Step 1: Buzzing

We buzz to get loose and get better at listening. The two most important parts of buzzing are having a strong buzz and buzzing the correct pitch. Always ask your teacher if your buzz is on the right path. The buzzing part of the day should be quick, but very accurate, which means CORRECT PITCHES. To buzz the correct pitch you can play the notes first and then buzz them, use an app like "Tonal Energy" to play the notes for you or use a piano and buzz along with it. The piano part is written here for you. Slur everything and use a metronome. Remember, never buzz just to buzz and use your ears.
Step 2: Long Tones

Long tones help us get a better sound, better air control, improved accuracy (hitting the right note at the right time) and much more. The most important part about long tones is to keep a steady sound. The volume should be the same and the tone should be clean. No cracks, no volume changes. Play at the given tempo and when necessary replay notes that aren't up to standard.

♫ Tip: If you don't know the fingering for a note yet, look it up in the fingering chart on the last page and write it on the note in pencil. After a week, erase it. Don't forget the metronome!

♫ Learn the Trumpet Harmonics ♫

"Harmonics" on the trumpet are all the fingering combinations we use in a specific order. They are important to know for flexibility exercises and much more. Start on a low C and play the following combinations going down and then back up. You can also start on any open note and it will work.
Step 3: Flexibility

Flexibility exercises, also called lip slurs, are all about slurring. Only tongue the first note of each section as written and go for a clean slur. Notes should go from one note to the next without air pockets or cracks in between them. Just like long tones, maintain a steady sound and volume. Flexibilities are great for improving your range and ear. Notice how each section goes through all 7 harmonics of the trumpet.

Tip: To go higher curve your tongue up, like when you whistle or say "eee". Remember that the air makes the sound, but the tongue makes the pitch. Don't forget the metronome!

\[ \text{A} \quad \| \quad \text{B} \]

Continue using the harmonic fingerings
Step 4: Tonguing

Tonguing is one of the earliest techniques you will learn and it is very important because you will use it all the time. When doing these exercises keep the notes long (not tied, just full value). This means DO NOT play the notes staccato or short, unless it is marked that way. Start at 70 and slowly work up to 144!

Tip: To play eight notes full value keep the air moving and bring your tongue forward to tongue without stopping the flow of air. Like always, ask your teacher for help!
Step 5: Quick warm down
The warm down is to relax. Start very slow, then speed up to as fast as possible, and then slow back down. Do this 4 times and aim to do it in one breath if possible.

All slurred, breathe big so you can make it!
Trumpet Fingering Chart