

## Daily Warmup Specifically for Embouchure Endurance

Applicable to all Wind Instruments

*Adapted from Randy Brecker and Markus Stockhausen, who both adapted this from the teachings of Bill Adam and Carmine Caruso*

1. Set metronome at 60 bpm.
2. Breath only through the nose throughout this exercise (to ensure that the embouchure doesn't move).
3. Keep the mouthpiece on the lips throughout the exercise, including during the rests. Only remove pressure on the lips during the rests to maintain blood circulation to the embouchure.
4. Begin each phrase with a breath attack (no articulation) and slur all the notes of that phrase.
5. Breath out for 2 beats completely and inhale for 2 beats before each phrase.
6. Keep airflow steady, play at *mf*, and rest for 15-20 seconds if the instrument stops responding. (Do not remove the mouthpiece from the embouchure, only remove the pressure, during this rest period) Maintain the embouchure throughout.
7. Begin at the bottom of the instrument and work your way up in regular intervals (I ascend in minor thirds) as high as you can. The tone may begin to sound shaky or weak as you ascend. This is normal. Just keep going as long as you can.

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