



PRESENTS
JAZZ WORKSHOP SERIES

Trumpet Master Class: Key Concept

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Dear students,

Nothing will have a bigger impact on your development than faithful practice of a daily routine. There are no magic exercises, but there are universal principles to follow that will guarantee results--if you put the work in.

Here are 5 basic principles that characterize an effective routine:

1. Start with simple things: lead pipe and long tones, and move from there, a step at a time, towards harder things. From long sound exercises we progress to chromatic scale slurs, to diatonic scale slurs, to slurred arpeggios, to tongued arpeggios. Every exercise should begin in the middle register as you work to maintain a sameness of approach as you extend into the lower and upper registers. Think beautiful sound. Blow everything fast and free, just like you do with the first long tone exercise.
2. Cover all the basic stuff you have to do in the style of music you want to play, including all scales, chords, keys, and articulations. If you are working on both classical and jazz playing, keep the lead pipe, long tones, and chromatic slurs "classical" (with or without vibrato—this is your basic 15-20 minute warmup), and then vary the other exercises to include both classical harmony and articulation (major and minor scales, triads, with clear "taa" articulation) and jazz harmony and articulation (jazz scales and chords with single tongue "daa" articulation and back-accent articulation).
3. Rest as much as you play. Singing what you play with "daa" is a great way to spend your rest time. With rest included aim for a 60 to 90 minute daily plan. Everyday is 100 times more effective than one day on, one day off. To build new habits there is not shortcut around daily repetition. You should be ready for more playing at the end of your routine. If you're exhausted then you're not resting enough. To keep fresh and energized you have to give your chops sufficient rest amidst your workout.
4. Keep your routine material the same for months at a time. Memorize it. You should know it so well that you can execute it effortlessly as you keep striving for a sound that is pure energy. Enjoy it. After you have mastered what you are doing you can create new variations on your exercises and rotate them into your routine practice to keep expanding your horizons.

5. Make your routine your daily spiritual practice. It will not only educate your mind and body, it will also be good for your soul. It's best if you can do it start to finish to begin each day, but break it into pieces if necessary. Never go into rehearsal without having played some leadpipe and long tones. Guard your routine time as a great opportunity to start the day well with a quiet mind, reaching for beauty.

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Ps. At the end of our week together I will send you a photo of a sample routine that I use with students these days. Feel free to substitute another variation of the same kind with the exercises given here. But maintain the sequence in the order given. And whatever you use, stick with it, be encouraged with your progress, and most importantly, **JUST DO IT!**

Also keep in mind these 5 obstacles to progress:

1. We only practice what we already know, because doing new stuff is too hard. We must know our routine material, but our routine's purpose is to prepare us for new musical challenges.
2. We try to do too many things at the same time, because we are in a hurry to catch up to other people. Stop comparing yourself to others and stay focused on striving to be your best.
3. We quit repeating things too early, because we think if we can do it right once we've got it. Only repetition creates good habits.
4. We don't train ourselves to "think sound", because we don't understand that imagination, not analysis, is the key. When the horn is on your face don't judge—imagine!
5. Instead of having our instrument habitually in our hands we have a phone. Put down the dang phone and pick up your horn! We have to relearn to do one thing at a time.

Faithfully do your daily work to bring the future you dream about into the present. Together, imagination and repetition will bring your best future into the present. If you keep striving for a more beautiful sound every day, your practicing will never get boring.

Here's a wonderful quotation about beauty, to memorize and live by:

"There is only one thing worth all of our effort, one thing. And it is more of a joy than an effort, because we are born with a mysteriously embedded urge to do it. The urge to which we must give ourselves over, wholly, is this: to embrace the beautiful in each moment."

Patricia Adams Farmer

One more list to leave with you, which you can review from time to time, to help your motivation stay in the right place...

How to be a happy artist:

1. Love and accept yourself apart from your work, you are worthy of love and acceptance not because you are better, but because you are a human being.
2. Don't compare your work to others, be faithful to your own vision.
3. Focus on growth rather than success, over the long-term, improving the quality of your work will give you your best chance at making enough money to keep doing your work (or marry someone rich!).
4. Remember why you loved your field in the beginning and stay connected to those sources of inspiration.
5. Stay grateful that you get to follow your passion in your vocation, most people don't have that privilege.
6. Surround yourself with fellow artists who are learners, one of the great things about art is that there is always more to learn.
7. Offer your attention and support to colleagues rather than depersonalizing them as competitors.
8. Surrender frustration over being overlooked and underestimated, as it happens to all of us. Move on.
9. Work hard and long to become prolific (producing a lot of work), that alone is within your control, excellence is always the product of long hours of learning from experience.
10. Be a giver, not a taker, we are public servants, not celebrities. When we offer our work out of generous spirit, that's when everybody is most enriched, including ourselves.

Since I've had the privilege of working with you this week, please consider yourself one of my students—for the rest of your life if you wish! Feel free to contact me with questions. I love to hear about your progress. Or better yet, send me a short video or audio recording so I can hear it for myself and offer you some feedback.

I'm so glad we crossed paths! Thank you for coming and blessing me with the gift of knowing you.

Sincerely,

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The arts association I work with is at:

nexusonline.org