FALL IN LOVE WITH YOUR WARM UP FEB 14, 2021
KAREN DONNELLY PANDEMIC PRACTISE PLAN 2020-2021

Apps: Seconds Pro Timer. Tempo Metronome. Tonal Energy Tuner
10 percent meditation app ($)
B. Butler list of 20
T. Hooten Practise Chart

FIRST SESSION

0-10:00- Flap lips, tap tap on face, free buzz, visualizer, soft buzz, soft lead pipe, blocked buzz

15:00- 20:00 Rest. Breathing exercises, straws, stretches, Shoulder rolls, A's, T's, Y's

20:00-30:00 Stamp, Maggio, Cichowicz, Sound, bend long tones

30:00-34:00 Rest. Breathing exercises, T's W's, Pull aparts

34:00-42:00 Clarke 1 (S/ST/DT/TT) Scales, left hand practise

42:00-46:00 Rest. straws, breathing,

46:00-50:00 Arpeggios, Intervals, Flexibility with drone

50:00-54:00 Minute Drills ST/DT/TT/KT, easy peasy

54:00-60:00 low Clarkes, Double pedals, Left Hand, huu puu fuu, soft

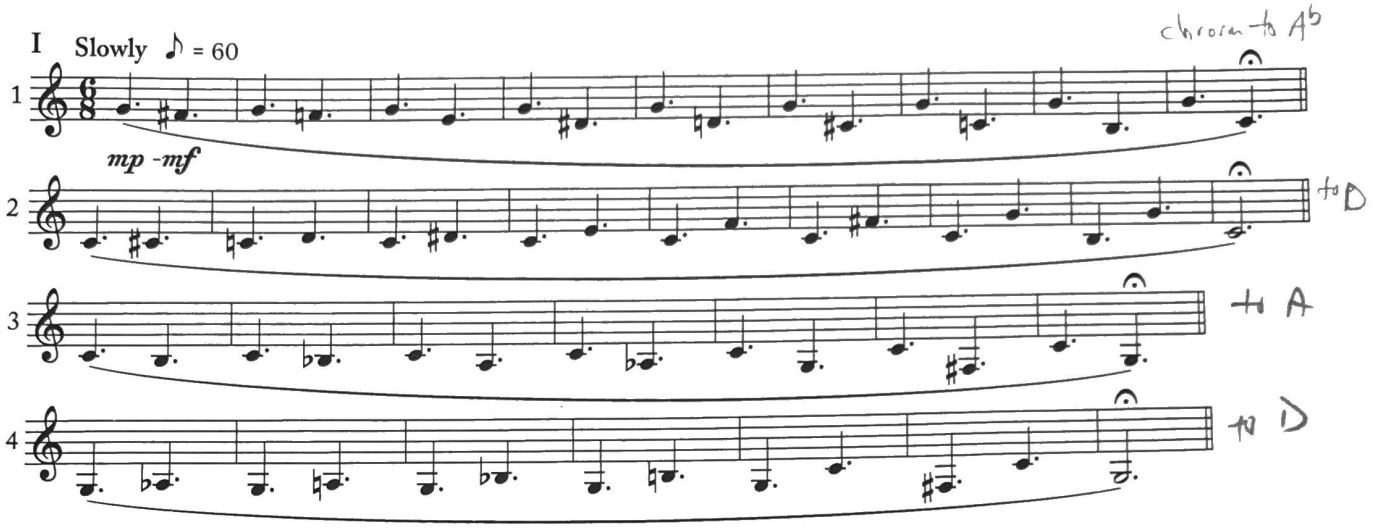
I alternate this session with an increasing segment session. 1min on/30 sec rest. 2 min on/1 min rest. 3 min on/1.5 min rest. 4 min on/2. Min rest. 5/2.5, 6/3, 7/3.5, 8/4

SECOND SESSION/THIRD SESSION
10 minutes on/4 minutes rest
Etudes, Solos, Orchestra rep

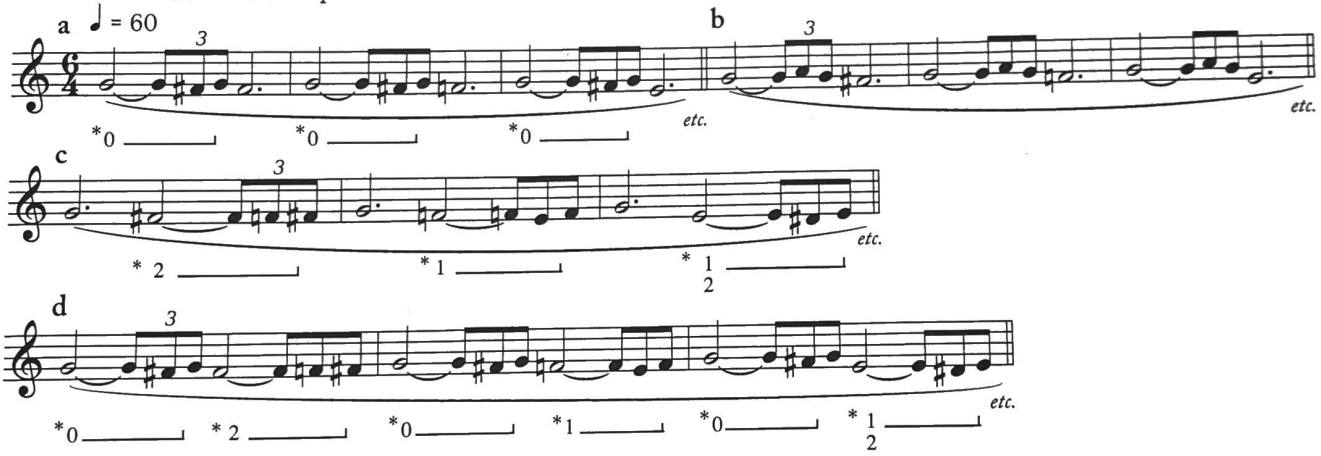
Schlossberg, Irons, Colin, Belck
Gekker, Sachs
Clarke Technical Studies, Vizutti
Stamp, Thibaud, Maggio
Cichowicz Flow Studies Vol 1, Concone, Rochut

