

# 28 The First Warmup

The warm-up (daily exercises) should be played EVERY day. They are the most important things to touch on consistently.

## **Exercise 1 - Tonguing**

Mouthpiece first, Then open G

Monitor posture, focus, embouchure, pitch

## **Exercise 2 - Waterfall with Tonguing**

Big air, good hand position (both hands)

Oral reminders during rests

## **Exercise 3 - A Exercise**

More information in Episode 18

Compare student fingers to pictures in the show notes links from 18

## **Exercise 4 - Right Hand Descending Scale**

Conduct each note

All in one breath - slowly enough to cover carefully

## **Exercise 5 & 6 - Beginner Register Studies**

- Make it look easy when you introduce it
- Possibly demonstrate with 1st chair or yourself
- Have student hold low A, you add register
- Troubleshooting
  - Left thumb position - should always touch register key
  - Be sure they don't lift the thumb off the hole
  - tell them to keep the air going fast
  - Anchoring, tongue position, flat chin
  - More in episodes 5 & 6 about getting up to pitch

## **Exercise 7 & 8 - Chromatic Scales**

We will discuss this the chromatic scale in Episode 28.