

5-Minute Lessons

for Trumpet

by

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Prelude A

Yawn and Release

These lessons work best with a teacher, and even better when Mom, Dad, or your favorite grown-up learns along with you. Enjoy!

A Few Basics Before You Begin

When you play a brass instrument **YOU are the instrument and the trumpet is just an amplifier.** You are the instrument because your lips buzz to produce the sound. Playing a brass instrument is almost like singing with your lips. **Easy Does It!**

In order for your lips to buzz properly, you need a relaxed steady air stream. (Relaxed air provides the energy for the lips to buzz.) The ideal breath in (or inhalation) is a yawn, and the ideal breath out (or exhalation) is a sigh. Practice by breathing in for four counts through your nose and then exhaling for four counts through your mouth. Think of the breath in and out as two halves of one continuous motion. Let's try it!

Yawn and Release

Snap your fingers to a steady medium beat and yawn in for four counts (with an open mouth) and then release as a sigh for four counts.

(Yawn In) 1 2 3 4 (Release out) 1 2 3 4 And Repeat.

Now relax your body and gently stretch.

Think of allowing the air in and (especially) out. Don't over do it, a nice easy breath is all you will need. Your body should be relaxed and loose, but sit or stand up tall. *Try the exercise again.*

Prelude B

Buzzing

The lips vibrate (buzz) to produce sound and the placement of the mouthpiece should help the lips buzz freely without restriction.

2/3 upper and 1/3 lower, centered L-R best describes the recommended mouthpiece placement. Roughly two-thirds (2/3) of the mouthpiece should be covering the upper lip, with one-third (1/3) of the mouthpiece covering the bottom lip. The mouthpiece should be basically centered in the middle of the lips when considered from left to right (L-R). Significant adjustments from left to right may be made for teeth, and the L-R setting should feel comfortable. Keeping as close to 2/3 upper 1/3 lower lip is recommended.

Spit a ‘Seed’ of Rice

The proper formation of the lips (or embouchure) for buzzing may be achieved by imagining to spit a ‘seed’ of rice:

1. The ‘corners’ of the lips (to the left and right extremes) will be firm,
2. The chin will be flat, and
3. The lips will be gently touching, as if to say ‘M’

Now pretend to spit ‘seeds’ of rice. Examine your embouchure in the mirror.

Prelude C

Making a Beautiful Sound

Assembling Your Tromba Trumpet, (Cornet or Flugel Horn)

Your Tromba trumpet is divided into two basic parts: the mouthpiece, and the trumpet (the tubing/valves/bell section). Begin by gently turning (or rotating), the mouthpiece as you insert it into the receiver of the trumpet.

Stand-Up Straight, Sit-Up Straight

Good posture is a big plus in playing your Tromba trumpet. By sitting or standing correctly, you will allow for easier breathing and avoid interference with the smooth, relaxed motion of the valves.

String Puppet

Stand up straight. Use your right thumb and index finger to lightly pull on a strand of hair from the crown of your head. (The crown is often the first part abandoned by a bald spot!) Pretend that you are a puppet, and pull yourself up by that strand of hair. Though your skeleton is now erect, you should try to avoid unnecessary muscle tension in your body. Imagine being ‘tall and flabby.’

5-Minute Lesson No. 1

Relax. Easy. Do not hold the air.

YAWN in for 4, RELEASE for 4

YAWN 2 3 4 RELEASE 2 3 4

Place mouthpiece in the middle left to right with $\frac{2}{3}$ on the upper lip and $\frac{1}{3}$ on the lower lip.

Say 'M.'

My Recess by David William Brubeck

My re - cess. My re - cess? It's my time to play. Yes!

Sit up tall

Tip of tongue to
roof of mouth

Hold all the weight
in the left hand

**Sing, Buzz,
and Play!**

1 2 3 YAWN

1 2 3 YAWN

1 2 3 YAWN

1 2 3 YAWN

5-Minute Lesson No. 8

I Like My New Trumpet by David William Brubeck (2 bar 'echo')

I like my new trum - pet. My breath is hot and wet.

Each time I hope to play, The best note yet!

Major Minor! by David William Brubeck

I am min - or, I am maj - or.

Some - times I'm sad, some - times hap - py.

I am both, at times!

