

RANGE, POWER, AND ENDURANCE

by Dr. Brian A. Shook

I. Introduction

- As trumpet players, it's in our blood to play higher, louder, and faster
 - This is acceptable *only* when required!
- All of the fundamentals must be in perfect balance to play at the extremes
- Same principles for classical or jazz; B-flat or C; etc.

II. Balance

- Increased range = flexed embouchure + pressure/grip + faster air + arched tongue
 - Dumbbell analogy: tighter grip, flexed bicep – same is true with embouchure
 - All must remain balanced for desired result

III. Warm Up and Warm Down

- Initial warm up of the day is longer than beginning/end of each practice session
- Dynamics: include soft, medium, and loud
- Range: include low, middle, and high
- Warm down is primarily very soft playing and in the mid/low register (always maintain a good sound)

IV. Exercises – range, power, and endurance are all closely linked

*Preliminary considerations

- Rest frequently
- Always play in a relaxed manner
- Tight/flexed feeling in chops is good; pain anywhere is bad
- IT is OK to have a bit more lower-lip pressure

1. Lip Bends - *f*

- Hickman – *15 Advanced Embouchure Studies*

2. Pedal Tones

- Hickman - *15 Advanced Embouchure Studies*
- Stamp – *Warm Ups + Studies*

3. K Tonguing – *mf* – scales, chromatics, etc.

4. Lip Slurs – *mf* and softer

- Irons – *27 Groups of Exercises*

5. Soft Breath Attacks and Whisper/Pop Tones

V. Endurance

- Arban p. 20–21, #46 – various dynamics, add lip bends, repeat entire exercise
- Caruso “2nds” from *Musical Calisthenics for Brass*
- See *Williams Strength Building Routine* at www.brianshook.com/clinics

VI. Applying Range, Power, and Endurance to daily practice

- Divide exercises into two halves and do them every other day
- No more than 5-minute spurts on these exercises in a given practice session
- Practice heavy on one day and then lighter on the next

VII. Questions