

Trumpet Playing and the Daily Technical Routine

-Mark Flaherty (2002)

General Considerations

The importance of establishing a daily technical routine is often overlooked in trumpet pedagogy. Such a routine should be separate from the warm-up, and should be roughly 30-50 minutes in length. It should contain a wide range of exercises that address all of the basic technical skills one needs to master and maintain as a trumpet player.

Benefits of Establishing a Daily Routine

The potential benefits of incorporating a daily routine into your practice regimen are considerable:

- 1) Greater consistency
- 2) Increased endurance
- 3) More efficient use of practice time
- 4) Greater flexibility in terms of changing between styles
- 5) Increased confidence and physical comfort while playing

Constructing Your Own Routine

When constructing a daily routine, you should keep the following ideas in mind:

- 1) Use simple material.
- 2) Evaluate your strengths and weaknesses, and tailor the routine to meet your needs.
- 3) Address all of the technical aspects of playing.
- 4) Do not exceed 40-50 minutes.
- 5) Allow for variety and flexibility within the routine.

Sample Routine

This is an example of my own technical routine. Note the emphasis on articulation exercises - this is an area I typically need to emphasize.

- 1) Lyrical Studies (5 minutes)
Concone or Arban
- 2) Coordination Exercises (5 minutes)
Clarke *Technical Studies* - #1 or #2
- 3) Single Tonguing Exercises (10 minutes)
Arban p.13-36, Nagel *Rhythmic Studies* - 10 or 12 exercises
- 4) Multiple Tonguing Exercises (10 minutes)
Arban p.153-190, Nagel *Rhythmic Studies* - 10 or 12 exercises
- 5) Scales (5 minutes)
New scale each day around circle of 5ths, various articulations, dynamics, etc.
- 6) Slurring (10 minutes)
Arban or Schlossberg - 5 or 6 studies
- 7) Transposition (5 minutes)
Caffarelli or Ernest Williams - 2 studies