

Introduction

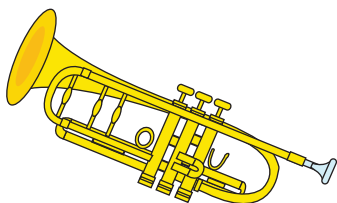
It's a jungle out there! What's a guy to do when his musical world falls apart because he develops a case of "the shakes" at a time in his life when it's supposed to be tranquil and serene? Where does he go to get the answers to solve this problem without the use of medication? Ease on over to Gene Zika's solution to this problem by engaging in his latest and most thorough solution: "The Old Guy's Guide to Better Trumpet Playing!"

Utilizing humor and common sense, along with an easily understandable technical explanation, Gene Zika leads the way by defining what the problem of "the shakes" really is. Not only does he understand this condition, he offers clear and basic solutions to the dynamic development of proper corrective techniques. His simple, maintenance-oriented exercises at the conclusion of the text allow the serious student ample opportunity to develop the necessary skills to avoid them.

Zika's experience in the musical education industry is well-known and established. His years of individual teaching instruction have enabled him to develop a succinct solution to this phenomenon known as "the shakes." His educational experience, along with his professional skills as a player of the trombone and trumpet have provided him ample opportunity to formulate "The Old Guy's Guide to Better Trumpet Playing."

I know that you will be satisfied with his simple explanations and solutions. You can't go wrong with his solutions to this dilemma!

Paul Sheehan B. A.,
 M. A.
 M. Ed.



Dedication

To the many excellent and older brass players who have had to fight the "shakes" and lack of confidence at some time in their trumpet playing careers.

Introduction

Paul Sheehan

Peer Reviewers

Shirley Zika, proofreading and copy editing

Jack Zika, authenticity of musical content

Alicia Zika, English grammar editor

Paul Sheehan, English grammar editor

Special Thanks

To my good friend, professional trumpet player, and recording artist
Bob Montgomery for the use of his name in this book.

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The information and procedures contained in this book are based upon the research, personal, and professional experiences of the author. The publisher and the author are not responsible for any adverse effects or consequences resulting from the use of any of the suggestions discussed in this book.

Part One

The Shakes



ZIKA

Part Two

Visualization & Imagery

CALM

CONFIDENCE

STRAIGHT
TONE

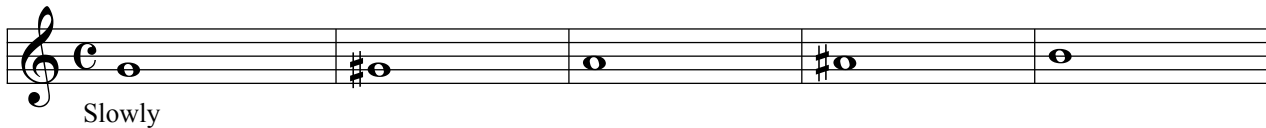
RELAX



ZIKA

Buzzing With The Mouthpiece

Use the following exercises as a warm-up before you work with the other exercises. Buzz with the mouthpiece, being careful to use light pressure on your embouchure. Establish the pitch with your trumpet before buzzing the pitch!



Part Three

How To Visualize/Image

THINK
CONFIDENCE

IMAGE

CREATE
MENTAL PICTURES

VISUALIZE
STRAIGHT TONE



ZIKA

Part Four

Case History



TRUMPET STUDENT
"SHAKEY LIPINWOBBLE"

Case History Continued

When working with the material in this book, make sure you start with mouthpiece buzzing, long tones, isometrics, statics, lip slurs, finger exercises, and scales. This particular arrangement of exercises is especially conducive to maximum progress.

The material in this book will prevent you from falling flat on your face. The confidence you gain from visualization and imagery will empower you beyond your most optimistic expectations.



Part Five

Isometrics



ZIKA

Part Six

Double Buzz



ZIKA

Gene Zika has appeared in concert with the Four Freshman, Mel Torme, Milt Bernhardt, Lucy Ann Polk, Ray Charles, and Paul Horn. He performed with the big bands of Larry Elgart, Glenn Miller and John Carroll big band, and has recorded with the Stan Keller Orchestra. Mr. Zika also has 23 years of public school experience as a high school band, jazz ensemble, and string orchestra director.

Gene Zika is exceptionally proficient in many instruments, trumpet and trombone being his principal instruments. He studied trumpet with John Carroll (former lead trumpet with the Stan Kenton Orchestra) and trombone with Joe Martin of the Lamont School of Music, University of Denver.

Gene Zika also has many fine publications for jazz and brass ensembles at ***Cherry Classics Music - www.CherryClassics.com***

Gene Zika is a published professional cartoonist and has a 400 page cartoon book published by: "B2 Streamline Publishers."

Gene Zika has a bachelor of Music degree. Gene Zika is a graduate of Lesley College, Cambridge, MA, the University of Denver, Denver, CO, and holds two different Masters Degrees including one in computers. Gene currently resides in Las Cruces, New Mexico.

A partial list of music publications authored by Gene Zika are:

- 1) The Brass Book
- 2) 2 fer's Trumpet & Bone Duets
- 3) 24 Jazz Duets for Bones
- 4) 8 Proven Steps to Great Trumpet Playing
- 5) 101 Be Bop Arrangements
- 6) Jazz Quartets, Quintets, and Trios for Brass
- 7) Flute Salad for 7 Flutes



Find Gene Zika's music at
www.CherryClassics.com

