

Sample Practice Schedule

Advanced-Professional

Week 1

Six Notes
Lips Mouthpiece Horn

Week 2

Six Notes
Lips Mouthpiece Horn
Intervals: 2nds, Pedal F#, Chromatic Scale

Week 3

Six Notes
Lips Mouthpiece Horn
Intervals: 3rds, Pedal F#, Chromatic Scale
Harmonic Series
Low register: Chromatics down

Week 4

Six Notes
Lips Mouthpiece Horn
Intervals: 4ths, Pedal F#, Chromatic Scale
Harmonic Series
Low register: Chromatics down
Noodles down, slurred, starting from third-space "C" and from middle "G," no variations

Week 5

Six Notes
Lips Mouthpiece Horn
Intervals: 5ths, Pedal F#, Chromatic Scale
Harmonic Series
Low register: Chromatics down
Noodles down, slurred, starting from third-space "C" and from middle "G," no variations
Spiders slurred

Week 6

Six Notes
Lips Mouthpiece Horn
Intervals: 6ths, Pedal F#, Chromatic Scale
Harmonic Series
Low register: Arpeggios down
Noodles down, slurred, starting from third-space "C" and from middle "G," normal and variation 1
Spiders slurred
Note Tasting

Week 7

Six Notes

Lips Mouthpiece Horn

Intervals: 7ths, Pedal F#, Chromatic Scale

Harmonic Series

Low register: Chromatics down or Arpeggios down

Noodles down starting from third-space "C" and from middle "G," normal and variation 1.

Spiders slurred

Note Tasting

Week 8

Six Notes

Lips Mouthpiece Horn

Intervals: octaves, ascending chromatically (C, C#, D, etc), Pedal F#, Chromatic Scale

Harmonic Series

Low register: Arpeggios down

Noodles down, starting from third-space "C" and from middle "G," normal and variation 1

Spider slurred

Note Tasting

Dynamic Studies

Feel free to include 9ths and 10ths in future weeks, or return to smaller intervals. Pop-out noodles are helpful to iron out register breaks. Air for three beats, note for three beats helps stiff chops.