"If it hurts, then STOP! Don't use the armstrong method!"

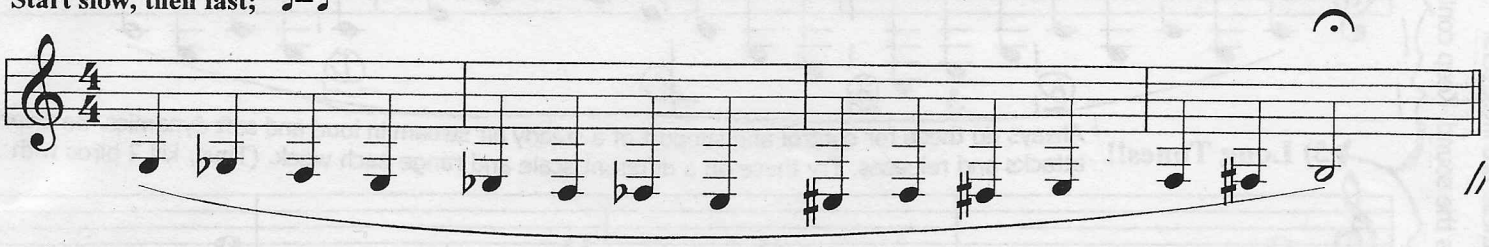
Horn Warm Ups

Practice Tips: Short spurts of practice can be more productive!

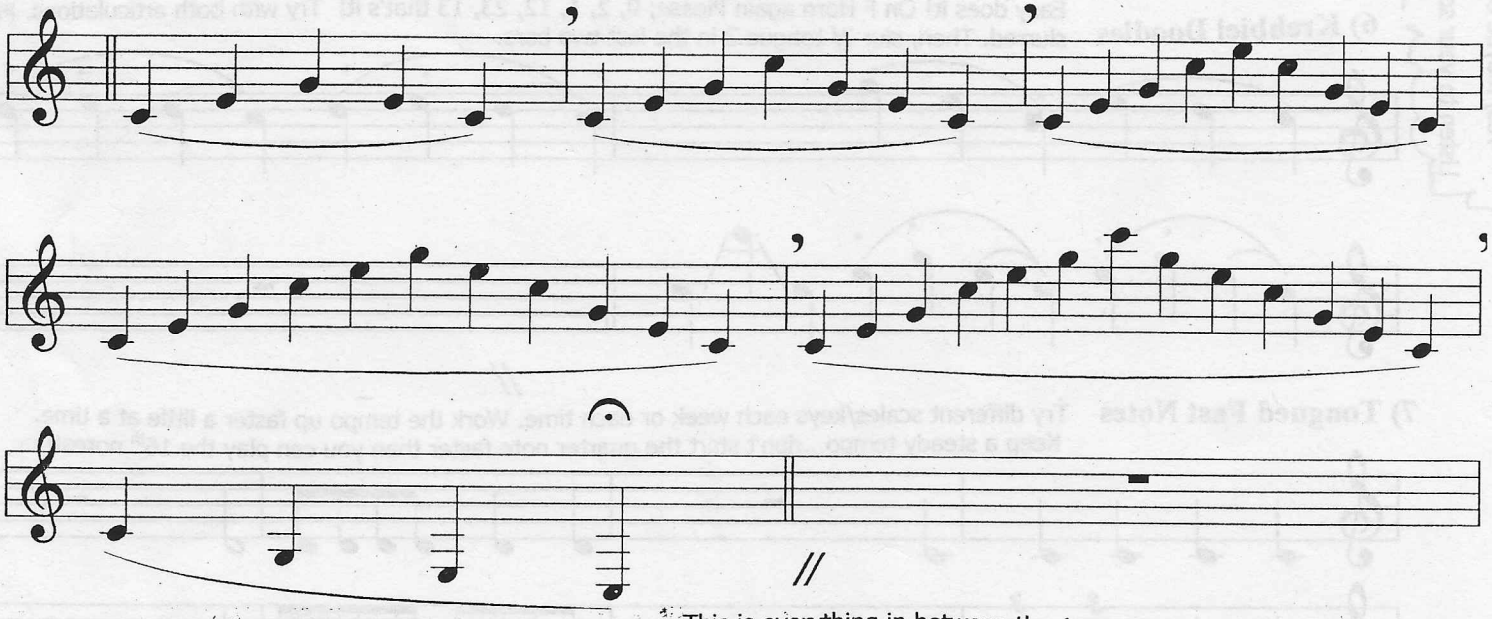
Many warm ups from various teachers, books, etc. *compiled by Cindy Deane (I don't claim to have written these!)*