3. Low-Mid Range Intervals

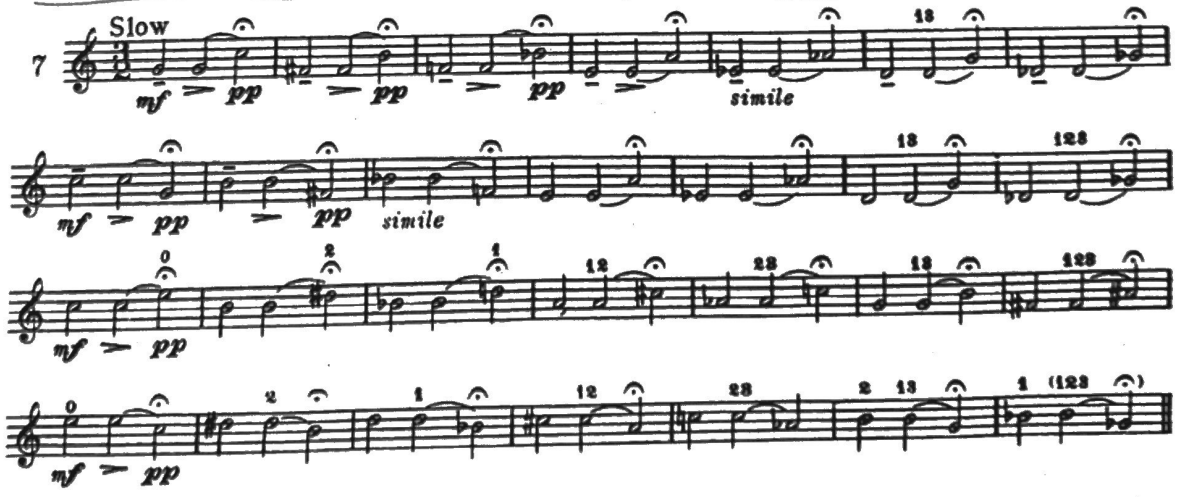
Breathe where necessary. When breathing, take a two eighth note rest at the barline, then proceed with the next note. Use your air with increasing efficiency, eventually extending the number of bars you are able to play correctly with one breath. As with the long tones, it's best not to play on stale air.Make sure your intonation is centered and your sound is consistent and connected. When working with intervals, avoid telegraphing (i.e., foreshadowing) the direction in which you're heading. Concentrate on propelling the air through the entire duration of the note you are coming *from* in order to set up the note you are travelling *to*. Work towards a smooth and even sound throughout. Use a metronome and tuner to assure rhythmic and intonation stability. After each fermata take three beats of rest before continuing.



