

# Houlding Warm Up

1. STRETCH - SHAKE - RELAX - Neck - Chest - Arms

2. BREATHING - Abdomen - Chest - Back Cavities

Set Pulse ♩ = 60

Inhale over 4 beats - Exhale over 4 beats - Repeat

Inhale over 2 beats - Exhale over 2 beats - Repeat

Inhale over 2 beats - Fermata - Exhale over 2 beats

Inhale over 2 beats - Fermata - 3 Top Ups - Exhale over 2 beats

3. LIP BUZZING

Inhale - Form Embouchure - Exhale using Abdominal Muscles & Diaphragm

No Tongue - Emphasis on Air Speed - Economise on Embouchure movement

♩ = 60 gliss.

4. MOUTHPIECE BUZZING - No Tongue

♩ = 60 gliss.

5. LIP SLURS - No Tongue - Emphasis on Air Speed - Economise on Embouchure movement

Keep Mouth open at end of note

♩ = 60

Add Tongue at beginning of each phrase

♩ = 60

2 6. TONGUEING - Synchronise Exhalation & Tongue

♩ = 60

7. SCALES

All Major Scales - 2 Octaves - Starting on Low E, F, F#, G, Ab, A, Bb, B, C, C#, D, E, Eb - Detached

All Minor Harmonic Scales - 2 Octaves - Starting on Low E, F, F#, G, Ab, A, Bb, B, C, C#, D, E, Eb - Legato

Major 'Crab' Scale - Starting on Low E (up 1 octave/up 1 half tone/down 1 octave etc.)

8. HIGH REGISTER - Push instrument away from you - Maximise support

♩ = 60

9. LOW REGISTER - False Harmonics - Drop Jaw - Push Instrument Away

♩ = 60

10. LIP TRILLS

♩ = 60