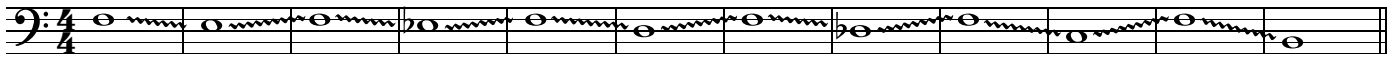


Intermediate Daily Routine

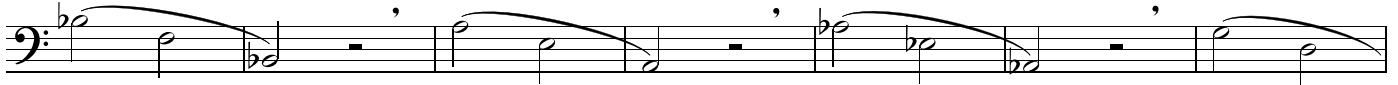
arranged by Rachel Trumbore

EAT YOUR VEGGIES, AKA LONG TONES. Playing long tones is the best way to build a better tone. Use these first notes of the day to focus on creating your **best sound** on every note. Begin each line with an air attack, no tongue yet and gliss/slur whenever you aren't taking a breath. Stop after each line. Play with a pal or a drone to work on pitch.

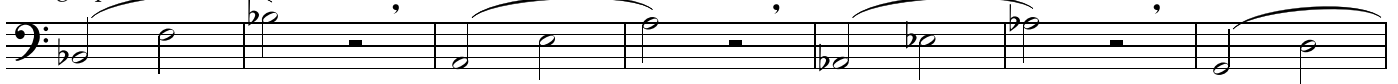


AIR SLURS (LIP SLURS). I refer to these exercises as air slurs, because the air does the work, not the lips. The connection is made with a **smooth** shift in air speed. Your job is to glue the end of the previous note to the beginning of the next note with your smoothest sound!

Going Down



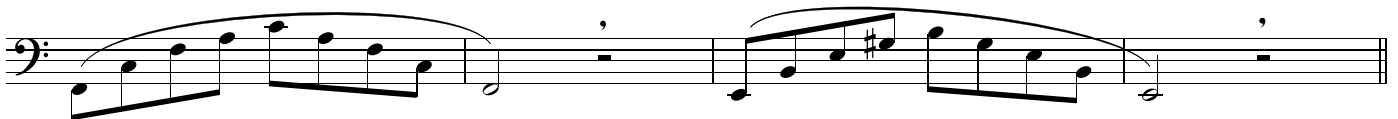
Going Up



Up & Down



Flexibility



WAKING UP THE NEIGHBORHOOD, THE ADAM ROUTINE. As loud as possible with your most **glorious and easy sound!!** This exercise is intended to increase ease of airflow, sound, connection, and build the louder dynamic range. Rest 4 beats after each half note to allow blood to return to the lips. Alternate measures with a buddy!

Always forte! *Is your dog barking yet?*

Have your neighbors called the cops yet? *Better get ready to run!*

HAHAHAHAHAAA, ARTICULATING WITH AIR. Practice this exercise with all air attacks, aiming directly at the center of the note. Once this is mastered, the tongue is allowed back in and you can practice this exercise in different styles and dynamics (legato, accented, pianissimo, etc.) to build consistency of different types of note beginnings. Always remember to support the airstream!!

TRUST FALLS (HINT: THE AIR WILL ALWAYS CATCH YOU). Sound starts and stops with the air, not the tongue. Play this exercise beginning and centering each note with an air attack, no tongue whatsoever. Aim to play the notes with a big, full sound!!