

The 10 Minute Practice Session

Jeff Lewis

1 Mouthpiece Siren (1-2 minutes) and/or

Lead Pipe Buzzing (1-2 min.)

2

Lip Slurs (2-3 min.) Pick one

3

4

Continue down with the following fingerings 21 $\begin{matrix} 121 \\ 233 \end{matrix}$ $\begin{matrix} 1 \\ 2 \\ 3 \end{matrix}$

5

For more lip slur exercises, try "27 Groups of Exercises" by Earl D. Irons, "Lip Flexibilities" by Bai Lin, or "Advanced Lip Flexibilities" by Charles Colin.

The 10 Minute
Practice Session

2

Tonguing (3-5 min.)

The image displays five staves of musical notation for a tonguing exercise. The first staff begins with a large number '8' on the left. Each staff contains a sequence of rhythmic patterns: the first two staves feature eighth-note runs; the third staff includes a mix of eighth and sixteenth notes with some slurs; the fourth and fifth staves feature eighth-note runs with specific accidentals (sharps and flats) placed above certain notes. Each staff concludes with a whole note rest on a final line of the staff.

For more tonguing exercises, try Arbans pp. 59-75 or "Daily Drills and Technical Studies for Trumpet" by Max Schlossberg pp. 34-36.