Smooth Tones

Exercise to improve your tone and range

Begin by warming up as follows:

1. 1-2 minutes of lip buzzing on any note that is comfortable, aiming for a *smooth, straight sound* at a comfortable volume
   - ALWAYS think *smooth*, even when inhaling
   - Be relaxed. When you master this, you will find it effortless
   - Be patient. It takes time and practice to train your lips to respond to an air stream like this
   - Listen to the sound at all times
2. 1-2 minutes of long tones on just the mouthpiece, aiming for that *smooth* and straight sound as with the lips
   - If the sound is not coming out freely and effortlessly, try adjusting your lip position slightly. Experiment with this, everybody is different and YOU have to find the position that works for you through patience and practice
   - The aim is to get a *smooth* and *open* sound, free of tension and rough edges. This takes patience and practice, but you will be rewarded with a beautiful open sound on the trumpet that is easy to produce
   - Aim to make each note better than the last
3. Using the same approach, spend 1 minute playing a long, *smooth* and relaxed C on the trumpet. Take your time, listen to your sound and play the note until you are comfortable with producing it nicely and easily every time

The Exercise

- Start on C. Play the note for 4 counts, aiming for the most beautiful, *smooth* and relaxed sound you can get.
- Extend it to 8 counts, then 12, then 16
   - Notice how you will have to take more air in to sustain the sound. This is how we should breathe when playing the trumpet properly
- After 16 counts, move up to the next note, D. Repeat the previous steps, always aiming for a relaxed and open sound. You may need to adjust your lips to get the upper notes at first. This will become second nature in time.
- Extend this exercise as far as you can with a good sound. Do push yourself though. Through patience and hard work, you WILL be able to play the higher notes.

Ideally, you should use a metronome to keep time. One can be found at www.metronomeonline.com

80BPM is a good starting tempo.