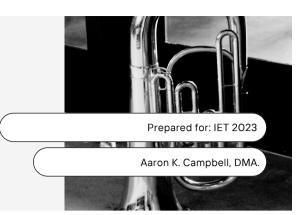
# Warm up Pacing





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
Low Impact, Tone Production	Articulation
<ul><li>Long Tones</li><li>Dynamic Ranges</li><li>Breathing</li></ul>	<ul><li>Multiple Tonguing</li><li>Register Extremes</li></ul>
Flexibility	Register Building
<ul> <li>Low Impact Lip Slurs         <ul> <li>Easy Register</li> <li>Not too wide/fast</li> </ul> </li> <li>High Impact Lip Slurs         <ul> <li>Register Building</li> </ul> </li> </ul>	High Register
Articulation	Scales
Single Tongue	<ul><li>Scale Studies</li><li>Flow Studies</li></ul>
Register Building	Sight Reading
• Low Register (face repair)	

# **Example Warm-up:**

### Long Tone 1: Breathing with Long-tones



\*The Breathing Book for Euphoniumno. 4 - Vinning\*

### Long Tone 2: Sustain and dynamics



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

### Flexibility 1: Low Impact

#### 1. A Good First Slur

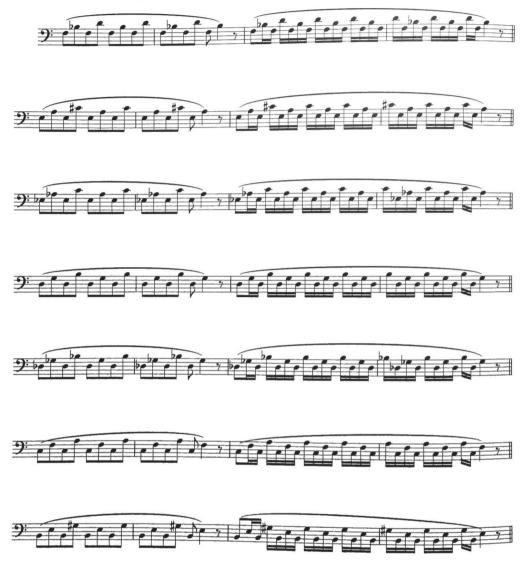
Strive for a smooth transition between notes. Avoid "bumping" into notes with the air as you ascend, or unintentionally "sagging" as you descend.



\*Lip Slurs pg. 7 - Edwards\*

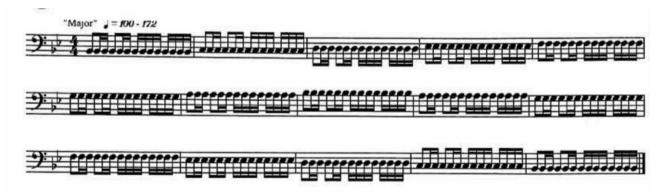
### Flexibility 2: High Impact

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

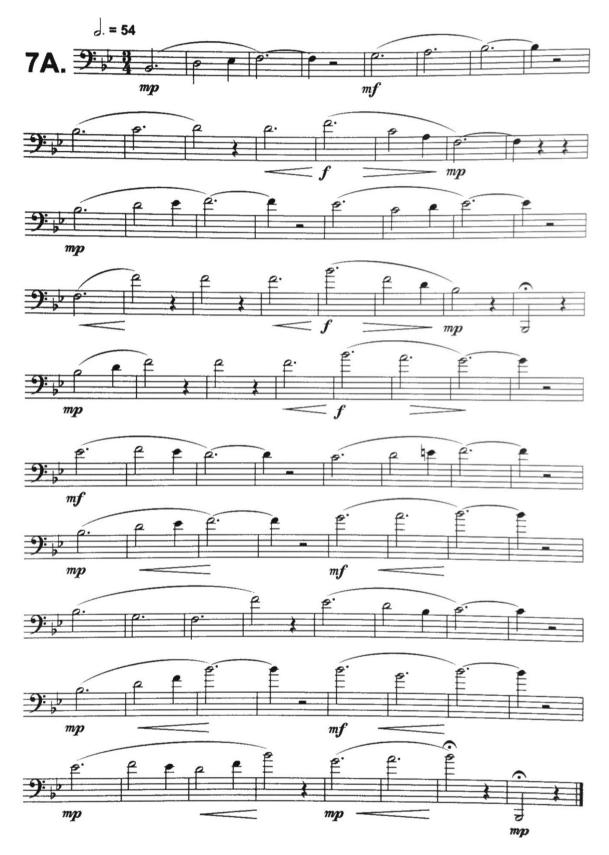


\*Lip Slurs for Euphonium pg. 14- Swoboda, VanTuinen\*

### Articulation: Multiple Use



### **Register Building 1: High**

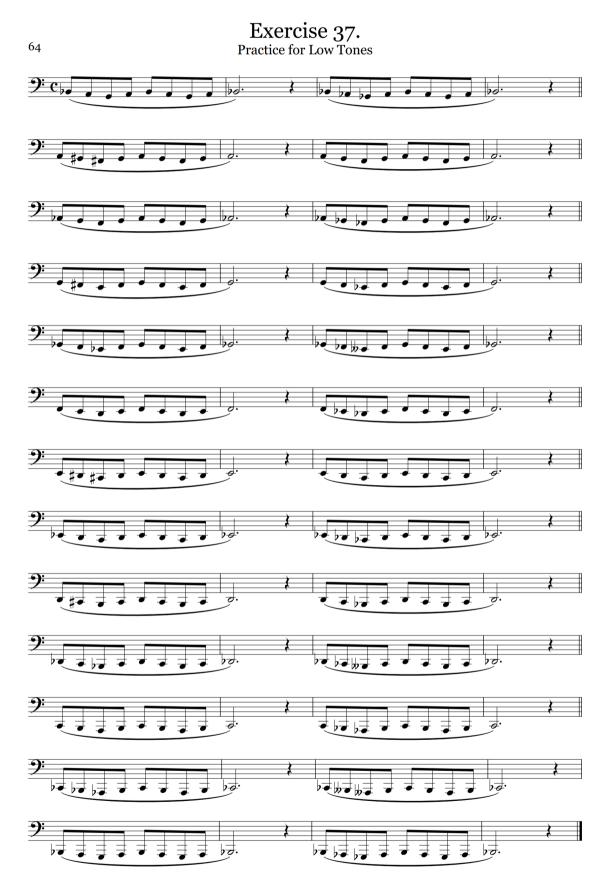


\*Daily Routines for the Student Euphonium Player pg. 27 - Vinning\*

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### Register Building: Low/Flow



\*Misa's Technicals pg. 64 - Mead\*

## **Contact Details**

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