

# Warm up Pacing

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Aaron K. Campbell, DMA.



Often we as players can start our day off on the wrong foot, even though we have the best intentions. This presentation is a guide to help us all pace our warm-ups and daily routines out in a way that sets us up for success, is cognizant of our time, and ensures playing stability throughout our day.

All examples used are guides to help you in selecting, and altering, warm up materials to start your day off with. Please seek out full materials from the selections provided, for a full range of instructional and supplemental materials.



## Ingredients of a good warm-up

High Priority	Low Priority
<p>Low Impact, Tone Production</p> <ul style="list-style-type: none"><li>● Long Tones</li><li>● Dynamic Ranges</li><li>● Breathing</li></ul>	<p>Articulation</p> <ul style="list-style-type: none"><li>● Multiple Tonguing</li><li>● Register Extremes</li></ul>
<p>Flexibility</p> <ul style="list-style-type: none"><li>● Low Impact Lip Slurs<ul style="list-style-type: none"><li>○ Easy Register</li><li>○ Not too wide/fast</li></ul></li><li>● High Impact Lip Slurs<ul style="list-style-type: none"><li>○ Register Building</li></ul></li></ul>	<p>Register Building</p> <ul style="list-style-type: none"><li>● High Register</li></ul>
<p>Articulation</p> <ul style="list-style-type: none"><li>● Single Tongue</li></ul>	<p>Scales</p> <ul style="list-style-type: none"><li>● Scale Studies</li><li>● Flow Studies</li></ul>
<p>Register Building</p> <ul style="list-style-type: none"><li>● Low Register (face repair)</li></ul>	<p>Sight Reading</p>

# Example Warm-up:

## Long Tone 1: Breathing with Long-tones

▲ or △ = Inhale  
Time the inhale so it happens during this beat. Don't breathe in through the instrument.

■ or □ = Blow  
Blow air through the instrument vigorously without creating a tone. Finger the valves as though playing the indicated pitch.

♩ = 100 - 160

Count the blows: 1 2 3 4 5

4. Inhale over 4 beats.

Play

Are you moving your ribs?

*f*

3 4 5 Inhale over 4 beats. Play

*f*

Keep your elbows out of the way.

1 2 3 4 5

Inhale over 4 beats. Play

Be a bobblehead.

*f*

1 2 3 4 5 Inhale over 4 beats. Play

*f*

Are you balanced?

1 2

3 4 5 Inhale over 4 beats. Play

Turn off the metronome.

# Long Tone 2: Sustain and dynamics

♩ = 80

4.

*f p f f p f f p*

*f f p f f p f*

*f p f f p f f p*

*f f p f p mf*

*\*Daily Routines for the Student Euphonium Player pg. 2 - Vinning\**

# Flexibility 1: Low Impact

## 1. A Good First Slur

Strive for a smooth transition between notes. Avoid “bumping” into notes with the air as you ascend, or unintentionally “sagging” as you descend.

♩ = c. 72

*\*Lip Slurs pg. 7 - Edwards\**

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# Flexibility 2: High Impact

Perfect fourths and major sixths (Tuba Book, pg. 14)

Seven staves of musical notation for tuba exercises. Each staff contains two measures of music. The first measure of each staff features a series of eighth notes with a slur above them, and the second measure features a series of eighth notes with a slur above them. The exercises involve perfect fourths and major sixths. The first staff is in B-flat major (two flats). The second staff is in A major (no sharps or flats). The third staff is in B-flat major (two flats). The fourth staff is in B-flat major (two flats). The fifth staff is in B-flat major (two flats). The sixth staff is in B-flat major (two flats). The seventh staff is in A major (no sharps or flats).

*\*Lip Slurs for Euphonium pg. 14- Swoboda, VanTuinen\**

# Articulation: Multiple Use

Three staves of musical notation for articulation exercises. The first staff is labeled "Major" and has a tempo marking of ♩ = 100 - 172. It is in 4/4 time and features a series of eighth notes with a slur above them. The second and third staves also feature a series of eighth notes with a slur above them. The exercises involve articulation of eighth notes.

*\*The Brass Gym pg.23 - Sheridan, Pilafian\**

# Register Building 1: High

$\text{♩} = 54$

**7A.**

The musical score is written in bass clef, 3/4 time, with a tempo of quarter note = 54. It consists of ten staves of music. The key signature has two flats. The music features a series of slurs and dynamic markings (mp, mf, f) across the staves. The first staff starts with a *mp* marking and a *mf* marking. The second staff has a *f* marking and a *mp* marking. The third staff has a *mp* marking. The fourth staff has a *f* marking and a *mp* marking. The fifth staff has a *f* marking. The sixth staff has a *mp* marking and a *mf* marking. The seventh staff has a *mp* marking and a *mf* marking. The eighth staff has a *mp* marking and a *mf* marking. The ninth staff has a *mp* marking and a *mf* marking. The tenth staff has a *mp* marking and a *mp* marking.



# Contact Details

<b>Name</b>	<b>Website</b>	<b>Email</b>
Dr. Aaron K. Campbell	<a href="http://www.AKCEuph.com">www.AKCEuph.com</a>	AKCEuph@gmail.com