

Isometric Embouchure Builder !

Play Very Slow!!

Terry Keller

Keep the M.P. on the chops during rests

mf

mf

mf

mf

mf

mf

This is an exercise given to me by the great lead trumpeter Wes Hensel. Wes was my private trumpet instructor during my first semester at Berklee College of Music. Wes thought my embouchure at the time was weak. Over the course of my senior year I had been gradually placing my mouthpiece lower and lower on my lips. The result was that I ended up playing with not enough lip in the mouthpiece. I hadn't really even noticed it! This caused me to have a thin sound and a lack of endurance and power. Wes noticed the flaw at our first lesson. The first thing he had me do was to rebuild my embouchure. To help me re-build strength quickly, he had me do this simple but effective exercise several times per day. Wes called this an "isometric" exercise. This is a great exercise to concentrate on when you need to make a change related to your embouchure. Even if you don't need to rebuild your embouchure, this can be a great exercise to help your general strength and sound.

Play *very, very, slow!* (40 B.P.M or slower!). Slur each group of notes and rest as marked, however, during the rest **keep the mouthpiece on your chops!** Breathe through your nose. By the time you get to the end you will feel your embouchure muscles burning! If you can't get all the way through just do what you can and try to go a little further each day. As you get stronger see if you can play 2 or even 3 times through in one session. After playing this routine **it is absolutely imperative you allow your chops to recover** before you do any further playing!