

Mr. J. Stefanko

MIOSM Brass Warm-up

MIOSM Brass Masterclass Warm-up - B.C

Mr. J. Stefanko

Step 1 – Stretching and breathing.

Sitting in perfect posture, take a full breathe from bottom up.
Hold this breath and proceed to stretch your upper body down to your lap;
Let your head dangle loosely while you continue to hold the breath. Raise your body back to its original position slowly.
Release air with a hiss.

Step 2 – Buzzing

Hold your mouthpiece with your weak hand, using your thumb and first finger.

Musical notation for Step 2 - Buzzing, consisting of four staves of music in bass clef, 4/4 time. The notation shows various note values and rests, with slurs indicating phrasing.

Step 3 – Moving more air!

You are now to repeat step 1, but we are kicking it up another notch.
Sitting in our perfect posture once again, take a full breath from bottom up.
Once full, stretch your upper body down to your lap;
Let your head dangle loosely while you continue to hold the breath.
Raise your body back to its original position **DO NOT LET THE AIR GO THIS TIME.**
Now you have returned to perfect posture, begin to stretch down to your lap for the second time.
Dangle your head, and then slowly return to perfect posture. Release air with a hiss.

Step 4 – Buzzing

Hold your mouthpiece with your weak hand, using your thumb and first finger.

Musical notation for Step 4 - Buzzing, consisting of one staff of music in bass clef, 4/4 time. The notation shows various note values and rests, with a slur indicating phrasing.

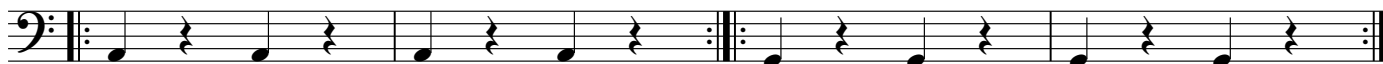
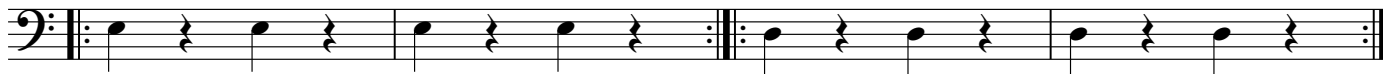
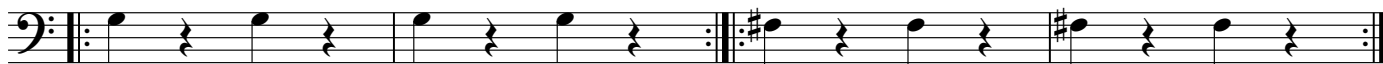


Step 5 - Huff and Puff!!! Panting Breath

- Imagine you just ran up and down the steps in your home 50 times. You are gasping for air.
- Repeat this pant 10 times, filling your lungs to capacity on each inhale.
- Breath normally.
- Once balanced, repeat exercise for a total of 3 times.

Step 6 – Breath Attacks

Do not use your tongue for the follow exercise. Let the air open your chops (aperture)



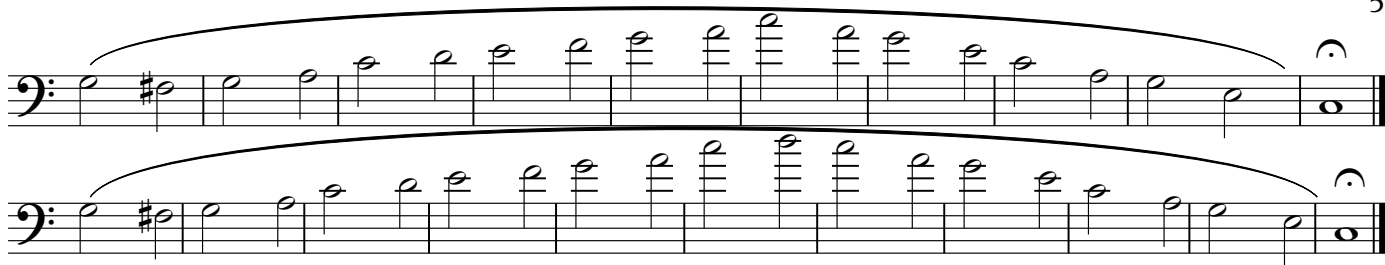
Step 7 - Delayed Release

- A. From perfect posture, take a full quality breath. Now at capacity slowly release the air over 30 seconds.
- B. Breath Normally
- C. Repeat step A, increasing release to 35 seconds.
- D. Breath Normally
- E. Repeat step A, increasing release to 40 seconds.

Step 8 - Cichowicz Expansion Slurs – Series 1

The musical notation consists of eight staves, each in bass clef and 4/4 time. The key signature is one sharp (F#). Each staff begins with a whole note F#2. The notes are as follows:

- Staff 1: Whole note F#2.
- Staff 2: Whole note F#2, half note G2.
- Staff 3: Whole note F#2, quarter notes G2, A2, B2, C3, D3, E3, F3.
- Staff 4: Whole note F#2, quarter notes G2, A2, B2, C3, D3, E3, F3, G3.
- Staff 5: Whole note F#2, quarter notes G2, A2, B2, C3, D3, E3, F3, G3, A3.
- Staff 6: Whole note F#2, quarter notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3.
- Staff 7: Whole note F#2, quarter notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4.
- Staff 8: Whole note F#2, quarter notes G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2.



Step 9 - Air Expansion

- A. From perfect posture, take a full quality breath. Hold for 30 seconds. Release.
- B. Breath normally
- C. Repeat step a, for 35 seconds.
- D. Breath normally
- E. Repeat step a, for 40 seconds.

Step 10 - Stamp

