

Mr. J. Stefanko

MIOSM Brass Warm-up

MIOSM Brass Masterclass Warm-up - T.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.

The musical notation for Step 2 consists of four staves of music in 4/4 time. The first staff begins with a treble clef and a 4/4 time signature. It contains a sequence of notes: a whole note G4, a whole note A4, a whole rest, a whole rest, a whole note B4 with a sharp sign, a whole note C5 with a sharp sign, a whole rest, a whole rest, a whole note B4, and a whole note A4. The second staff continues with a whole rest, a whole rest, a whole note G4, a whole note F4, a whole rest, a whole rest, a whole note E4 with a flat sign, and a whole note D4 with a flat sign. The third staff contains a whole rest, a whole rest, a whole note C4, a whole note B3, a whole rest, a whole rest, a whole note A3, and a whole note G3. The fourth staff begins with a whole note F3 with a flat sign, a whole note E3 with a flat sign, a whole rest, a whole rest, a whole note D3 with a flat sign, and a whole note C3 with a flat sign. The piece concludes with a double bar line.

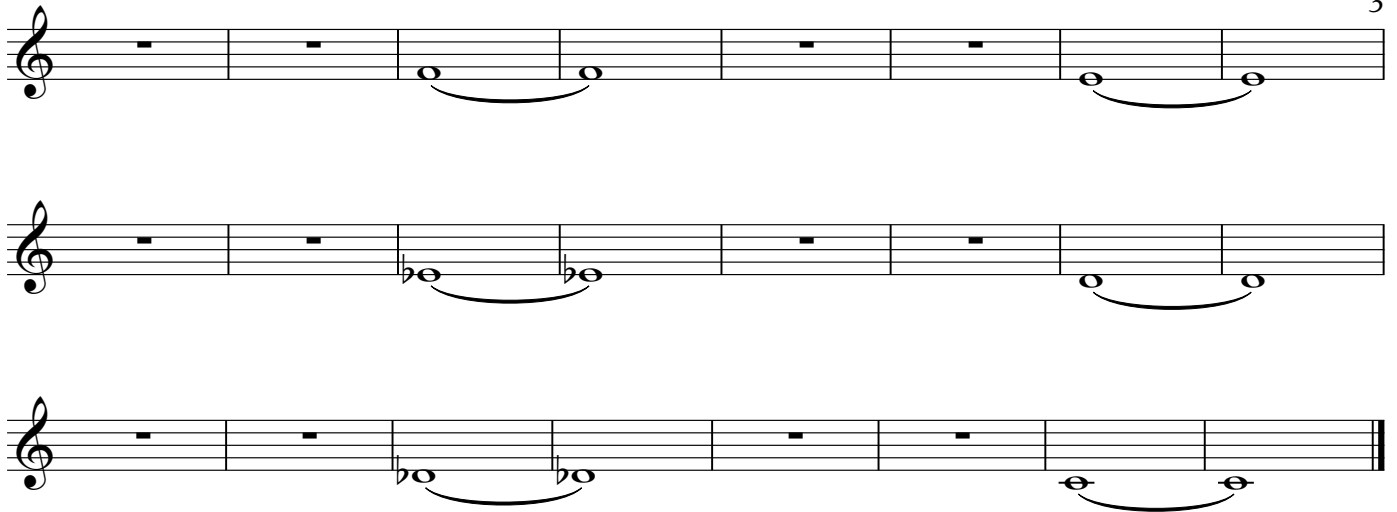
Step 3 – Moving more air!

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 breathe 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.

The musical notation for Step 4 consists of a single staff of music in 4/4 time. It begins with a treble clef and a 4/4 time signature. The notes are: a whole note G4, a whole note A4, a whole rest, a whole rest, a whole note B4 with a sharp sign, and a whole note C5 with a sharp sign. The piece concludes with a double bar line.



Step 5 - Huff and Puff!!! Panting Breath

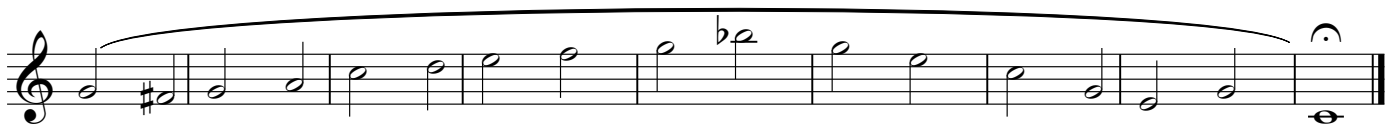
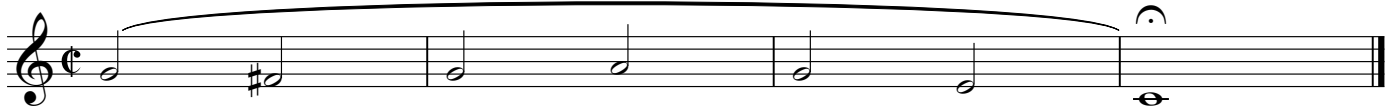
- Imagine you just ran up and down the steps in your home 50 times. You are gasping for air.
- Repeat this pant 10 times, filling your lungs to capacity on each inhale.
- Breath normally.
- Once balanced, repeat exercise for a total of 3 times.

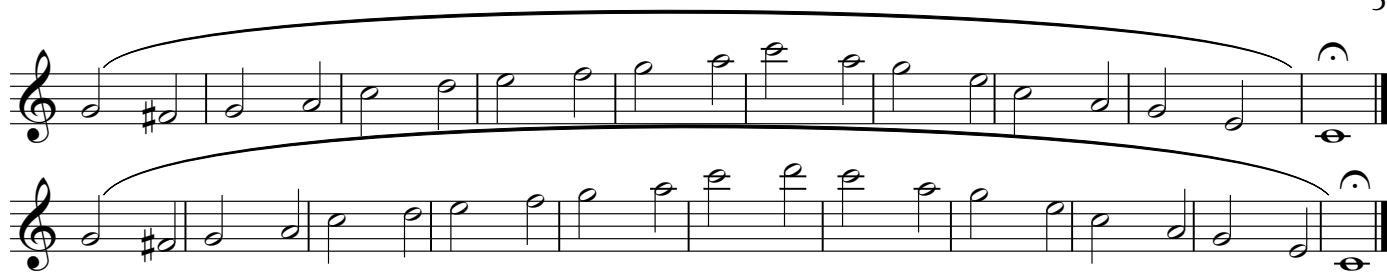
Step 6 – Breath Attacks

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



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