Variations for I(1) and (3) * optional note bend



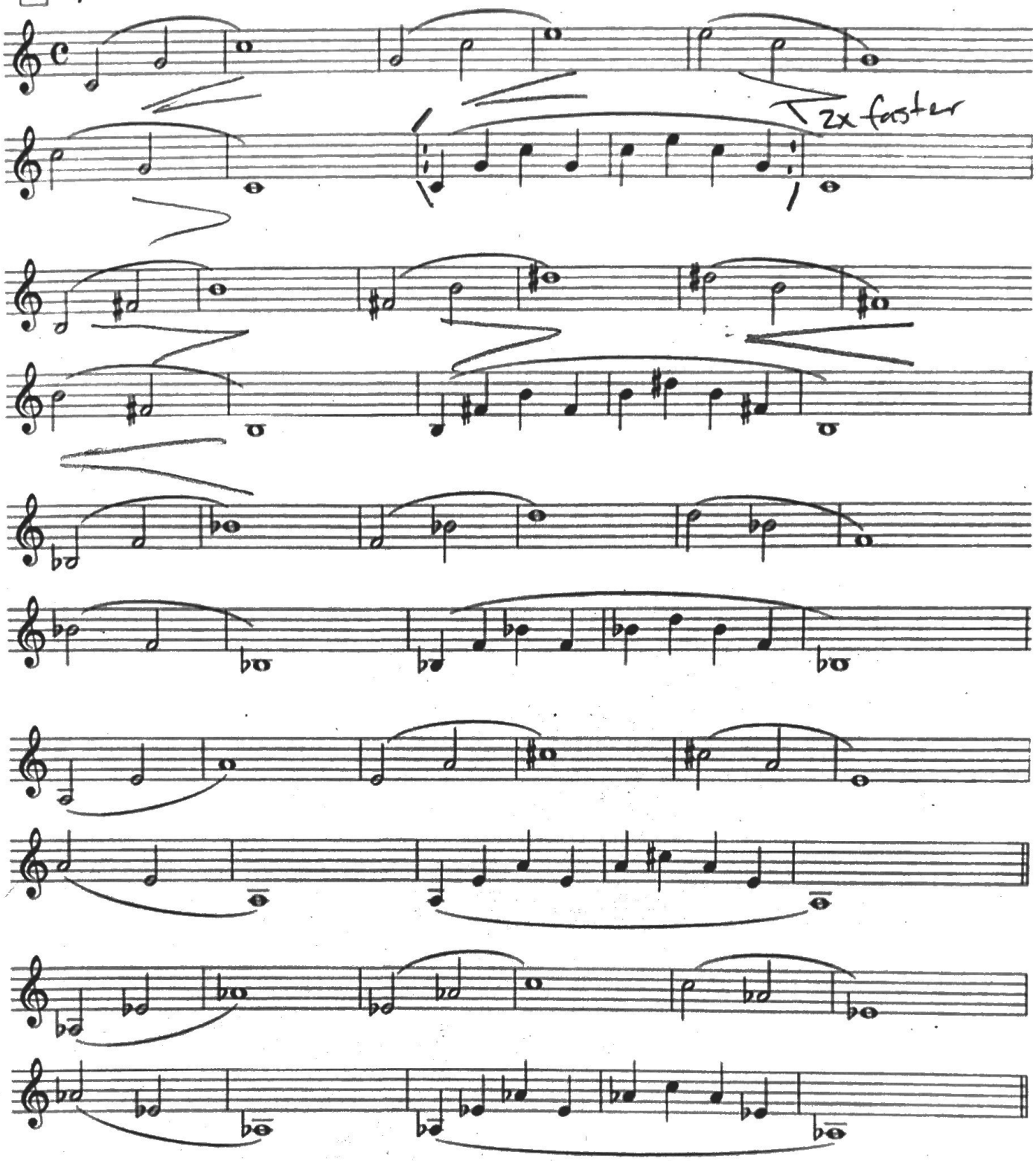
Schlossberg

