AN INTEGRATED WARMUP

COMPILED BY LAURIE FRINK

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Inspired by the teachings of Herbert Clarke, James Stamp, Vincent Cichowicz, Bai Lin and Carmine Caruso, AN INTEGRATED WARMUP is a compilation of studies designed to promote a healthy, balanced embouchure. It is divided into five parts, each one increasing the range of balance established by the previous part. The number of parts practiced daily depends on how the embouchure responds. ***Play only what is comfortable!*** (This could vary greatly from day to day) Dynamics and tempi are not included and can change as the embouchure evolves and discovers better balance. The goal is an embouchure that is focused, responsive, moves freely and easily throughout the entire range, and maintains a consistent sound in every register.

Happy Practicing!
Laurie Frink
August 8, 2007

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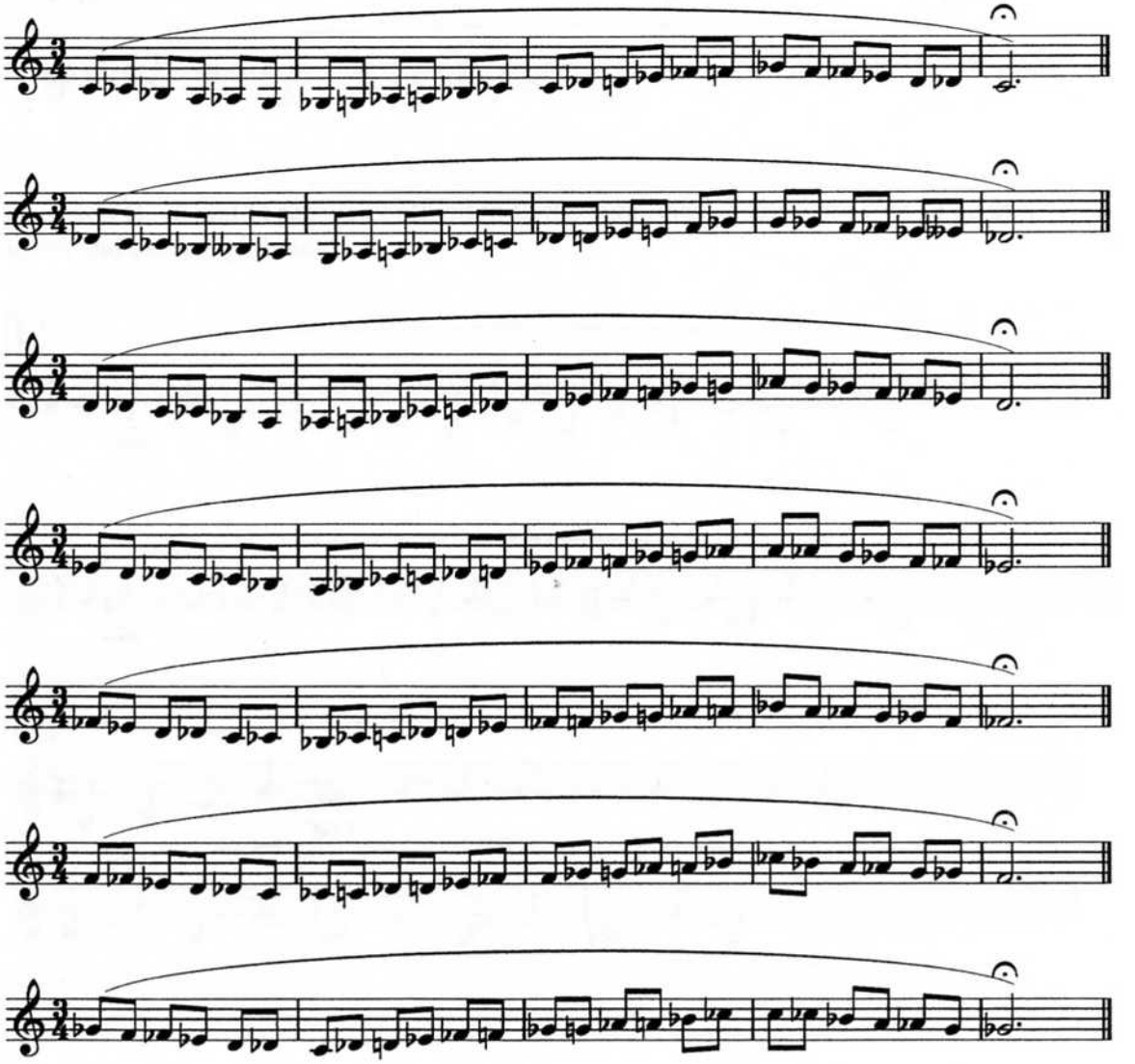
PART I

