

LONG TONE WARMUP

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FOUR RULES BY CARMINE CARUSO:

- (1) TAP YOUR FOOT - THIS IS TO ESTABLISH TIMING TO WHICH THE MUSCLES MUST MOVE, SO THEY RESPOND TO THE SPECIFIC RHYTHM YOU MAKE.
- (2) KEEP THE MOUTHPIECE IN CONTACT WITH THE LIPS THROUGHOUT THE STUDY - EVERYTIME YOU MOVE THE MOUTHPIECE AWAY, YOU HAVE TO RESET THE WHOLE EMBOUCHURE. THE "WHOLE" EMBOUCHURE CONSISTS OF FIVE DEFINITE MOVEMENTS:
 - (A) PUTTING THE MOUTHPIECE IN CONTACT WITH THE LIPS
 - (B) PUTTING TENSION ON THE LIPS FOR THE NOTE TO BE PLAYED
 - (C) POSITIONING THE JAW PROPERLY
 - (D) ALIGNING THE INSTRUMENT PROPERLY
 - (E) THE BLOW
- (3) KEEP THE BLOW STEADY - YOU ARE BLOWING AIR THROUGH THE LIPS AND THE STEADIER THE BLOW, THE MORE COMPACT THE MOTION OF THE AIR.
- (4) BREATHE ONLY THROUGH THE NOSE. - DONE FOR THE SAME REASON AS RULE NO.2: TO REDUCE THE AMOUNT OF MUSCULAR ACTIVITY IT TAKES TO PRODUCE A NOTE.

OTHER THOUGHTS:

- (1) THE FIRST PITCH IS DECIDED BY THE KEY OF THE DAY. IF A-FLAT IS YOUR KEY THEN START ON THE A-FLAT BELOW THE STAFF.
- (2) DO NOT PLAY ABOVE THE STAFF. ADJUST ACCORDINGLY.
- (3) NO NEED FOR A DRONE.
- (4) SOUND BEAUTIFUL.
- (4) JUST PLAY.

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