mindlessly blowing the horn without purpose. I believe its's OK in fact preferable to progress into additional exercises that produce the same result. Finally, tonguing or as we call it pronunciation. I'd take this section seriously and do quite a few each day.

My suggestion is to start a daily journal carefully tracking what you do each day. By the end of a week, you should have covered many of these fundamentals and their alternates!

First Session

- A) Long tones, flow studies basically getting the sound-air moving through the horn.
- B) Clarke studies – Clarke #1 Moving the sound – air through the valves smoothly with a consistent energized sound. Here you can alternate Arbans chromatic triplets -pg 80 #10-24
- C) Flexibilities- Schlossberg – The traditional Routine includes Schlossberg # 6, 31, 13,14,15,17,95. Colin Progressive Technique - (Glantz) I'd do one key daily.
- D) Alternate flexibility studies -- Schlossberg # 21,23,24,25& 27. Schlossberg #36 A chromatically up by ½ steps. Also Schlossberg #120,121,122,123,126,128,127 Additional ideas for this section – Walter Smith #1,2,3,4,5 & 6 or Charles Colin Advanced Flexibilities #1,2,3,4,5,7,8 & 9 Goldman Practical Studies # 15,16 &17
- E) Tonguing – Arbans pg 13 # 1 - # 22- Do at least 6-8 eight of these first 3 to 4 slur and tongue. Arbans pg 20 #46,47,48,49 &50. Clarke Setting up scale drills 3-4 keys daily Arbans pg 175 double tonguing at least 3-4 pages alternate this each day with triple tonguing pg 155 at least 3-4 pages. Schlossberg # 97, 99, 100 when doing # 97 you can begin on A major then do Bb,Ab,G,B,C & F# or Begin on C then B, C#, Bb, D, A, Eb Additional tonguing --- Arban's chord studies pg 142 # 48-61 at least one full set daily – here to be efficient you can alternate the 1,3, 5 or 2,4, 6 on each page of these exercises. Alternate Schlossberg chord studies #70,71,72,75,76,77,78,79etc.... #88,130. Goldman Practical studies 1-14. Ernest Williams Method of Scales – try a different key with various patterns daily. (The William Adam book by Charley Davis) – has many of these exercises already organized for us. St. Jacome Grand Method – Bugle calls pg.19 # 26, pg 24, pg. 49 # 3 etc....

Obliviously you can't, nor should you, try and do every exercise every day!
Ideally, pick out several from the preferred fundamentals of a solid practice session daily!

Second Session

Music --- Tons of music, Getchells, vocalizes, sight reading, etudes, Duets with a buddy, solos literature, jazz transcriptions, ensemble music review – Orchestral excerpts, jazz studies, ear training etc.....

Each day do Getchell's BK 1 & Bk 2. Work your way through each book 10-15 each day starting in Bb. Sing and play – Let's wake up those ears!

Once you've made through both books, repeat doing them in C transposition, then Db, D & Eb etc.

Reading -- Arban's tune – The Art of Phrasing, simple little tunes to sing and play again waking up your ears.
Vocalises, Charlier, Vannetelbosch, solos you've been assigned etc.