

Mouthpiece Warm-up Exercises

In Exercise A, the plus sign indicates a seal between the mouthpiece and the lips, while the open sign indicates a break of that seal - arc the upper rim away from the top lip while maintaining contact between the lower rim and the bottom lip. Keep the corners strong to maintain a stable pitch while the seal is broken. Blow with a full, free-flowing air stream; it may help to imagine your air gently pushing the mouthpiece away from your face. As you return the mouthpiece to the sealed position, use the minimal amount of pressure needed on the top lip to create a seal - your bottom lip should act as the anchor for your embouchure.

A.

The exercise consists of five staves of music in bass clef with a common time signature. The notation includes plus signs (+) and open circles (o) above notes, indicating seal and break points respectively. The notes are half notes and whole notes, with some slurs and accents.

Staff 1: Bass clef, common time. Notes: B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus). Slurs connect B2-B2, B2-B2, and B2-B2. Accents are over the second and fourth notes of each pair.

Staff 2: Bass clef, common time. Notes: B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus). Slurs connect B2-B2, B2-B2, and B2-B2. Accents are over the second and fourth notes of each pair.

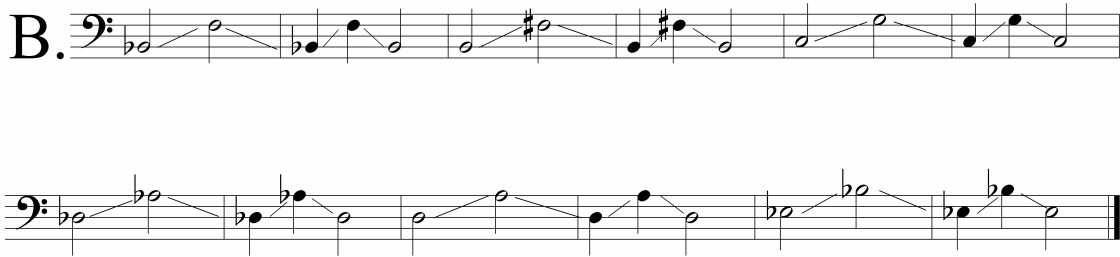
Staff 3: Bass clef, common time. Notes: B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus). Slurs connect B2-B2, B2-B2, and B2-B2. Accents are over the second and fourth notes of each pair.

Staff 4: Bass clef, common time. Notes: B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus). Slurs connect B2-B2, B2-B2, and B2-B2. Accents are over the second and fourth notes of each pair.

Staff 5: Bass clef, common time. Notes: B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus), B2 (plus), B2 (open circle), B2 (plus). Slurs connect B2-B2, B2-B2, and B2-B2. Accents are over the second and fourth notes of each pair.

In Exercise B, use your off hand to check for strong, steady 'wind' flowing through the mouthpiece shank. Blow through the interval changes with a full glissando, balancing the work between the embouchure muscles and the airstream. You should intensify the air speed slightly as you ascend, relaxing it slightly as you descend.

B.



Use the same principles for Exercise C - blow through each slur with a fast, smooth glissando.

C.



In Exercise D, use a legato articulation on all the eighth notes. Again, make sure the air flows through the mouthpiece on each attack. Blow into the lowest pitch - you can add a little resistance to the end of the mouthpiece shank if needed.

D.

