

The Bill Adam Daily Routine

Buzzing the Leadpipe

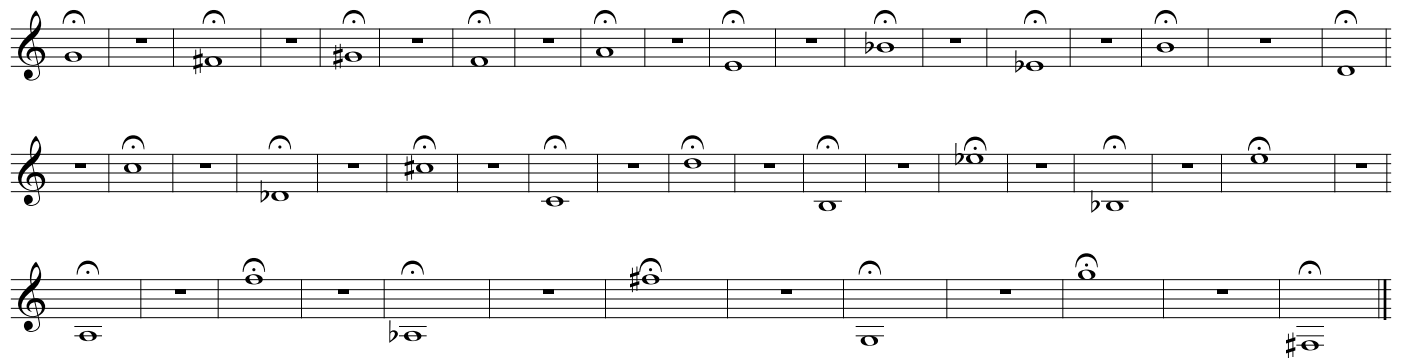
Bill Adam states "I know there has to be a certain amount of mouthpiece buzzing to warm up the resilience that we have to have here. But if we can set the mouthpiece and tube in vibration, the embouchure is much more relaxed. What we're trying to do is to get the air through that horn with the least amount of tension and the least amount of muscle."

To buzz the leadpipe, remove the tuning slide. On a Bb trumpet, the mouthpiece/leadpipe should resonate at approximately an F (Eb concert). Cornets and higher keyed trumpets will resonate at different pitches as the pitch is determined by the length of the tube. Hear the pitch in your mind (can you sing the pitch?), take a full, relaxed breath, place the mouthpiece to your lips and blow. Think about accelerating the air through the leadpipe and of letting the air blow the embouchure into place. The sound should be a resonant, reedy buzz. Focus on creating a resonant buzz, not an airy sound. Buzz the leadpipe about a dozen times, or until you feel your embouchure responding to the breath in a relaxed manner.

