

**Make this a DAILY part of your practice routine!**

Before playing a note – do your buzz routine, even if it's just a portion of it of the total routine – scale patterns and sirens are the minimum requirement! (Also works great as a warm-down)

### ***The Rules:***

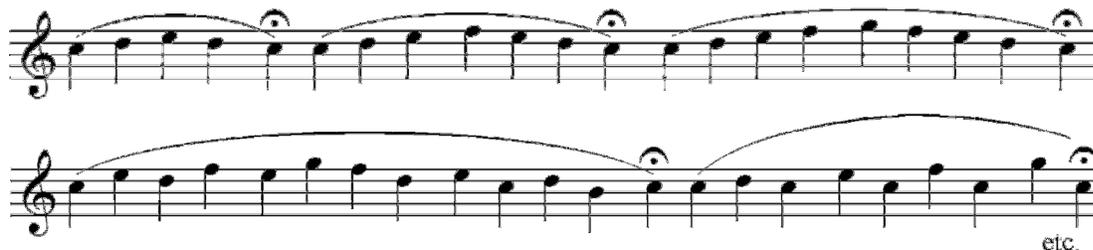
*There are rules to everything – these rules are designed to improve the effectiveness of the routine. Don't stray from the rules.*

- ❖ **CREATE RESISTANCE.** Cup your hand tightly around the end of the mouthpiece so that there is resistance to your buzzing. You may also choose to use a B.E.R.P. product...look it up.
- ❖ **MINIMIZE TONGUING.** This routine is not designed to be articulatory in any manner. The tongue can get in the way of the fundamental purpose of this exercise, which is to focus the tone, get the pitch centered and improve upper register. Leave out the tongue as much as possible.
- ❖ **START ON "HOME TONE".** Your "home tone" is the middle register note that you first buzz with resistance (mouthpiece only). Don't try to buzz extremely high or low, just go with what is in the middle. That's your starting point for this exercise. I'll represent the "home tone" with a 3<sup>rd</sup> space "C", but it really could be any note. Your "home tone" may vary from day to day or week to week – and that's just fine. Good luck!

## **B U Z Z   R O U T I N E**

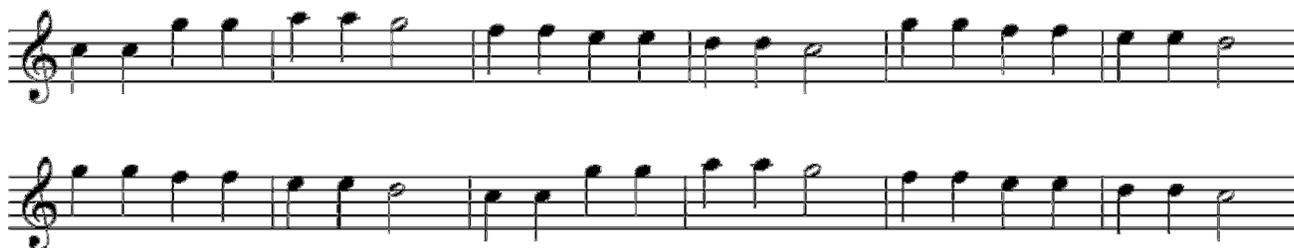
### ➤ **Mini-Scale Patterns**

5 or 6 note MAX simple patterns using scalewise motion as well as leaps. Examples:



### ➤ **Simple Songs**

Simple songs you learned as a beginner. Think children's songs ("Mary Had a Little Lamb", "London Bridge", "Lightly Row", etc). Remember – no tonguing even on repeated notes. Example:



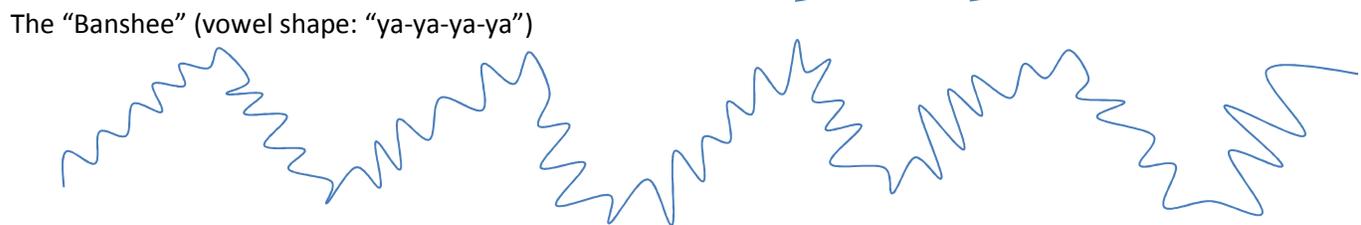
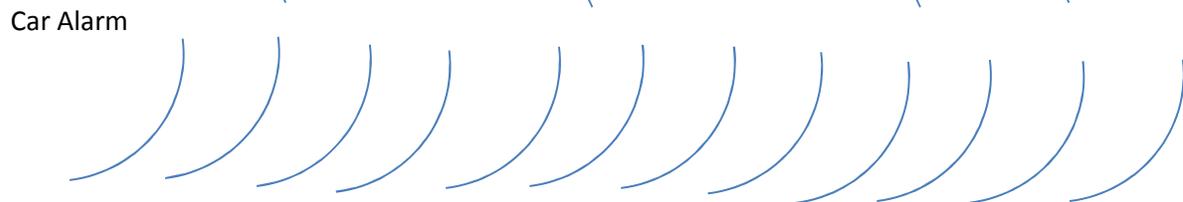
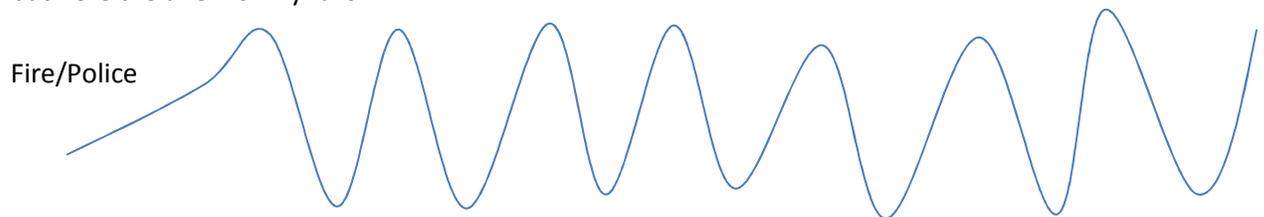
### ➤ **Harder Songs**

These are songs that have more complex melodies, maybe even chromatic melodies. Also use songs that extend the range farther than a perfect 5<sup>th</sup> or major 6<sup>th</sup> (as above). Think octave leaps, focus on being exactly on pitch (check in with a piano). ("Star Spangled Banner", "The Lion Sleeps Tonight", etc). Example:



➤ **Sirens**

Sirens are the ultimate brass buzzing workout. It's tried and true! Are you still using resistance – don't forget that RULE!!! Your goal here is to be extremely fluid with your motion. Keep the tone clear as you're sliding from one pitch to the next. If you notice "breaks" in your tone as you are creating the sirens, keep at it. Imagine it's like whipping up some pancake batter, keep stirring until there are NO LUMPS. We're shooting for range mostly here, so think about staying in the mid to upper registers. You can make up some cool patterns, but here are a few of my favs:



The "Elevator" (ascend with no "breaks" to your absolute highest pitch – think "eeeeeeee", or squeak register)

"home tone"

