

# Practice Notes for Trumpet

## The Warm-up

Always start with a warm-up. This wakes up the muscles and gives you opportunity to set everything up correctly for playing the trumpet. The following steps will work well if done every time you start your session. The best way to make progress, *by far*, is to commit to practising every day, even if it's only 10 minutes. Daily practice ensures good habits and good progress.

### Warm-up Steps

*Beginners should start at 1, more experienced players can start at 4.*

1. Practice taking a deep, slow and relaxed breath. Shoulders should stay down and relaxed, allowing the belly to expand when breathing in
2. Blow you air out in a smooth way, like your airflow would be when singing a good, straight note
3. Practice taking and big breath then blowing a steady airstream through the mouthpiece so you just hear air. No sound is necessary to practice this, it's just to give you the feeling of blowing a full and free airstream through the mouthpiece. This airstream is what will activate your lips and cause the buzz to create a note. NO airstream, NO note
4. With the mouthpiece in the trumpet, try blowing this smooth airstream again, but this time, allow the lips to come together until they begin to buzz and create a steady, straight note through the trumpet. A low C is a good note to aim for at this stage.
5. Practise playing some long, smooth and straight low Cs, focusing on a good breathe at the start and a relaxed and open sound quality. You should feel it getting better as you do it more.
6. When a note is established and feeling good, begin on **Warm-up Collection Vol.1** exercise **1a**.

### Notes for Warm-up 1a

1. Makes sure you are familiar with the valve patterns before you begin
2. Use a metronome to keep in time. An online metronome can be found here - <https://www.metronomeonline.com/>
3. The recommended tempo for exercise 1a is 120 BPM
4. Play through exercise 1a *without stopping* and aim for a good sound on *every note*.
5. If you don't manage a good sound on every note, try the exercise again. Repetition is key to success when practising anything.

*(For more advanced players, extend this exercise up to high C, via the notes G, G#, A, Bb, B and C.)*

When you are feeling warm-up, you can move on to playing some music..

## Notes for Team Brass

1. Make sure you read the information on each page in the book. Everything is explained clearly and simply. You should have no trouble working through the book in the order that it's written
2. When reading music, the 2 things you have to know about a note when looking at it is:
  - a. Which note is it?
  - b. How long does it last for?
3. It is essential that you have a steady pulse to play along to. If you can keep this pulse in your head whilst reading/playing the music, then great. If you are struggling to keep a steady pulse, then use the metronome here at <https://www.metronomeonline.com/>
4. As a rough guide, for these early exercises, a good range of speeds to work with might be 70-130, with 70 being a slow tempo and 130 a quick one.
5. If you are struggling with any particular exercise, try to work out what is going wrong. Is it your fingers? Lips? Breathing? Speed?
6. If you are struggling with putting the correct valves down, practise humming the exercise along to the metronome and just practise miming and putting the correct valves down at the right time, as you are singing it.
7. **Practise** and **repeat** each exercise until you are playing it correctly. It doesn't matter how many goes it takes, you will get there if you persevere and work it!
8. If you are having particular issues with one exercise and feel you are not making progress, either **play it slower** or move on to another one and come back to it.

## Notes for Grade Pieces (Shining Brass Books)

1. Listen to the piece on the CD and familiarise yourself with how it actually goes.
2. Practice fingerings off the trumpet for any difficult parts that you are encountering. If you can hum/sing through that section of the piece whilst putting down the correct valves, you'll very likely be able to play it on the trumpet.
3. Take each part **slowly** and carefully. Don't try to play something faster than you're able to. When you succeed in playing the passage slowly, gradually build up speed until you are at, or even above the speed you need to get to. Repetition is key to success when practising anything.
4. Once you have mastered the difficult parts, then you need to practise playing those bits within the context of whole piece. Just because you've worked hard at getting a difficult section right doesn't mean that you'll necessarily be able to play that bit having played all the bits that come before it.
5. Zoom into difficult sections, isolate them, practise them until correct then zoom back out and practise those parts within the bigger picture of the whole piece.