

## **THREE STEP WARM UP FOR BEGINNING HORNS**

**STEP 1**— Buzzing on the mouthpiece-  
Steady pitches, sirens up and down, scales, tunes

**STEP 2**— Long tones  
Open, comfortable notes sustained 12 seconds

**STEP 3**— Arpeggios/ lip slurs  
A: High- medium- low (0, 2, 1, 12, 23)  
B: Low- medium- high (23, 12, 1, 2, 0)  
C: Low- medium- high- medium- low (0, 2, 1, 12, 23)  
D: High- 00- high (23, 12, 1, 2, 0) add thumb for “00”  
E: Low- medium-high- 00- high- medium- low (0, 2, 1, 12, 23)  
add thumb for “00”

Pay close attention to... a comfortable, relaxed body;  
deep and low breathing;  
“M” embouchure;  
good right hand position;  
and a clear, open sound!