

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
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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.

The image displays seven staves of musical notation, each representing a chromatic exercise. Each staff begins with a treble clef and a key signature of one flat (B-flat). The exercises are written in a 2/4 time signature. Each staff contains a single melodic line that moves chromatically through the scale, starting on a whole note and then moving to half notes. The exercises are: 1) Ascending from B-flat to C; 2) Descending from C to B-flat; 3) Ascending from C to D; 4) Descending from D to C; 5) Ascending from C to E-flat; 6) Descending from E-flat to C; 7) Ascending from C to G. Each exercise is marked with a slur and a fermata at the end.

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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.

A

Exercise A consists of three staves of music in 2/4 time. The first staff begins with a slur over a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. There are 'bend' markings under the first and second notes, and 'etc.....' after the second. The second and third staves continue the sequence with slurs and accidentals: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4.

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

B

Exercise B consists of one staff of music in 4/4 time. It contains a sequence of quarter notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. A 'Bend' marking is placed under the first note.

C

Exercise C consists of one staff of music in 4/4 time. It contains a sequence of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. A 'Bend' marking is placed under the first note.

D

Exercise D consists of two staves of music in 4/4 time. The first staff contains a sequence of quarter notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. A 'Bend' marking is placed under the first note. The second staff continues the sequence with slurs and accidentals: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4.

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Cichowicz Flow Study

Seven staves of musical notation in 4/4 time, each containing a single melodic line with a slur over the entire staff. The notes are: Staff 1: C4, D4, E4, F4, G4, A4, B4, C5. Staff 2: C4, D4, E4, F4, G4, A4, B4, C5. Staff 3: C4, D4, E4, F4, G4, A4, B4, C5. Staff 4: C4, D4, E4, F4, G4, A4, B4, C5. Staff 5: C4, D4, E4, F4, G4, A4, B4, C5. Staff 6: C4, D4, E4, F4, G4, A4, B4, C5. Staff 7: C4, D4, E4, F4, G4, A4, B4, C5.

Clarke #2

Major

Two staves of musical notation in 4/4 time, each containing a single melodic line with a slur over the entire staff. The notes are: Staff 1: C4, D4, E4, F4, G4, A4, B4, C5. Staff 2: C4, D4, E4, F4, G4, A4, B4, C5.

Dorian

Two staves of musical notation in 4/4 time, each containing a single melodic line with a slur over the entire staff. The notes are: Staff 1: C4, D4, E4, F4, G4, A4, B4, C5. Staff 2: C4, D4, E4, F4, G4, A4, B4, C5.

