

Breathing, Lip Flutters, & Buzzing

Two of the most important aspects of our trumpet playing are our **breathing** and our **buzzing**.

Step 1: Breathing

When we inhale, air travels into our lungs, and they *expand*, just like a balloon expands as it's blown up.

This means our belly should *grow* and *move outward* with each breath we take.

We're aiming to push all of the air out with each exhale, so that our lungs feel completely empty.

The key to expanding our range on trumpet is to learn to *control our air*.

The higher the note, the faster the air needs to move.

1. $\text{♩} = 60$

Inhale through nose for 4 beats Hold air in for 4 beats Breathe out through mouth for 4 beats

Repeat 3-4 times until breathing feels natural & rhythmic.

Step 2: Lip Flutters

Something we have to remember is that our lips are a muscle.

We have to warm them up gently, and also loosen them up in order for them to work properly.

Lip flutters are an exercise we can use to do this, which also help us when our lips feel tired.

Relax your lips, and allow them to *flutter* loosely (like a horse).

This allows blood to rush in, and helps release the *lactic acid* that naturally builds up.

2. $\text{♩} = 60$

Inhale through nose for 4 beats Hold air in for 4 beats Flutter lips for 4 beats

Repeat 2-3 times until lips feel loose and relaxed.

Step 3: Buzzing

In order to be able to make a rich, full sound on our trumpet, we need to be buzzing correctly.

If we can't make a clear sound on our mouthpiece, we won't be able to with our instrument.

Focus on keeping your face in a neutral position (imagine your saying "mmm").

Choose a note and buzz, focusing on **pushing the air** through our mouthpiece.

The note we choose isn't as important as creating a clear consistent sound over the 4 beats.

3. $\text{♩} = 60$

Inhale through nose for 4 beats Hold air in for 4 beats Buzz mouthpiece for 4 beats

Repeat 2-3 times until tone is clear and strong.