



Daily Routine and Practice Outline

for Trumpet Players of all ages

David Artley

<https://www.artleymusic.com>

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Practice Routine

always think "*Wind and Song*" and pulse

I. Daily Routine:

A. Breathing Exercises

Look- hand on belly, expand on inhale, collapse on exhale

Sound- Oh (inhale) Hoh (exhale)

Feel- feel wind on back of hand

1. Deep Breath- Oh-Hoh
2. Deep Breath in tempo- 123 Oh Hoh

* always relaxed, NEVER hold breath*

B. Buzzing (mouthpiece buzz)

1. MP buzz: steady tone- 123Oh Toh (start buzzing on Toh- hold same note)
2. MP buzz:"rollercoaster"- 123 Oh Toh (start buzz on Toh- pitch goes up and down)

* use "tongue placement" and faster exhale (push) to make pitch go higher*

C. Long tones

D. Lip Slurs

E. Flow Studies

F. Tonguing exercises

Notes:

Think about "4 P's" while going through routine and how they affect wind speed and buzz:

1. Pucker
2. Pressure
3. Placement of Tongue
4. Push (support from lower abs)

Approach all exercises musically!

II. Technical Studies

Scales/Arpeggios:

Major scales: (Artley Scale Book, Arban, etc.)
minor scales: (Artley Scale Book, Arban, etc.)
chromatic scale: (Artley Scale Book, Arban, etc.)
other scales: (Artley Scale Book, Arban, etc.)
Arpeggios: (Artley Scale Book, Arban, etc.)

Fingers: Clarke Technical Studies

Articulation studies:

Arban
Brandt

Flexibility:

Irons
Stamp
Schlossberg
Colin
Belck

Multiple-tonguing: Arban

Intervals: Arban, Schlossberg

Slurs: Arban, Schlossberg

Flow Studies: Cichowicz

Mouthpiece only practice (simple tunes, excerpts, etc.)

Transposition:

III: Musical Studies

Etudes:

Solos:

Duets:

Excerpts:

Band/Orchestra/Chamber music:

Lyrical Studies:

Arban
Bordogni
Snedecor

IV. Listening: ALL Genres!

Mouthpiece Buzz/Ear Training Exercise

steady tone

m2

M2

m3

M3

P4

Tritone

P5

m6

M6

m7

M7

8va

Detailed description: This musical score is for a mouthpiece buzz or ear training exercise in 4/4 time. It consists of 13 staves. The first staff, labeled 'steady tone', contains a single whole note on the middle C line (C4). The remaining 12 staves each contain two measures of music. Each measure consists of a half note, and the two notes in each measure are beamed together. The intervals between the notes in each measure are: m2 (minor second), M2 (major second), m3 (minor third), M3 (major third), P4 (perfect fourth), Tritone (tritone), P5 (perfect fifth), m6 (minor sixth), M6 (major sixth), m7 (minor seventh), M7 (major seventh), and 8va (octave). The notes are written in treble clef with a key signature of one flat (Bb). The first measure of each staff is beamed together, and the second measure is also beamed together. A slur covers both measures in each staff.

