

BEGINNING TRUMPET/CORNET

LESSON ONE

GOAL: Become an "expert" on good **Breath Support** and proper **Embouchure**

Breath Support is another name for the air pressure you get when you blow air (not just breathe) through your instrument; using your stomach muscles to push the air through your instrument is the key. It controls your tone and helps strengthen your embouchure.

Embouchure (ahm-boo-shure) is the position your teeth, lips and other face muscles should be in to play a wind instrument for the best sound.

Practice ALL assignments while standing or sitting up tall.

DAILY ASSIGNMENT for next lesson:

1. **AIR:** Hold the mouthpiece backwards, making sure it is between your teeth, and take a few deep breaths in through the corners of the mouth and out through the mouthpiece. Keep your shoulders down and stomach relaxed when you breath in. **Push** the air out using your stomach muscles.
2. Practice blowing a steady stream of air (through your mouthpiece) at a small piece of paper. There should be enough air to move the paper (a good air stream should be able to hold the paper against a wall).
3. Next, in front of a mirror, blow air through your mouthpiece (rim against lips) keeping teeth apart as in #1. With each breath, gradually firm your lips together until they buzz. Try to get both high and low notes until your cheeks get tired. Remember: your **embouchure** should be in a "puckered smile" position. Work to get a steady loud pitch. Check to see if you can still move the paper while buzzing your lips.
4. Buzz the mouthpiece as high and low as possible by firming then relaxing your lips for a few minutes. Make siren sounds if possible (it may help to moisten/lick your lips and/or the mouthpiece rim).

**THIS ASSIGNMENT SHOULD TAKE ABOUT 10 MINUTES.
PRACTICE IT SEVERAL TIMES.**

Bring a sharpened pencil with you.

Remember not to chew gum, eat, or drink right before or while practicing.