A Daily Routine for Trumpet Practice

Play only the parts you can manage without straining.

When trying to play a high note, use the "3 strikes and you're out" rule.

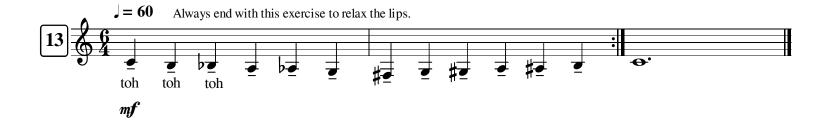
Ken Saul 2016

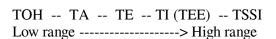
Take nice, full breaths. Use good posture and keep shoulders relaxed. Feet flat on the floor.

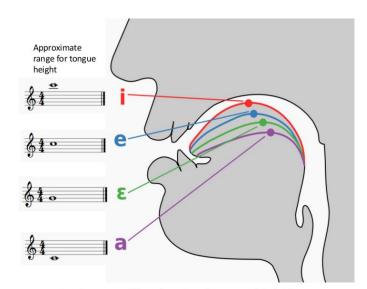












Tip of tongue will push against lower teeth in high range.

Lip Isometric Exercise:

Press lips together and inflate them firmly with the air that is in your mouth. Continue to breathe through your nose. Hold the pressure for about 10 seconds and relax. Rest for 10 seconds. Repeat 10 times. Morning, Noon, and Night.

1/3 Drinking Straw:

Hold a short straw between your lips, holding very lightly with the center and corners of your lips. Hold for 1 to 15 minutes. Breathe through the straw or through your nose. Then take the straw out and relax. Do just once a day, working up to the 15 minute level over time. If the straw is shaking, stop and relax.

Planks:

Do planks once a day and gradually build up the amount of time that you can hold in plank position. This strengthens your core, abs, arms, etc. Hold in straight position with only your forearms and toes.

Stretching:

Do easy stretches every day to stay flexible and strong. Especially bending at the hips to touch your toes and Downward Dog. This loosens the neck and shoulders which can get tight working at a desk all day.