

Trumpet Practice Menu-

Warm-ups

Long-Tones (low, quiet)

Lip Slurs (low, slow, quiet)

Scales (low, slow, quiet)

Bends

Pedal Tones

Calisthenics (flexibility and endurance)

Lip Slurs

Bends

Pedal Tones

Long-setting Exercises

Technique

Scales

Patterns

Arpeggios

Articulation (can be paired with other exercises)

Range

Scales (Full Range)

Lip Slurs (Full Range)

Articulation (Full Range)

Rest (to avoid injury)

Music

Musical Excerpts

Bebop Heads (a la Charlie Parker)

Improvisation

Chord Progressions (tunes)

Transcription

Vocabulary

Warm Down

Pedal Tones

Long Tones (Low and quiet)

Sample texts for different exercises:

Lip Slurs- Bai-lin (all), Scott Belck Modern Flexibilities for Brass, Flexus (p18-48), Arban's-
Studies in legato- slurring exercises # 16-25

Scale and scale patterns- Clarke's Technical Studies for the cornet (Most exercises), Arban's
first studies

Bends- Laurie Frink's Integrated Warm-up Bend Study

Pedal Tones- Claude Gordon Systematic Approach to Daily Practice for Trumpet, James Stamp
Warm-ups and Studies

Long Setting Exercises- Carmine Caruso Musical Calisthenics for Brass (6 magic Notes and
interval studies), Flexus preliminary exercises

Arpeggios- H.L. Clarke Third Study and 158-169

Music Excerpts- Arban's Characteristic Studies, Charlier Etudes

Sample Trumpet Course #1- The Come Back Player

Time: 1 hour

Warm Up and Calisthenics - Lip Slurs (20 minutes, start easy and become gradually difficult)

Technique- Scales and Patterns (20 minutes)

Music- Bebop Heads

Sample Trumpet Course #2- The Lead Player

Time: 2.5 hours

Warm Up - Lip Slurs (30 minutes, start low and quiet building range gradually)

Calisthenics- Bends (15 minutes), Long setting Exercises (15 minutes)

Rest: 30 minutes

Range- Scales (15 minutes, full range), articulation (15 minutes, full range)

Music- Lead Trumpet Musical excerpts (20 minutes)

Warm-Down- Pedal Tones (10 minutes)

Sample Trumpet Course #3- The legit Player

Time: 3 hours

Warm Up- Long Tones (30 minutes low and soft)

Calisthenics- Lip Slurs (30 minutes)

Techniques- Scales and patterns (30 minutes, with varied articulations), Arpeggios (30 minutes)

Musical excerpts- (1 hour Arban's Characteristic Studies, Charlier Etudes)

Sample Trumpet Course #4- The “I have 30 minutes today and don’t want to lose my gains” player

Time: 30 minutes

Warm-up and calisthenics: Bends (15 minutes), lip slurs (15 minutes)

Sample Trumpet Course #5- The “Super-killing Jazz” player

3 hours

Warm up/ calisthenics- Lip Bends (15-30 minutes)

Calisthenics- Long Setting exercises (15 minutes), Pedal Tones (15 minutes)

Technique and range- Scales (full range, 15 minutes) and Patterns (15-30 minutes)

Music- Bebop heads (in 12 keys, 30 minutes)

Improvisation- playing on changes (30 minutes), Transcription (30 minutes)