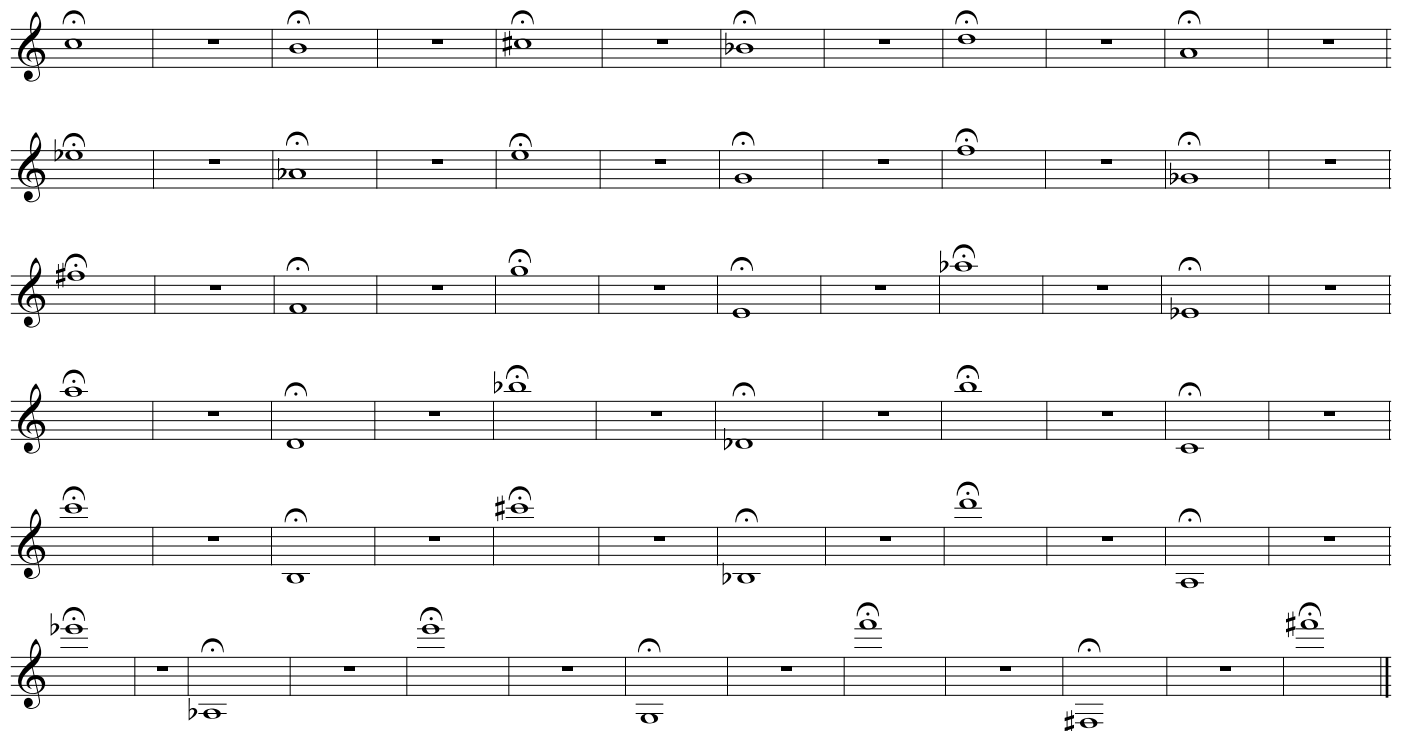


Long Tones

Hold each pitch as long as comfortable at a volume of *mf* to *f*. Hear the sound you desire in your mind before you play. Take a full relaxed breath and blow, accelerating the air through the horn. Blow just as you did on the leadpipe. Keep your mind focused on the sound you desire and let the air be the motive force that causes the horn to resonate. For advanced players, start on 3rd place C and expand chromatically in the same manner. This pattern will end on low F# and high F#.



Advanced Long Tones



Clarke Technical Studies #1

Play the exercises at *mf* to *f* and repeat as many times as comfortable. REST after each exercise. Don't extend any of these exercises to the point where you are running out of air and tension creeps into your chest. If you are a developing trumpet player, do not play so high that you have to strain for the notes. Always play with the most beautiful, full tone possible. To again quote Bill Adam, "Any time we play Herbert L. Clarke exercises, it's a good idea to think of the acceleration of the air. Play the first note with a firmata, accelerate the air through the trumpet, and when you start to use the valves, continue to accelerate the air so the tone stays free. Go slow enough so the notes themselves are being blown and so that there is no muscle restriction that will diminish the sound: keep the sound good and full!"

1

2

3

4

5

6

7

8





Two Octave Chromatics



Schlossberg #6

Crescendo into the 2nd note, continue to accelerate the air as you articulate the 3rd note and diminuendo into the 4th note. Rest. Keep the sound consistent through all the notes. Don't let the air stop when articulating the 3rd note.

