

Daily Routine 1 – Tone

We always want to begin the day making sure we create our ideal sound. We do this by removing anything not necessary to create a tone – one note at a time, started with air, at a medium dynamic in the middle register to create a resonant, pure sound.

Keep in mind:

- Always breath deep, from the abdomen
- Strong face, but not tense – let the strength come from your corners. The aperture must be relaxed.
- ‘Pinched’ sound means too much tension, and/or too little space in the mouth; ‘dull’ or ‘airy’ sound means too little structure, and/or too much space in the mouth.
- Be objective. If it sounds bad, something is not as good as it could be. Work to find the best sound.
- Stay relaxed. While your corners should be fully engaged, long tones should not feel like hard work. If they do, focus on the airflow and try to relax.
- Do this exercise, or other long tone exercises, EVERY DAY. It’s the first thing you do before doing anything else.

Buzzing:

- Do at least a little buzzing before using the entire instrument.
- Try to get a buzzy sound, but not scratchy, airy, or distorted.
- Start on the middle range, and slowly glissando into lower and upper ranges, trying to keep the same sound regardless of note change.

On the instrument:

- Try to get a clean breath start. A bump or hitch on the note start means your lips aren’t set completely right. Work to find that perfect spot where the note responds immediately to airflow.
- Lean into the tone – as the note speaks, find that golden spot where the horn speaks easily.
- If you aren’t sure if you’re in the sweet spot, bend the note up and down and find the middle – it should sound livelier and louder than off the center, and feel easy.