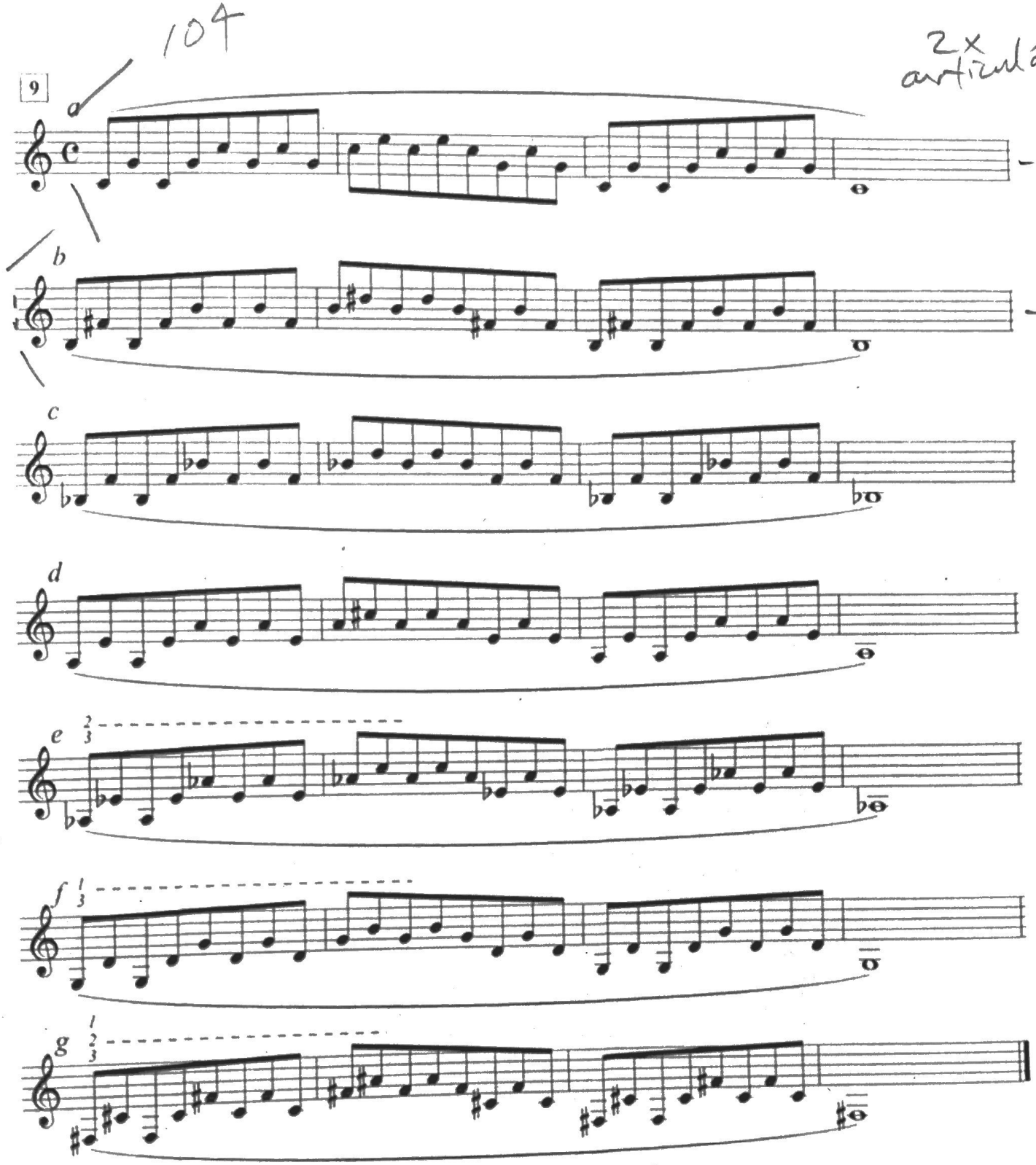


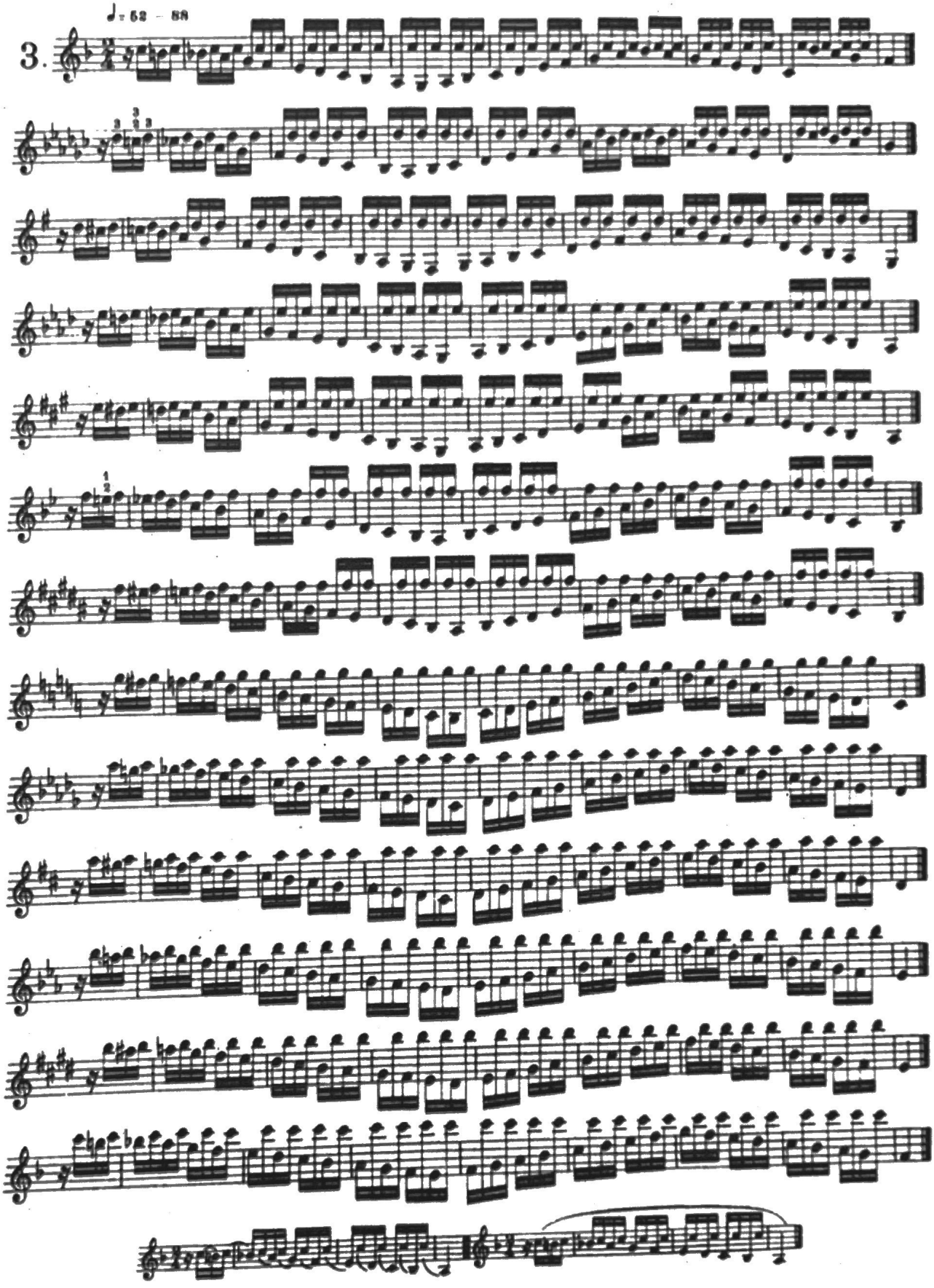
60 w/drsml 80 – one plane

II.