The musical score for Schlossberg #6 consists of nine staves, each containing four measures of music. The notes are half notes, and the dynamics are indicated by wedge-shaped markings below the notes. The first staff starts with a treble clef and a key signature of one flat (B-flat). The notes in each staff are as follows:

- Staff 1: B-flat, A, G, F
- Staff 2: E, D, C, B
- Staff 3: A, G, F, E
- Staff 4: D, C, B, A
- Staff 5: G, F, E, D
- Staff 6: C, B, A, G
- Staff 7: F, E, D, C
- Staff 8: B, A, G, F
- Staff 9: E, D, C, B

Expanding Scales

For this exercise, Bill Adam wrote: "A good warm-up routine is one of the most important parts of daily practice. It should cover the complete range of the instrument in not more than ten minutes. When practicing these exercises it might be wise to form the embouchure first rather than to blow it into existence. Firm or lock the corners of the mouth into place, slightly part the lips, hold the chin firm and pointed toward the floor. The lips should be resilient, not tight. Do not change the embouchure for the entire range of the instrument. Get stronger for the high notes and more relaxed for the lower tones. Try not to move from the original position and keep the corners always firm." Bill Adam always states that "There are no high notes or low notes. It's all flat out." Think of accelerating the air through the horn, playing lyrically with a beautiful tone and strive for the sensation of all the pitches requiring the same energy.

The image displays 12 musical staves, each containing a scale exercise. The scales are written in treble clef and cover a wide range of keys: G major, A major, B major, C major, D major, E major, F major, G major, A major, B major, C major, and D major. Each scale is marked with a slur and a fermata, indicating a continuous, sustained performance. The scales are arranged in a sequence that covers the full range of the instrument, from low to high notes.

Schlossberg #31

Let the acceleration of the air take care of the vibration of the lips. Think of accelerating the air to the point where the next pitch falls free. All notes should feel like they are on the same level.

Measures 1-8 of Schlossberg #31. The score is written in 4/4 time and consists of four staves. The first staff contains measures 1-4, and the second staff contains measures 5-8. The key signature has one sharp (F#) and the time signature is 4/4. The notes are: 1. G4, 2. A4, 3. B4, 4. C5, 5. B4, 6. A4, 7. G4, 8. F#4. The notes are connected by slurs, and there are fingerings (1-3, 1-2-3) above the notes in measures 7 and 8.

Schlossberg #13

Measures 1-8 of Schlossberg #13. The score is written in 4/4 time and consists of four staves. The first staff contains measures 1-4, and the second staff contains measures 5-8. The key signature has one sharp (F#) and the time signature is 4/4. The notes are: 1. G4, 2. A4, 3. B4, 4. C5, 5. B4, 6. A4, 7. G4, 8. F#4. The notes are connected by slurs, and there are fingerings (1-3, 1-2-3) above the notes in measures 7 and 8.

Schlossberg #15

The musical score for Schlossberg #15 is presented in four systems, each with two staves. The time signature changes from 6/4 to 8/4, then to 10/4, and finally to 12/4. The key signature is one sharp (F#) for the first two systems and one flat (Bb) for the last two. The notation includes various musical symbols such as treble clefs, key signatures, and fingerings (1-3, 2-3, 1-2-3, etc.).