Long Tones

-always slur
-smooth and connected
-relaxed and easy

1 123 Oh Toh-----

2 123 Oh Toh-----

3 123 Oh Toh-----

4 234 Oh Toh-----

4a 123 Oh Toh-----

4b 123 Oh Toh-----

4c 123 Oh Toh-----

4d 123 Oh Toh-----

The image displays a musical score for 'Long Tones' in 4/4 time, consisting of eight staves labeled 1 through 4d. Each staff begins with a treble clef and a 4/4 time signature. The first three staves (1, 2, 3) are labeled '123 Oh Toh-----' and feature a simple melodic line: a quarter note on G4, a quarter note on A4, and a half note on B4, all slurred together. The fourth staff (4) is labeled '234 Oh Toh-----' and features a more complex melodic line: a quarter rest, followed by quarter notes on G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11, A11, B11, C12, D12, E12, F12, G12, A12, B12, C13, D13, E13, F13, G13, A13, B13, C14, D14, E14, F14, G14, A14, B14, C15, D15, E15, F15, G15, A15, B15, C16, D16, E16, F16, G16, A16, B16, C17, D17, E17, F17, G17, A17, B17, C18, D18, E18, F18, G18, A18, B18, C19, D19, E19, F19, G19, A19, B19, C20, D20, E20, F20, G20, A20, B20, C21, D21, E21, F21, G21, A21, B21, C22, D22, E22, F22, G22, A22, B22, C23, D23, E23, F23, G23, A23, B23, C24, D24, E24, F24, G24, A24, B24, C25, D25, E25, F25, G25, A25, B25, C26, D26, E26, F26, G26, A26, B26, C27, D27, E27, F27, G27, A27, B27, C28, D28, E28, F28, G28, A28, B28, C29, D29, E29, F29, G29, A29, B29, C30, D30, 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A326, B326, C327, D327, E327, F327, G327, A327, B327, C328, D328, E328, F328, G328, A328, B328, C329, D329, E329, F329, G329, A329, B329, C330, D330, E330, F330, G330, A330, B330, C331, D331, E331, F331, G331, A331, B331, C332, D332, E332, F332, G332, A332, B332, C333, D333, E333, F333, G333, A333, B333, C334, D334, E334, F334, G334, A334, B334, C335, D335, E335, F335, G335, A335, B335, C336, D336, E336, F336, G336, A336, B336, C337, D337, E337, F337, G337, A337, B337, C338, D338, E338, F338, G338, A338, B338, C339, D339, E339, F339, G339, A339, B339, C340, D340, E340, F340, G340, A340, B340, C341, D341, E341, F341, G341, A341, B341, C342, D342, E342, F342, G342, A342, B342, C343, D343, E343, F343, G343, A343, B343, C344, D344, E344, F344, G344, A344, B344, C345, D345, E345, F345, G345, A345, B345, C346, D346, E346, F346, G346, A346, B346, C347, D347, E347, F347, G347, A347, B347, C348, D348, E348, F348, G348, A348, B348, C349, D349, E349, F349, G349, A349, B349, C350, D350, E350, F350, G350, A350, B350, C351, D351, E351, F351, G351, A351, B351, C352, D352, E352, F352, G352, A352, B352, C353, D353, E353, F353, G353, A353, B353, C354, D354, E354, F354, G354, A354, B354, C355, D355, E355, F355, G355, A355, B355, C356, D356, E356, F356, G356, A356, B356, C357, D357, E357, F357, G357, A357, B357, C358, D358, E358, F358, G358, A358, B358, C359, D359, E359, F359, G359, A359, B359, C360, D360, E360, F360, G360, A360, B360, C361, D361, E361, F361, G361, A361, B361, C362, D362, E362, F362, G362, A362, B362, C363, D363, E363, F363, G363, A363, B363, C364, D364, E364, F364, G364, A364, B364, C365, D365, E365, F365, G365, A365, B365, C366, D366, E366, F366, G366

Long Tones

-always slur
-smooth and connected
-relaxed and easy

123 Oh Toh-----

5a

5b
similie

5c
similie

5d
similie

123 Oh Toh-----

6a

6b
similie

6c
similie

6d
similie

123 Oh Toh-----

7a

7b
similie

7c
similie

7d
similie

Long Tones

-always slur
-smooth and connected
-relaxed and easy

123 Oh Toh-----

8a
8b
8c
8d

similie
similie
similie

Detailed description: This block contains the first system of musical notation, measures 8a through 8d. Each measure is written on a five-line staff in 4/4 time. Measure 8a features a melodic line with a slur over the first six notes and a hairpin crescendo. Measure 8b features a bass line with a slur over the first six notes and a hairpin decrescendo. Measures 8c and 8d contain similar melodic and bass lines respectively. The word 'similie' is written below each of the four staves.

123 Oh Toh-----

9a
9b
9c
9d

similie
similie
similie

Detailed description: This block contains the second system of musical notation, measures 9a through 9d. The notation is similar to the first system, with slurs and hairpins in measures 9a and 9b, and melodic/bass lines in 9c and 9d. The word 'similie' is written below each of the four staves.

123 Oh Toh-----

10a
10b
10c
10d

similie
similie
similie

Detailed description: This block contains the third system of musical notation, measures 10a through 10d. The notation is similar to the previous systems, with slurs and hairpins in measures 10a and 10b, and melodic/bass lines in 10c and 10d. The word 'similie' is written below each of the four staves.

