

These exercises are designed to be rhythmic and slurred. Don't try to change up the rhythms, stick to it with a metronome. 12+, 13++, and 123+++ mean that the compensating slide needs to be used to bring the pitch DOWN. These are naturally sharp notes on the trumpet.

# Lip Flex 1

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## Set 1

Set 1 consists of three staves of music in 4/4 time. The first staff (measures 0-5) starts on a whole note G4 (finger 0) and moves up stepwise to a half note G5 (finger 2), slurred. The second staff (measures 5-11) starts on a whole note F4 (finger 1) and moves up stepwise to a half note F5 (finger 12+), slurred. The third staff (measures 11-23) starts on a whole note E4 (finger 1) and moves up stepwise to a half note E5 (finger 123+++), slurred. Each measure contains a quarter note, followed by an eighth note, and then a quarter note.

## Set 2

Set 2 consists of three staves of music in 4/4 time. The first staff (measures 15-18) starts on a whole note G4 (finger 0) and moves up stepwise to a half note G5 (finger 2), slurred. The second staff (measures 18-25) starts on a whole note F4 (finger 1) and moves up stepwise to a half note F5 (finger 12+), slurred. The third staff (measures 25-28) starts on a whole note E4 (finger 1) and moves up stepwise to a half note E5 (finger 123+++), slurred. Each measure contains a quarter note, followed by an eighth note, and then a quarter note.

## Set 3

Set 3 consists of three staves of music in 4/4 time. The first staff (measures 29-34) starts on a whole note G4 (finger 0) and moves up stepwise to a half note G5 (finger 2), slurred. The second staff (measures 34-39) starts on a whole note F4 (finger 1) and moves up stepwise to a half note F5 (finger 12+), slurred. The third staff (measures 39-42) starts on a whole note E4 (finger 1) and moves up stepwise to a half note E5 (finger 123+++), slurred. Each measure contains a quarter note, followed by an eighth note, and then a quarter note.

