Ellefson Warm-up 2020 notes:

- **I. Purity and Ease** Keep the *mp-f* sound pure, easy and resonant on the glisses, followed by energetic attacks on the arpeggios. Gliss whenever possible and keep 'gliss-like' air during natural slurs or going in and out of the valve.
- **II. Clean Attacks** Use metronome to aid in developing a predictable sense of timing.
- **III.** Tongue Speed- This is designed to increase tongue speed over a period of weeks/months/years. Start at a tempo that facilitates easy execution and increase tempo by 2 bpm each week
- **IV. Articulation Patterns** Play these in the same tempo as **III.** Pay particular attention to slide accuracy and intonation. For A, in addition to starting each sequence in the notated pattern (B-flat, A, A-flat, G, etc.) also begin each pattern ascending (B-flat, B, C, D-flat, etc.). For B, choose a different key each day. Key fluency is the goal.
- V. Slurs and Flexibility- Pay attention to note shapes. Don't allow the notes to bend before making the slur. 'Lip' the notes in parentheses. Float through the 32nd notes in section D.
- VI. Octaves, Fifths & Fourths- This is meant to develop and reinforce agility. It may take some time to master but through diligence, improvement will be quickly noticed. Let the brain (song) drive the chops. Hear it. Play it. It's easy!
- **VII. Building Blocks** Perhaps the most difficult, yet most beneficial exercise in the warm-up. Choose an articulation and dynamic and keep it through the entire section. Change dynamic and articulation when moving from A to B and B to C. Only move on to B when A is mastered. Only go to C when B is mastered.
- **VII. Perfection** Once you make it this far, end your warm-up with perfectly placed pianissimo attacks. B will prove to be a brain teaser. Concentration is required to remember what note comes next. Choose different keys each day.

As with all of the warm-ups I have assembled, it is not necessarily **what** is played but rather **how** it is played. "2020" is intended to give the player about 35 minutes of quality playing to start the day. Further fundamental study will be necessary. Schlossberg and Marsteller are terrific for slurs, control, and flexibility. Arban is the gold standard for developing slide technique. Keep in mind that the mastery of fundamentals and technique should serve the study of music and artistry and not merely be ends in and of themselves. [10-10-2020]

Ellefson Warm-Up 2020

I. Purity and Ease



II. Clean Attacks



III. Tongue Speed



IV. Articulation Patterns



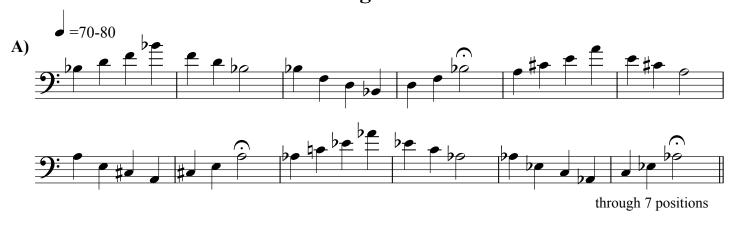
V. Slurs and Flexibility



VI. Octaves, Fifths & Fourths



VII. Building Blocks







VIII. Perfection