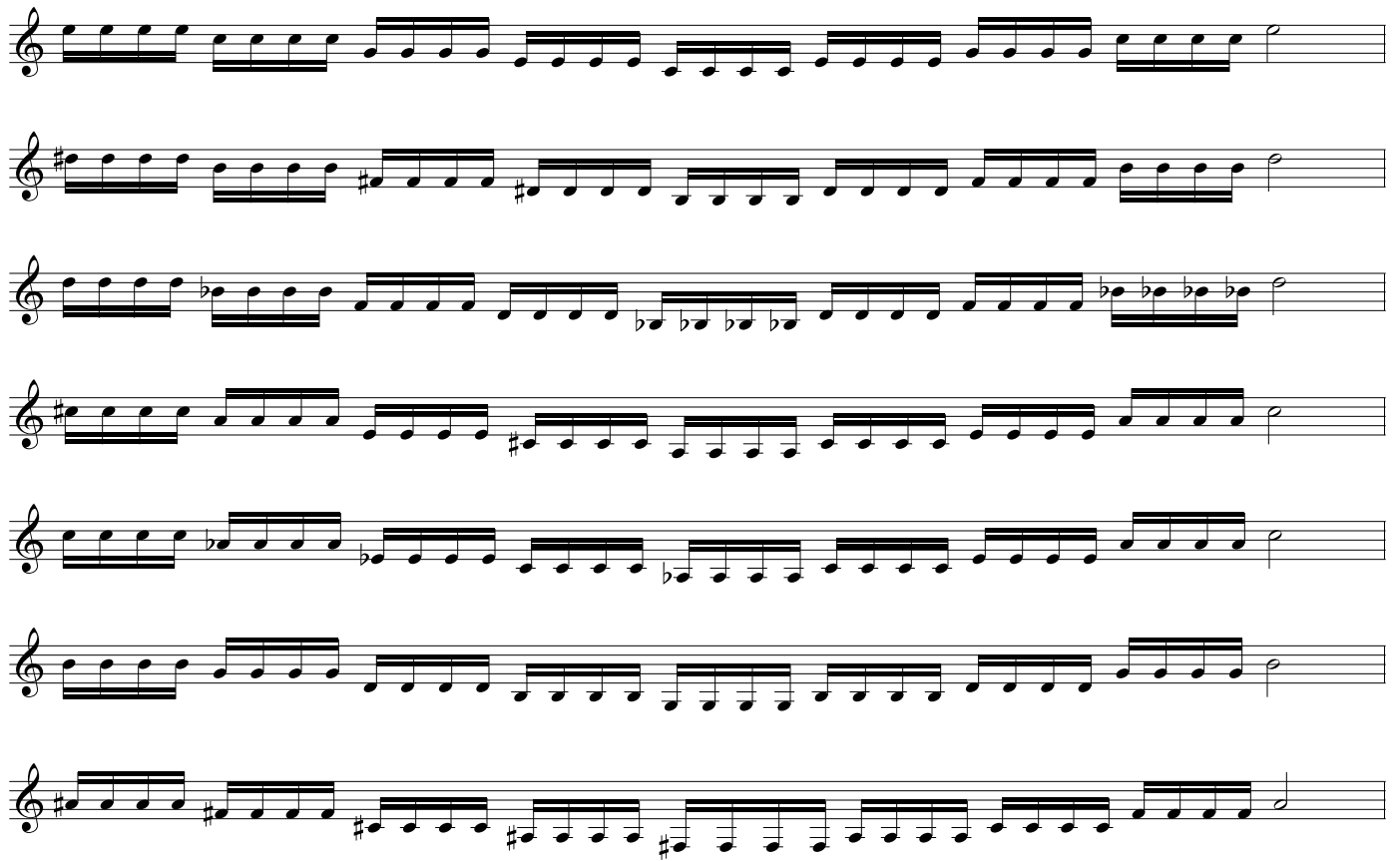
Schlossberg #14

The musical score for Schlossberg #14 is written in 7/4 time and consists of 14 staves. The notation includes various musical symbols such as treble clefs, key signatures (one sharp and one flat), and a variety of note values (quarter, eighth, and sixteenth notes). Slurs are used to group notes, and specific fingerings (e.g., 1-3, 2-3, 1-2-3) are indicated above certain passages. The score is organized into four systems of four staves each. The first system contains staves 1-4, the second system contains staves 5-8, the third system contains staves 9-12, and the fourth system contains staves 13-14. The music features a mix of ascending and descending melodic lines, often with ties and slurs indicating phrasing. The key signature changes from one sharp (F#) to one flat (Bb) between the second and third systems.