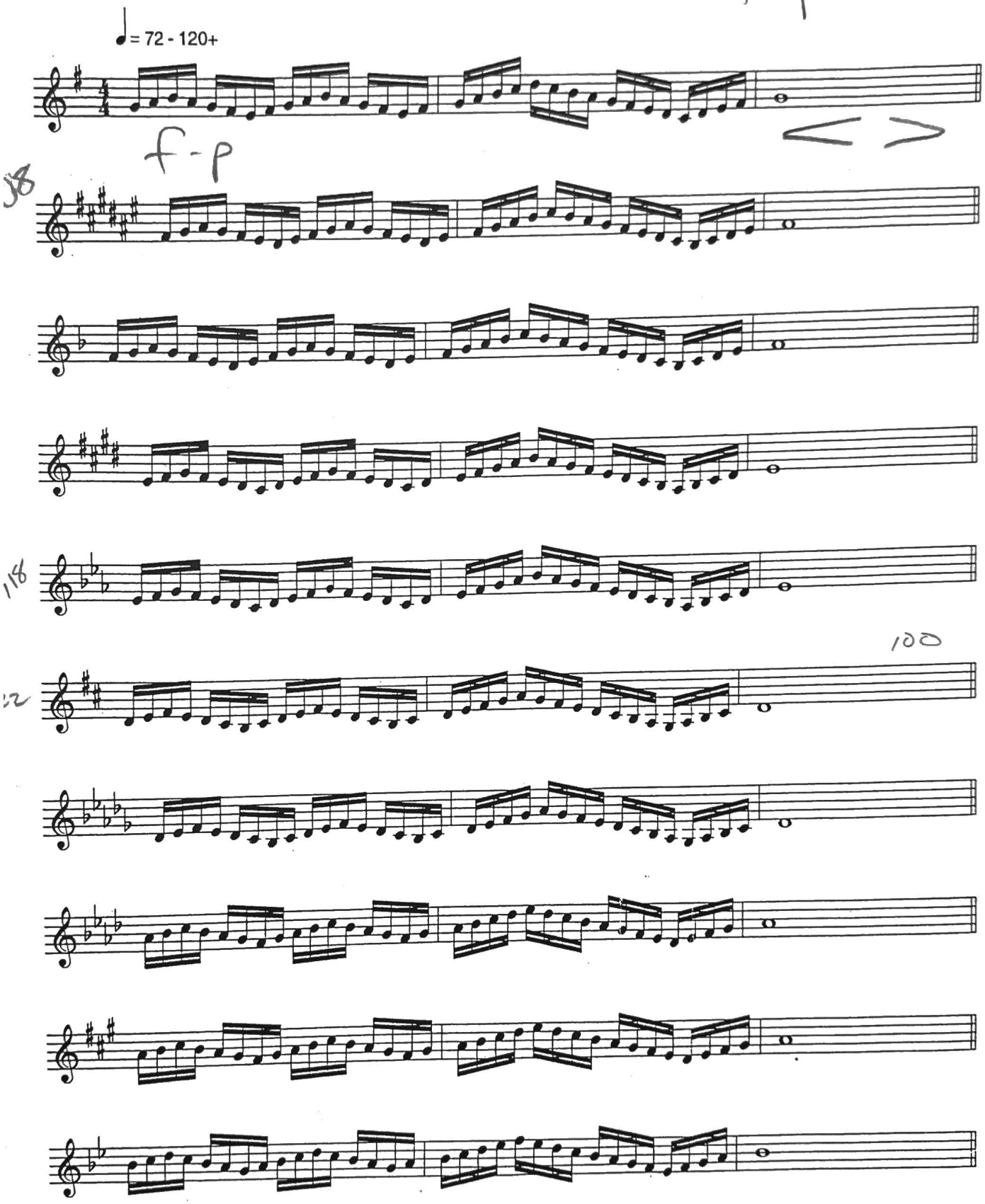
5 pun mf-p




104
2x articulated
9
a
b
c
d
e
f
g

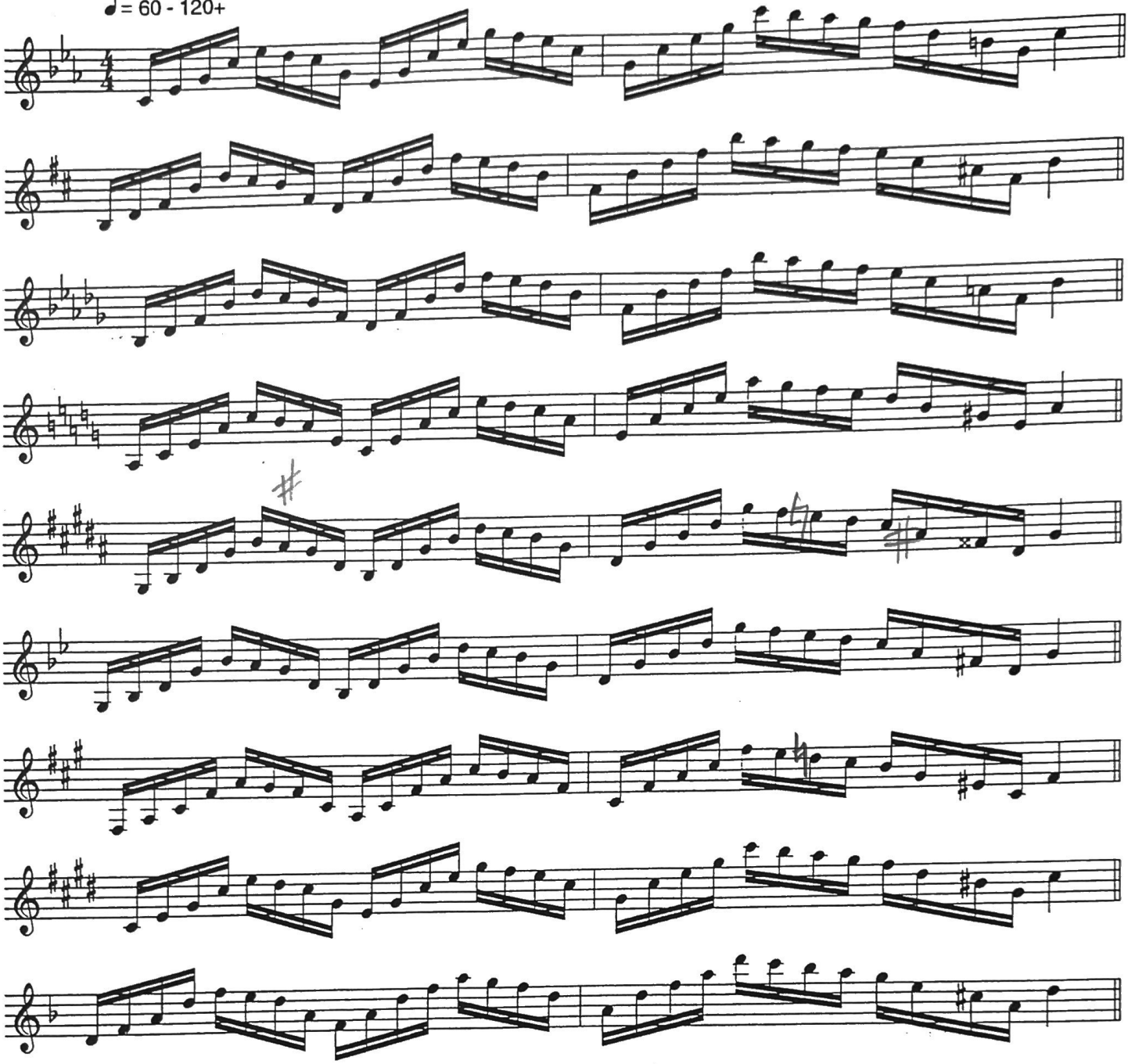

♩= 52 – 58
3.

1. Exercises

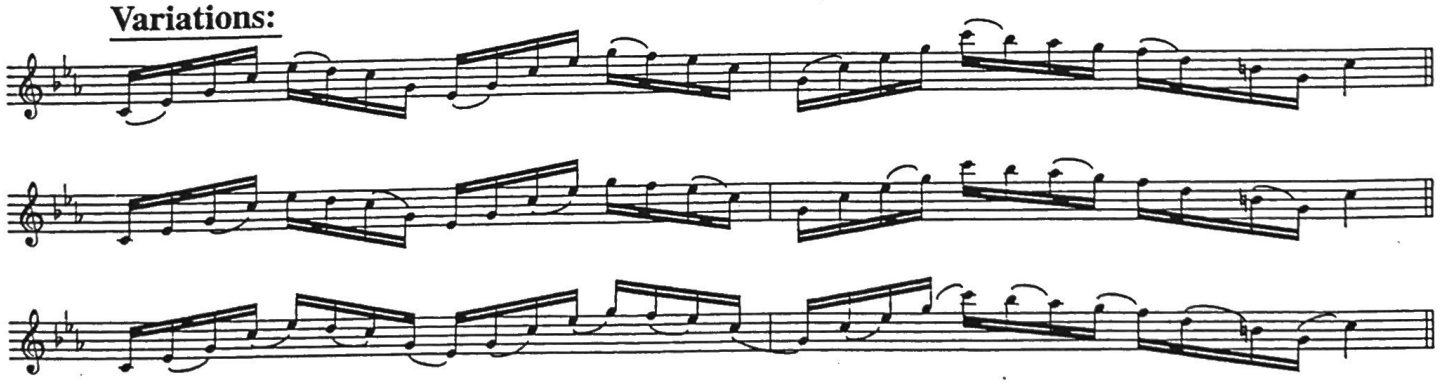


15. Minor

♩ = 60 - 120+



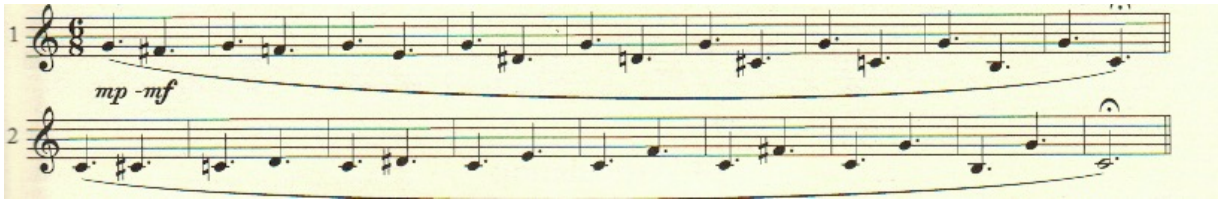
Variations:



