

0 → 1 1

2 → 12 12

1 → 23 1 23

12 → 13 12 13

23 → 1 123 1 1 23 123

13 → (or 0) 12 0 12 (or 123) 1 12 13 0 (or 123)

Note: I have used mouthpiece buzzing, pedal tones, note bending and "long tones" in my warmups and practice sessions for years. The extreme note bending explained in #3 however is rather new to me. As with any study, you get out of it what you can; practice it for a few weeks and if you find it is not doing anything for you, go on to something else. That said, I am interested in hearing if the extreme lip bends are of any help to you in your practice. Have they helped strengthen your embouchure or made anything easier for you playing-wise? Please email me at lichtmann@hartford.edu For pedagogical reasons I am curious to hear of your experiences with this exercise in general and #3 in particular.