

# 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 whenever you aren't taking a breath. Stop after each line. Play with a pal or a drone to work on pitch.

Three staves of musical notation for long tones. The first staff is in 4/4 time and shows a sequence of notes with wavy lines underneath, indicating glissando. The second and third staves show similar sequences with different note values and accidentals.

**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

Two staves of musical notation for 'Going Down' exercises. The first staff shows a descending sequence of notes with slurs. The second staff shows a similar sequence with different note values and accidentals.

Going Up

Two staves of musical notation for 'Going Up' exercises. The first staff shows an ascending sequence of notes with slurs. The second staff shows a similar sequence with different note values and accidentals.

Up & Down

Two staves of musical notation for 'Up & Down' exercises. The first staff shows an ascending sequence of notes with slurs. The second staff shows a similar sequence with different note values and accidentals.

Flexibility

Three staves of musical notation for 'Flexibility' exercises. The first staff shows a sequence of notes with slurs. The second and third staves show similar sequences with different note values and accidentals.

