Warm-Up Session
Mid-South Horn Workshop - March 2017

Definition of a Warm-up:
“Preparing for physical exertion or a performance by exercising or practicing gently beforehand.”¹

Purpose of a Warm-up:
- Ifor James and others - routine is a standard set of fixed exercises
- Barry Tuckwell stressed that the “warm up” will differ daily depending on the level of the player, time of day, state of the embouchure, general health, and what is to be played today, tomorrow, next week, etc.²
- Thompson emphasized the importance of the individual coming up with his or her own routine

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<tr>
<th>Author</th>
<th>Suggested Purpose of the Warm up</th>
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| Ifor James        | 1. aid in the vibration of the lip muscles  
|                   | 2. give flexibility through the range  
|                   | 3. increase security  
|                   | 4. coordination  
|                   | 5. stamina  
|                   | 6. concentration  
|                   | 7. relaxation                                                                                   |
| Phillip Farkas    | 1. awaken the embouchure  
|                   | 2. review fundamentals  
|                   | 3. highlight lip technique instead of finger technique  
|                   | 4. breathing  
|                   | 5. give flexibility in 3 octaves  
|                   | 6. tone  
|                   | 7. furnish as a practice session if on vacation and unable to practice                           |
| Douglas Hill      | 1. physical workout  
|                   | 2. coordination  
|                   | 3. aid in consistency  
|                   | 4. detect bad habits  
|                   | 5. build confidence                                                                                |
| Milan Yancich     | 1. increase speed  
|                   | 2. coordination of fingers  
|                   | 3. tonguing  
|                   | 4. air control  
|                   | 5. lightness of sound  
|                   | 6. extension of range                                                                          |

Aspects of Warm-up may include (but are not limited to):
- Concentration Exercises  
- Lip Trills  
- Breathing  
- Buzzing  
- Tonguing Exercises (single and/or multiple)  
- Flexibility Exercises using the Harmonic Series  
- Tunes  
- Scales and Arpeggios  
- Interval Studies  
- Dynamics  
- Long Tones  
- Air Attack  
- Pitch Bending

* Borrow from other instruments (i.e. flute, tuba, trumpet, etc.)
** Take what works for you, get rid of the rest!!


LaMonaca, Caesar. *Daily Studies for the Horn*.


Lueba, Christopher. *Scale Exercise and Intervals*.


Wekre, Froydis Ree. *Thoughts on Playing the Horn Well*.

Long Tones/Turns - Pick one to do each day

a. James Stamp Warm-Up
b. Pilafian/Sheridan Smooth Air Warm-Up
c. Moore Turns

Stamp Warm-Up

Pilafian/Sheridan - *The Brass Gym* - Smooth Air Warm-Up

Continue descending by half steps until the bottom of your range
Lip Slurs - Pick one or two to do each day

a. Horn Lips Slurs (I have no idea who I stole these from)
b. Moore Lip Slurs (Remington)
c. Frank Llyod Lip Trill Exercise

Moore - Tuba Lip Slurs
Frank Lloyd - Lip Trill Exercise

Let the air stream and very small lip movements create the notated pitches. Avoid muscling the notes into place. Flick the notes.

Remember: higher notes require faster air

0-2-1-12-23-13-123 for each

Scales Studies - Pick one or two to do each day
a. Clark Studies
b. Silvio Coscia Major and Relative Melodic Minor Scales
c. Moore Tuba Diatonic Scales
d. Taffanel/Gaubert #4 Flute Scales

Clark Studies
Play slurred at first, then lightly single tongue

Continue in all twelve keys
Moore - Fundamentals of Low Brass Playing - Diatonic Scales

Continue in all twelve keys
Flute Scale Pattern
Paul Taffanel and Philippe Gaubert
T&G #4 from 17 Big Daily Exercises
Flute Scale Pattern
Arpeggios
a. Diatonic Triads (Major keys)
b. Coscia Arpeggios (VI, vi, I - for example CM, cm, AbM)
c. Scharnberg Triad Qualities

Diatonic Triads in Major Keys

Silvio Coscia - VI, vi, I Arpeggio Pattern

William Scharnberg - Triad Qualities

CM    Cm    Cdim.    Cm    CM    C+    CM
Continue in all 12 keys
Additional Ideas for the Warm-Up

a. Thompson Glissando Octaves
b. Lip Trills
c. Pilafian/Sheridan Lip Flips
d. Tunes in all Twelve keys - figure out solfege and apply to each key area

Thompson - Glissando Octaves (high range development)

Begin on a lower note (i.e. Ab) and continue ascending as high as you can. Strive to “touch” every note in the harmonic series as you slur up and down.

Lip Trills Warm-up

Pilafian/Sheridan - *The Brass Gym* - Lip Flips
# Tunes Check-Off Sheet

**List #1**
- Hot Cross Buns
- Mary Had A Little Lamb
- Row, Row, Row Your Boat
- Ode to Joy
- Are You Sleeping
- Kumbayah
- London Bridge
- Farmer in the Dell
- How Dry I Am
- Jingle Bells
- Joy to the World
- The First Noel

**List #2**
- Itsy Bitsy Spider
- Old MacDonald
- This Old Man
- Here Comes a Bluebird
- Rocky Mountain
- Happy Birthday
- Red Wing
- My Bonnie Lies Over the Ocean
- Looby Loo
- She’ll Be Coming ‘Round the Mountain
- Swing Low, Sweet Chariot
- Scarborough Fair

**List #3**
- Three Blind Mice
- Saints
- Do, a Deer (Sound of Music)
- Yankee Doodle
- America the Beautiful
- I’ve Been Working on the Railroad
- Take Me Out to the Ballgame
- Home on the Range
- When Johnny Comes Marching Home
- Good King Wenceslas
- Oh Christmas Tree
- Deck the Halls

**List #4**
- If You’re Happy and You Know It
- Kookaburra Sits in the Old Gum Tree
- Donkeys Are in Love With Carrots (round)
- Camptown Races
- Here Comes the Bride
- Can Can (Offenbach)
- Star Wars (Main Theme)
- Meet the Flintstones
- John Jacob Jingleheimer Schmidt
- Ah, Poor Bird
- Hey, Ho Nobody Home
- Shalom Chaverim

**List #5**
- Marines Hymn
- Caissons Go Rolling Along
- Star Spangled Banner
- Turkey in the Straw
- William Tell
- Waltz from Sleeping Beauty
- Finlandia – Sibelius
- Largo from Dvořák Symphony No. 9
- Brahms Symphony No. 4, IV
- Danny Boy
- Dona Nobis Pacem
- Wayfaring Stranger

**List #6**
- Old Man River
- Edelweiss
- Let It Go
- I Got Rhythm
- Can You Feel The Love Tonight
- Lady Be Good
- Supercalifragilisticexpialidocious
- Somewhere Over the Rainbow
- Bewitched
- Zip-A-Dee-Doo-Dah
- Arabian Nights
- White Christmas
Partial 1, 2, 3, 8 in tune (fundamental and its octaves. Partial 3 & 6 slightly sharp (5ths). Partial 5, 10 slightly flat (3rd). Partial 7 very flat.