

# PRACTICE

Why Practice?  
How Do You Do It?

# The Principles of Learning:

- **Principle of Readiness**
- **Principle of Exercise**
  - **Principle of Effect**
- **Principle of Primacy**
- **Principle of Intensity**
- **Principle of Recency**

*Taken from the FAA Fundamentals of Instructing*

# Principle of Readiness

- Individuals learn best when they are ready to learn.
- Individuals make more progress if they have a clear objective.

# Principle of Exercise

- Things most often repeated are best remembered.
- Teacher provides opportunities for students to practice and directs process towards a goal.

# Principle of Effect

- Learning is strengthened by a pleasant or satisfying feeling.
- Learning is governed by the emotional reaction of the learner.

# Principle of Primacy

- What is first learned often creates the strongest impression.
- Unteaching is more difficult than teaching.

# Principle of Intensity

- Vivid or dramatic experiences teach better than dull experiences.
- We learn more from the real thing than a substitute.

# Principle of Recency

- Things most recently learned are best remembered.

# Sing, Buzz, Play with air patterns

- A vocal approach to trumpet playing from  
Jim Austin
  - Foundation of Vincent Cichowicz's  
approach to better fundamentals
  - Wind and Song – Arnold Jacobs

# Three Fundamentals of Trumpet Playing:

- The Correct Usage of Air
- The Center of Pitch
- The Suppleness of Lips

# The Correct Usage of Air

- The air should be *as fast as possible all the time* with a “dot” articulation.
- The key to consistency is consistent air.
- Yes, Air can control range but shouldn't!
- Yes, Air can control dynamics but shouldn't!
- A true legato is a tongue stop. The end of the first note is the beginning of the next note, to add space to the notes the tongue interrupts the sound longer.
- The air should never stop. However, the tongue does stop the air at the embouchure. Avoid ha-ha, which is pulsing the air from the lungs.
- Remove all tension from the air column.

# Center of Pitch

- The embouchure controls:
  - Amplitude of pitch
  - Frequency of pitch
  - Quality of pitch
- Of course, this is based upon the assumption of good air.
- Two types of embouchures
  - Free Buzzed based
  - Mouthpiece pressure based

# Suppleness of Lips

- The trumpet player is a small muscle athlete. The same rules apply for fatigue and injury as they would for any athlete. Prevention and common sense are the keys.
- Get into a consistent practice routine at the beginning of your playing day.
- The lips must be supple and able to vibrate freely.
- The player always has to be aware of the effects of sun and wind on the lips
- Acutane and braces are lip killers

# Embouchure Development

- The pressure for immediate success verses long term development
- Getting to end of the book syndrome
- Development of air and small muscles
- The importance of singing and whistling
- The importance of free buzz
- Do's and Don'ts of free buzzing

# Tools for facilitating Correct Usage of Air, Center of Pitch and Suppleness of Lips:

## Air

- Breathing exercises
- Wind Patterns
- Straw and Pinwheel
- Mouthpiece buzzing
- Rim buzzing
- Baritone playing
- Flutter tongue
- Whistling
- Free buzzing
- Candle-Mirror fogging/yawning
- Power pushups
- Spitting seeds

## Pitch

- Singing
- Whistling
- Mouthpiece buzzing
- Rim buzzing
- Free buzzing
- Baritone
- Finale™
- Audacity™
- Gun phones
- Cups
- Justin tuning
- No pressure buzz
- Flutter tongue

## Suppleness

- Chapstick with sunblock
- Practice habits
- Baritone
- Pressure reducer
- No pressure grip
- Braceguard™
- Rest

# Breathing Exercises

- Wind Patterns
- Power Lung
- Breathing Bags
- Straw and Pinwheel
- PVC Tools
- Holding Dollar bill on wall
- Blowing up balloons
- Candles
- Breath Builder

# Baritone

- Promotes:
  - Correct Usage of Air
  - Center of Pitch
  - Suppleness of Lips
- Extends Practice time
- Upper Register differences
- Famous Big horn players
  - Maynard Ferguson
  - Bud Herseth
  - Jens Lindemann

# Straw & Pinwheel

- Promotes:
  - Correct Usage of Air
  - Tongue Stop
  - No tongue arch
  
- Side Effect:
  - Excessive pressure

# Flutter Tongue

- Correct Usage of Air
  - Increase Air Speed
  - Learn to control dynamics while using fast air
  - Learn to control range with aperture and tongue and mouth resonance

# Finale™

- Beneficial features to the computer program:
  - Center of Pitch
  - Consistent Pulse
  - Learn accompaniment
  - Never gets bored or tired

# Record Yourself

- Audacity™
- Awareness factor while performing
- Self Diagnosis – Teach Yourself
  - Good sounds?
  - Correct pitches?
  - Consistent tempo?
  - Musically convincing?
- Criticize yourself AND praise yourself
- Play Duets
- Intonation – If you can't play in tune and time with yourself, how can anyone else play in tune and in time with you.

# Spitting Seeds

- Doc Severnson
- Hot Tea
- Solves the problem of missed or fluffed attacks

# Air Release / Fogging a Mirror

- Correct Usage of Air
  - natural breathing

# Cups/Gun Phones

- Perception of Sound
  - Internal and external
- Center of Pitch
- Articulation
- Use Finale™
- Use Audacity™

# 1-2-1-3-4 Rule

- Thorough method of working a difficult passage up to the desired tempo
- Use the baritone
- Patience and integrity

# Free Buzz

- Center of Pitch
- Strength Training
  - Flexibility
- Best way to increase endurance