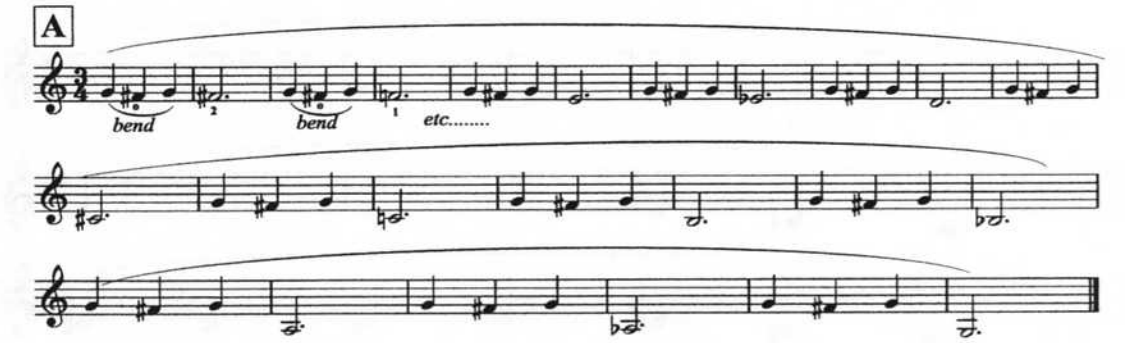
Chromatics

These should be played at a relatively slow tempo and as softly as comfort will permit. (This will probably be different from day to day.) Concentrate on "feeding" a steady stream of air to the lips and feel the connection of the half steps.