Schlossberg #17

19

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19



Schlossberg #23



Schlossberg #25



Schlossberg #27



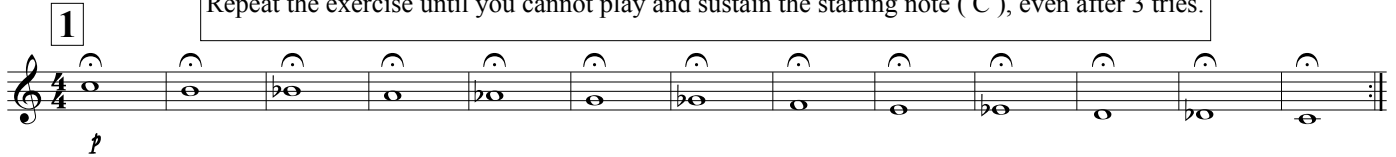
Schlossberg #95

The musical score for Schlossberg #95 consists of 12 staves, each containing a single melodic line. The staves are arranged in pairs, with a double bar line and repeat sign between them. The key signatures vary across the staves: the first staff is in C major, the second in D major, the third in E major, the fourth in F major, the fifth in G major, the sixth in A major, the seventh in B major, the eighth in C major, the ninth in D major, the tenth in E major, the eleventh in F major, and the twelfth in G major. Each staff begins with a treble clef and a key signature symbol. The melody is composed of eighth and sixteenth notes, often beamed together, and is frequently accompanied by a sustained note (half note or whole note) on a lower staff. The music is written in a single system, with the key signature changing for each staff.

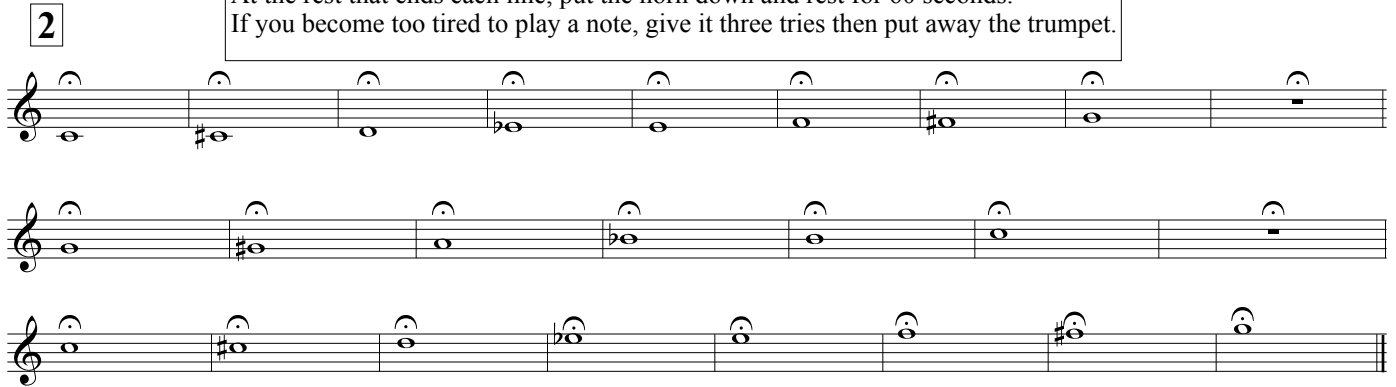
Endurance Studies

To only be played at the end of a practice period.
REST for at least 3 hours after doing any of these studies.
ONLY do one study in any practice period.

Hold each note as long as possible (I usually hold each pitch for 20-30 seconds).
Do not take the mouthpiece from the lips when you breathe.
Try to keep the embouchure firm at all times.
Some people recommend breathing through the nose so as to keep the lips in position.
Repeat the exercise until you cannot play and sustain the starting note (C), even after 3 tries.



Hold each note as long as possible (I usually hold each pitch for 20-30 seconds).
Do not take the mouthpiece from the lips when you breathe.
Try to keep the embouchure firm at all times.
At the rest that ends each line, put the horn down and rest for 60 seconds.
If you become too tired to play a note, give it three tries then put away the trumpet.



Long line chromatics

Continue the pattern, moving up by half steps
Keep the mouthpiece upon the lips
When you cannot hit the top note after 3 tries, put the horn down and rest 90 seconds
Continue higher until you cannot reach the top note after 3 tries. Then rest another 90 seconds
Continue this approach until you cannot move any higher
This exercise is excellent for range development when played quickly and endurance development when played slowly.