1) Low Chromtatics: This helps increase the low range. This also makes a good warm down too!

Start slow, then fast; ♩=♩



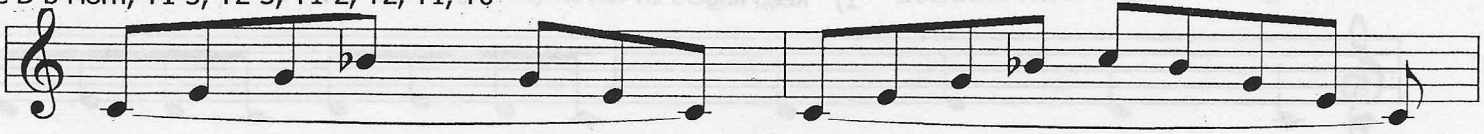
2) Flexibility - Slurs/Arpeggios; On F Horn fingerings – 0, 2, 1, 1-2, 2-3, 1-3, 1-2-3



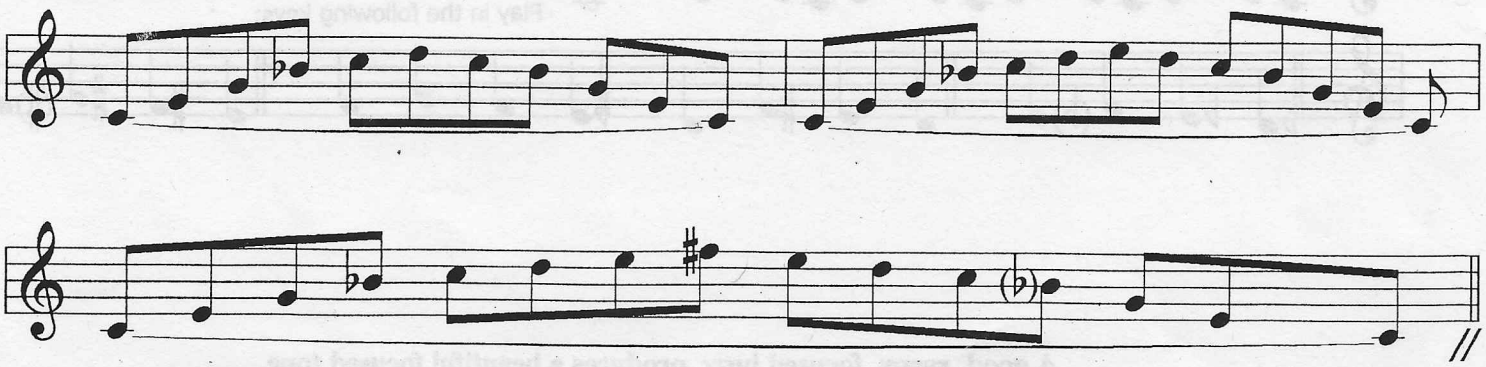
3) Partials (The Harmonic Series on each Horn)

This is everything in between the Arpeggios that pops out!
Don't try too hard to play each note. Let them each pop out.
Think vowels and use focused air with regular support to help each note naturally come o

Play on each fingering combination;
On the F Horn; 0, 2, 1, 1-2, 2-3, 1-3, 1-2-3
On the B-b Horn; T1-3, T2-3, T1-2, T2, T1, T0



(* T= denotes use of Trigger or Thumb valve)



...and on up through the Harmonic Series...as high as you can get without forcing the notes to come out!