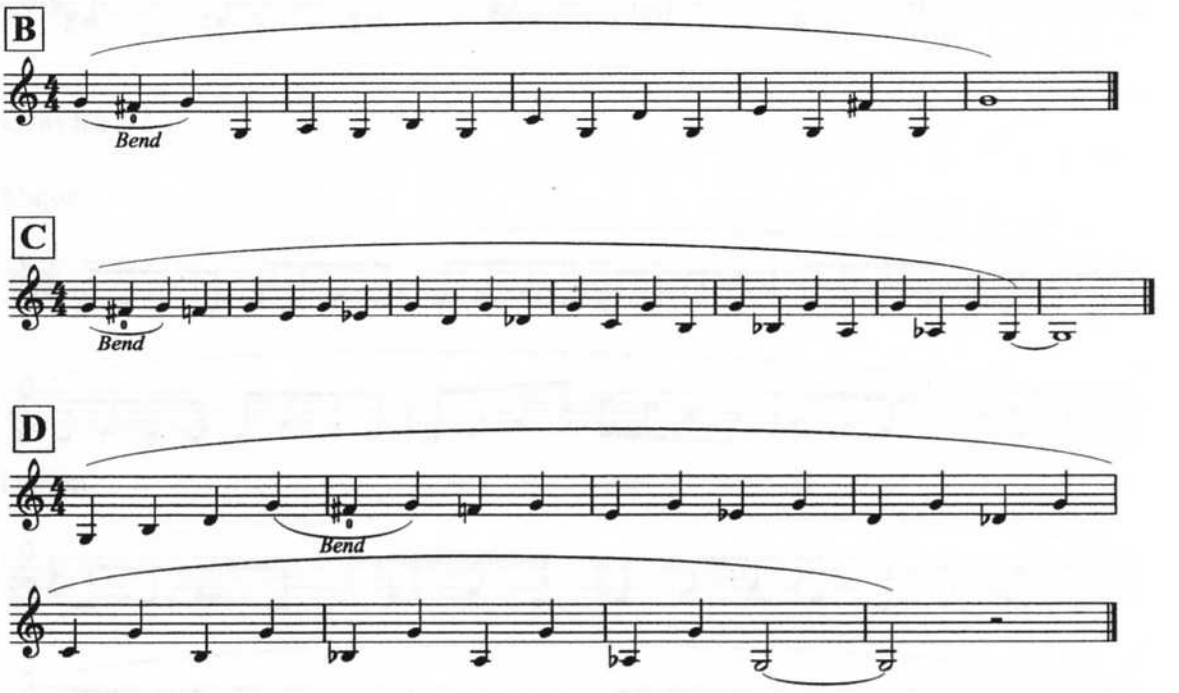


Bend Study

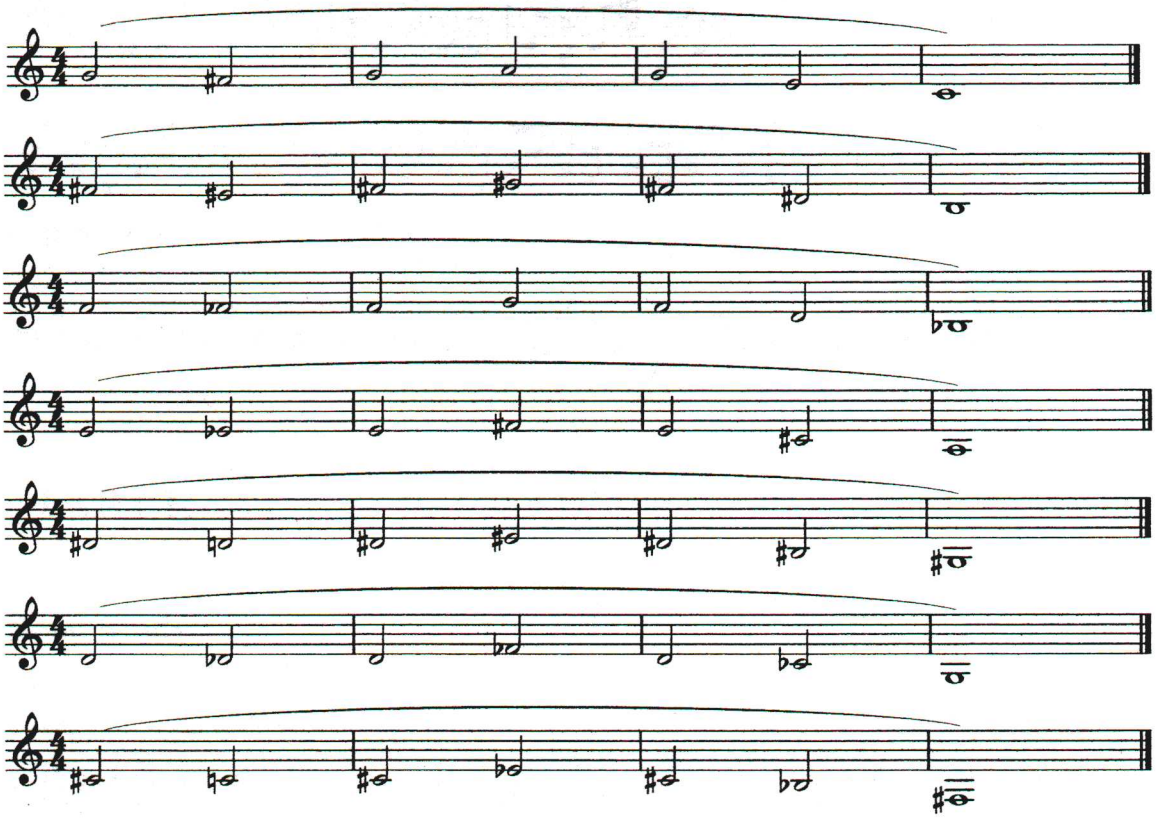
Play these at a comfortable volume. When doing the bend, work to 'travel' the distance of the half step. Think of the bend as a long slow glissando and strive to make the speed of the glissando the same when descending and ascending. Everything is slurred. When you need to take a breath, simply add a few beats and take a slow, relaxed nose breath so as not to disturb the embouchure.



For parts B, C, and D pay strict attention to the subdivision: tap your foot in quarter notes and think eighth notes.

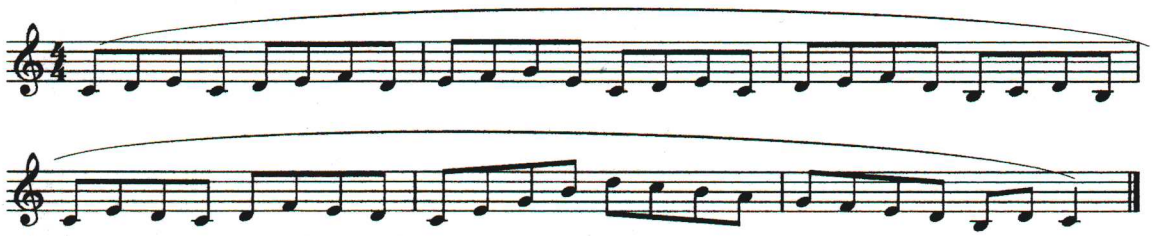
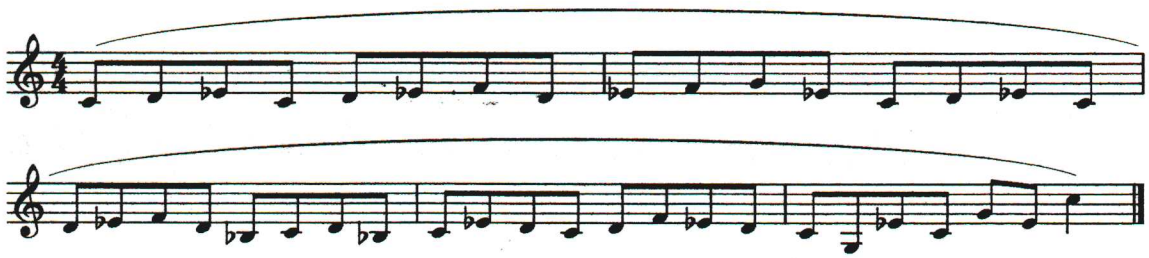


Cichowicz Flow Study



Clarke #2

Major



Dorian