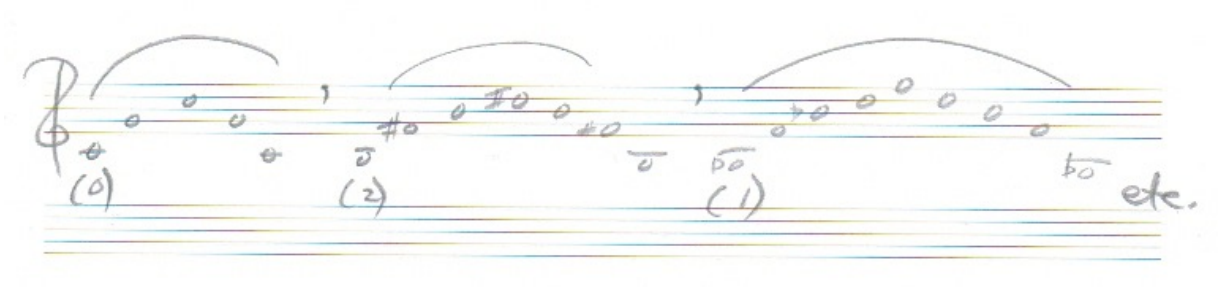
Basic Daily Warmup*

1. Buzzing - single notes for response, gentle melodies

2. Mid-range intervals (from Sachs Daily Fundamentals from Trumpet)



3. Harmonics



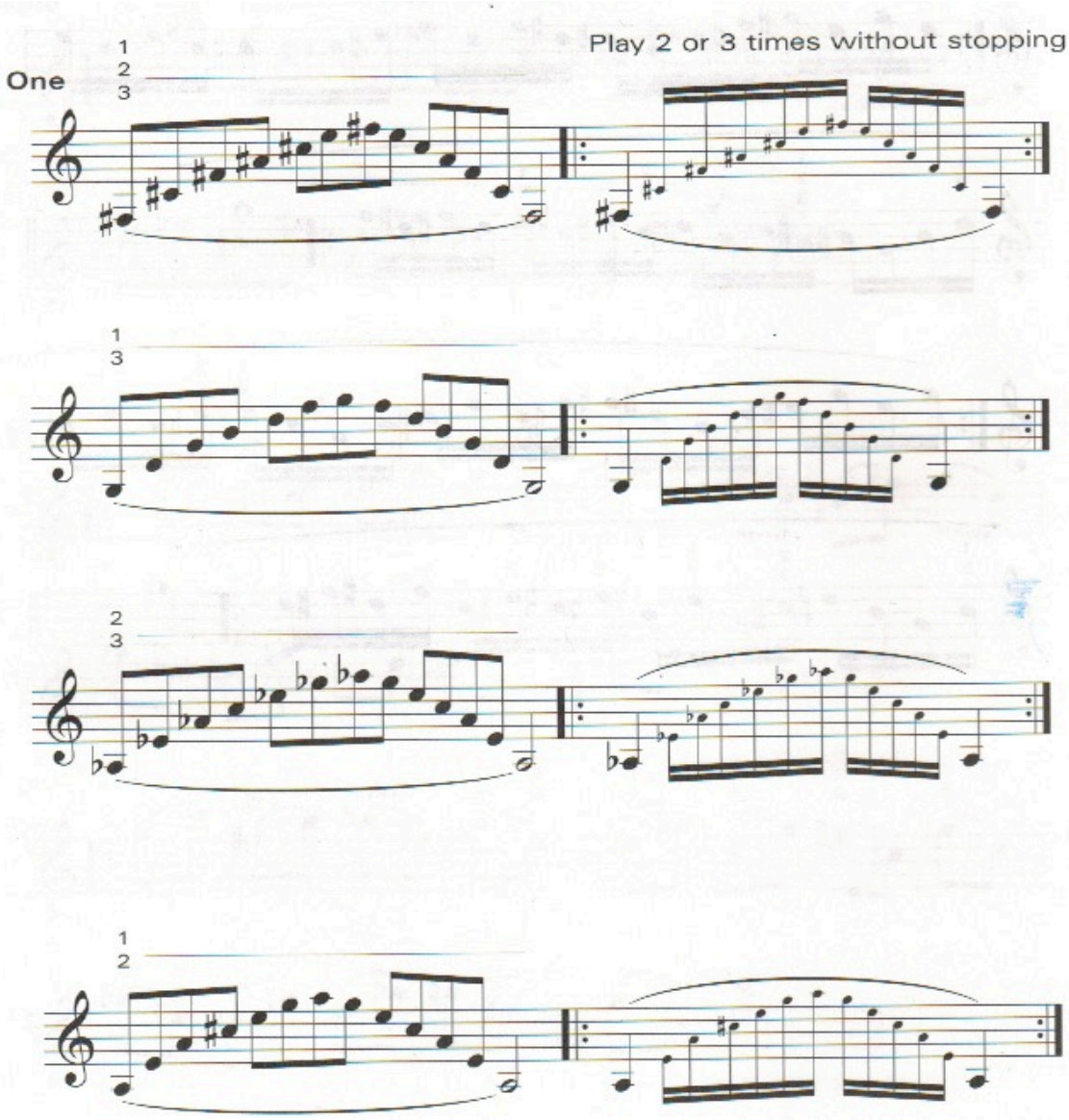
*There are a few things I always try to keep in mind during my warmup session:

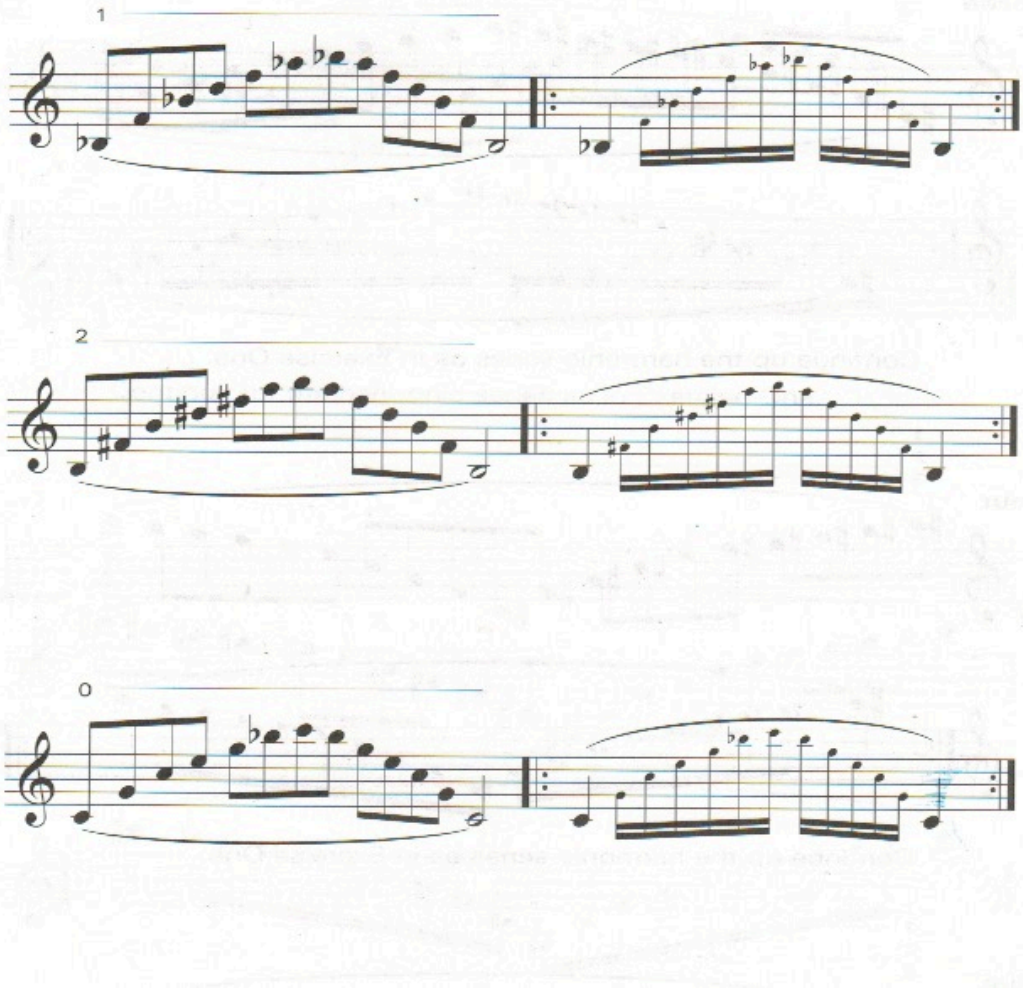
Hear the sound you want before you play it