Lip Slurs

(flexibility)

123 Oh Toh-----

etc., (2, 1, 12, 23, 13,123)

1

0 -----

123 Oh Toh-----

etc., (2, 1, 12, 23, 13,123)

2

0 -----

123 Oh Toh-----

etc., (2, 1, 12, 23, 13,123)

3

0 -----

123 Oh Toh-----

etc., (2, 1, 12, 23, 13,123)

4

0 -----

123 Oh Toh-----

etc., (2, 1, 12, 23, 13,123)

5

0 -----

123 Oh Toh-----

etc., (2, 1, 12, 23, 13,123)

6

0 -----

123 Oh Toh-----

etc., (2, 1, 12, 23, 13,123)

7

0 -----

Flexibility- 5's #2

123 -----

13 -----

23 -----

12 -----

1 -----

2 -----

0 -----

The image displays seven staves of musical notation, each representing a different fingering for a five-note scale. The music is written in 4/4 time and begins with a treble clef. Each staff contains a sequence of notes with a slur underneath and a dashed line above it. The notes are: Staff 1: G4, A4, B4, C5, D5; Staff 2: F4, G4, A4, B4, C5; Staff 3: E4, F4, G4, A4, B4; Staff 4: D4, E4, F4, G4, A4; Staff 5: C4, D4, E4, F4, G4; Staff 6: B3, C4, D4, E4, F4; Staff 7: A3, B3, C4, D4, E4. The final note of each staff is a half note, while the others are quarter notes.

Flexibility- 5's #3

The image displays a musical score for guitar, titled "Flexibility- 5's #3". It consists of seven staves, each representing a different fret position. Each staff begins with a treble clef and a 4/4 time signature. The notes are written in a melodic line, often spanning across the staff and ending with a whole note. A slur is placed under each line, and a dashed horizontal line is drawn above the notes, indicating the fret level. The fret numbers are: 123, 13, 23, 12, 1, 2, and 0. The notes are as follows:

- Staff 1 (Fret 123): G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.
- Staff 2 (Fret 13): G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.
- Staff 3 (Fret 23): F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.
- Staff 4 (Fret 12): G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.
- Staff 5 (Fret 1): F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.
- Staff 6 (Fret 2): G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.
- Staff 7 (Fret 0): F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6.

Flow Studies

from Herbert L. Clarke's Technical Studies

The image displays a musical score for seven different keys, each on a separate staff. The keys are labeled on the left as C, D, Eb, E, F, F#, and G. Each staff begins with a treble clef and a 4/4 time signature. The music consists of a sequence of eighth notes, starting with a whole rest followed by two eighth notes, then a series of eighth-note pairs, and finally a series of eighth-note groups of four. Each staff concludes with a whole rest. A large, thin curved line is drawn across the bottom of the staves, starting from the beginning of the C staff and ending at the end of the G staff, encompassing the entire piece.

Flow Studies- B

from Herbert L. Clarke's Technical Studies



Tonguing Exercise

This musical score is a tonguing exercise for a saxophone, consisting of 12 staves, each representing a different chord. The chords are: C, B, Bb, A, Ab, G, Gb, F, E, Eb, D, Db, and C. The time signature is 2/4. Each staff contains two measures of music. The first measure of each staff features a series of eighth notes, and the second measure features a series of sixteenth notes. The notes are grouped in pairs, and the exercise is designed to improve tongue control and articulation.

The chords and their corresponding key signatures are:

- C: C major (no sharps or flats)
- B: B major (two sharps: F# and C#)
- Bb: Bb major (two flats: Bb and Eb)
- A: A major (three sharps: F#, C#, G#)
- Ab: Ab major (four flats: Bb, Eb, Ab, Db)
- G: G major (one sharp: F#)
- Gb: Gb major (five flats: Bb, Eb, Ab, Db, Gb)
- F: F major (one flat: Bb)
- E: E major (three sharps: F#, C#, G#)
- Eb: Eb major (three flats: Bb, Eb, Ab)
- D: D major (two sharps: F# and C#)
- Db: Db major (four flats: Bb, Eb, Ab, Db)
- C: C major (no sharps or flats)

Pedal Tones

12

23

13

123

* see also James Stamp Warm-ups + Studies