Confident, balanced posture

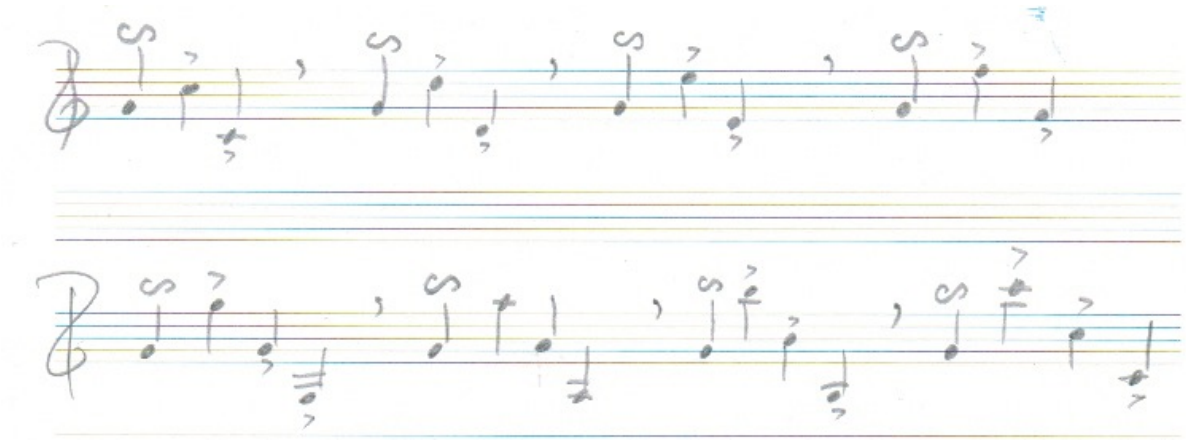
Shape everything

4. Flexandos (from Flexus by Laurie Frink and John McNeil)

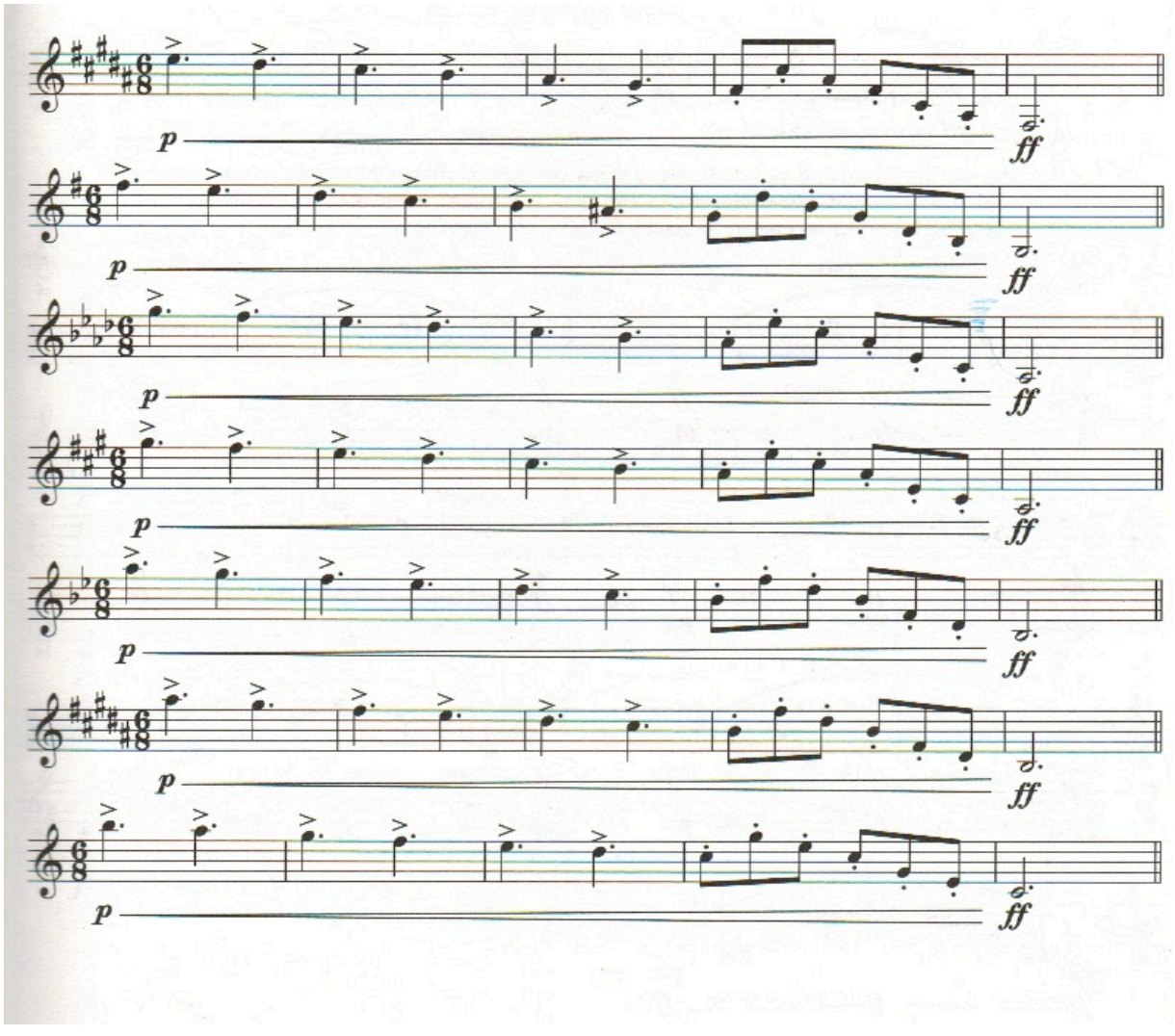



1
2
0

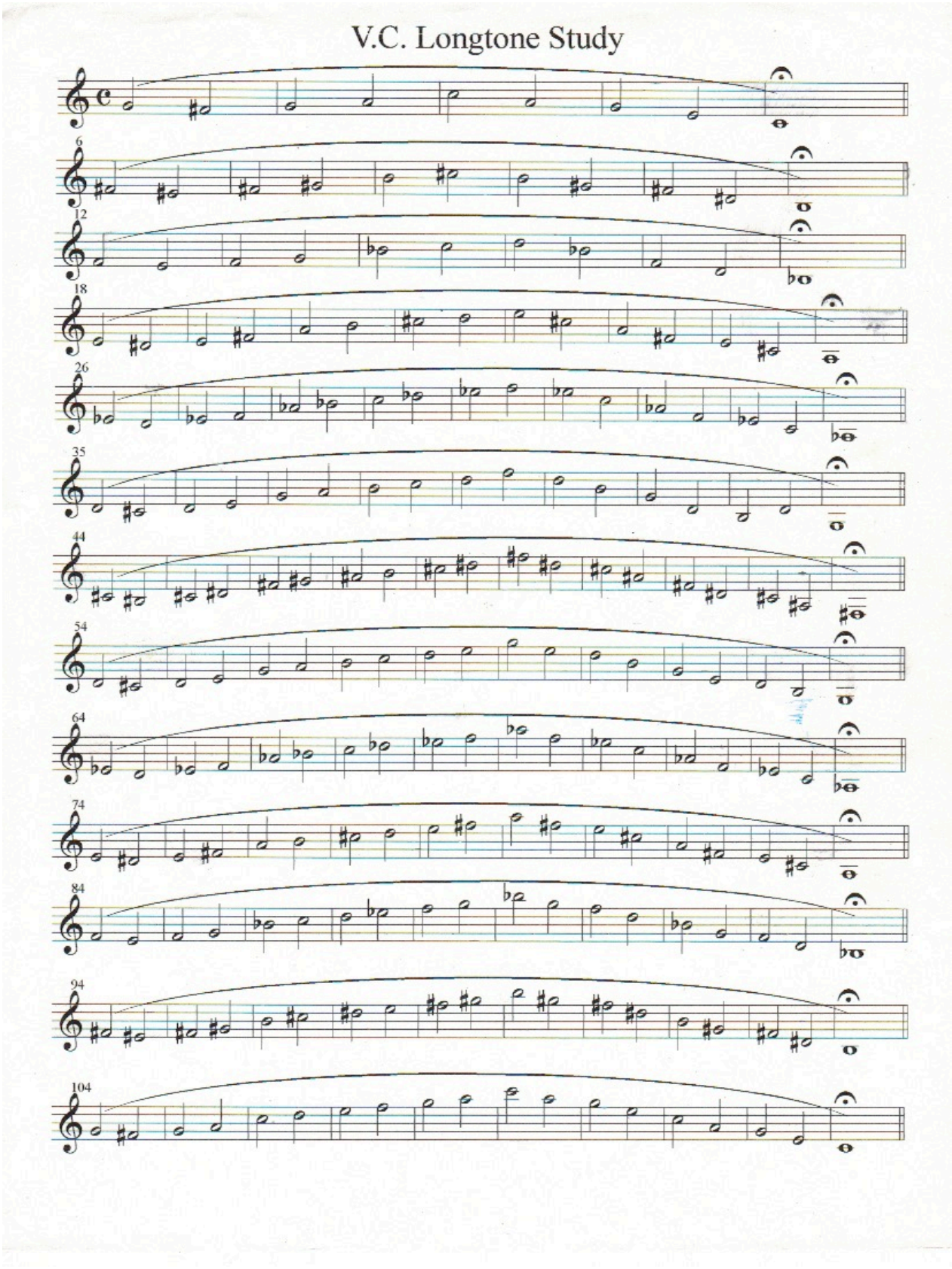
5. Scales introducing articulation - change modes and patterns regularly
6. Chutzpah ornament

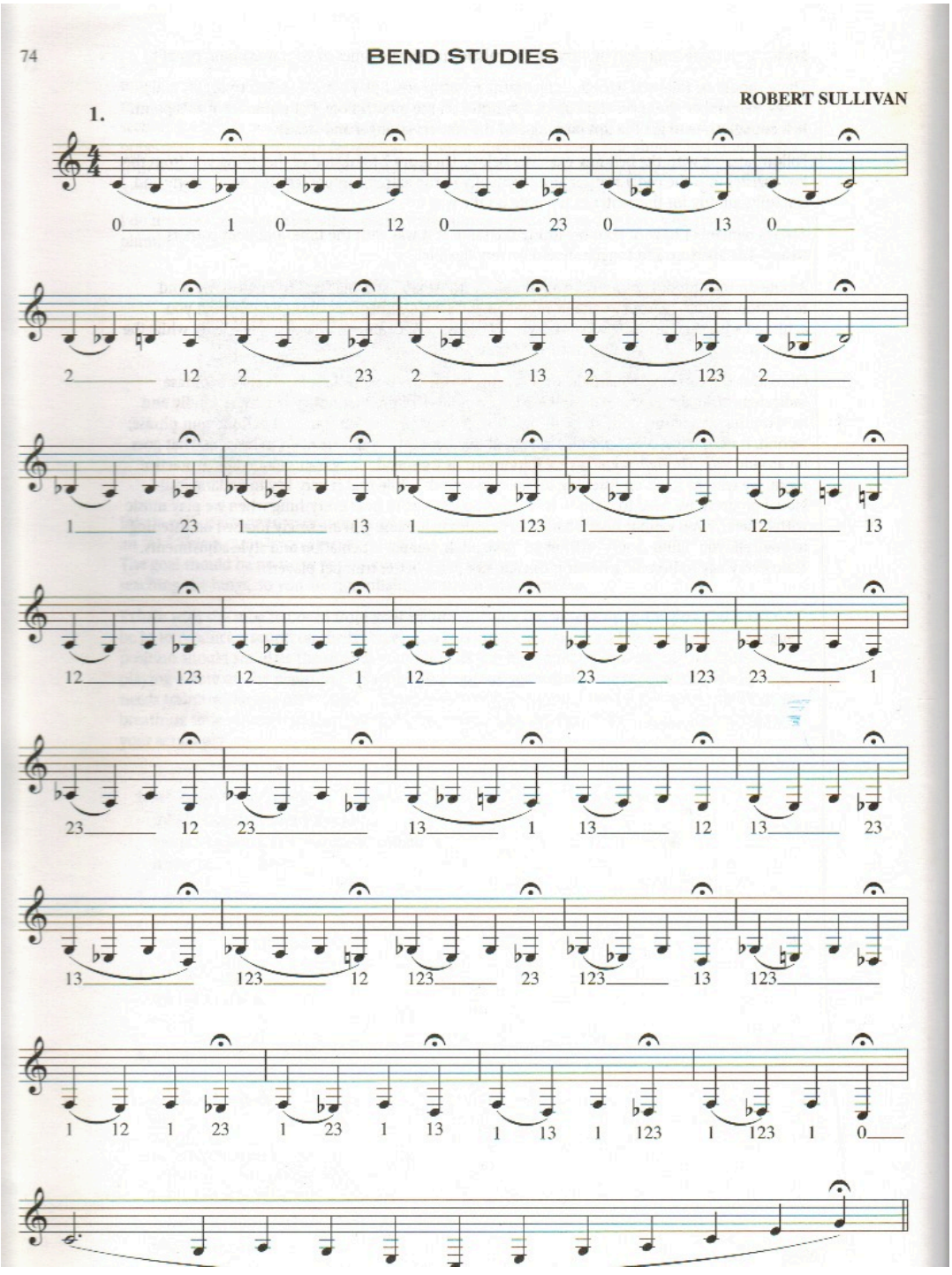


7. Beautiful melody or two for connecting notes and musical shaping
8. Ryan Anthony high note entrances (from Yamaha Etude and Exercise Book for Trumpet)



This Vincent Cichowicz exercise should be mastered before doing harmonics and Flexandos.



This set of exercises is great for finding a good centre and strengthening corners, and is a welcome addition to a healthy warmup routine when you have more time.

(See complete exercises in "Yamaha Etude and Exercise Book for Trumpet")