MASTERING TRUMPET EXCERPTS FOR WIND BAND ORCHESTRA:
practicing, making exercises and testing their pedagogical usefulness

Excercises

1. Prepare mind

2. Prepare body

3. Prepare music

4. Performance

These exercises will be combined in my research with technical exercises, and we use some of this exercises with the trumpet players at the beginning, middle or at the end of the session.

how?

Mind

What do you think about yourself?
Are you ready to do an audition?
Do you think you are in a competition against others? or against yourself?

Body

What does your body think?
Are you training your body?

Music

Do you know the music you are going to play?
Do you know what your strengths are? Which weak ones?

Performance

What do you feel when you go on stage? Do you know the system in the auditions?

mind

Think about you

Scan:

stress? anxiety?
underestimate? overvalue?
are you ready for the audition?

Mental representation (Visualization)

The visualization method it has been scientifically proven that imagining an action, or in this specific case playing a passage with the instrument, causes the brain to perform the actions as if it were doing it in reality, that is, the moment that action is imagined, the brain works in the same way as if that action were to take place in reality. (NBA players, before shooting to the basket)

It makes the brain get used to that situation, so when you execute that action in reality, your body somehow already knows that situation and has already lived it

Mind exercise:

1. Previously, it is recommended to do some breathing exercises

2. Visualizing instead of repeating the excerpts indefinitely

3. Visualizing yourself playing in front of the jury audition

4. Imagining that you enjoy the moment and that you are not nervous

You need to repeat this exercise during weeks before the corresponding audition view this circumstance at least 13 or 14 times.

body

Think about you

What does your body think when you play?
Do you feel freedom or do you feel exhaustion?

Are you training your body?

Body exercise:
Tension - Relax

Progressive relaxation
Dividing the muscle groups of the body
“Tension” (5-7 sec.)
“Relax” (15-20 sec.)
It should be done in a chair in a comfortable posture

The working sequence of the muscles is as follows:

Relaxation position (closed eyes, comfortable clothing)	Neck (bring the chin against the neck)
Arms (clench fists)	Shoulders (put the head between the shoulders)
Biceps (flex the forearms)	Breathing and partial revision
Triceps (extend arms with palms up)	Stomach (tighten it)
Breathing (deeply)	Back (arch it)
Partial review (mental review of the muscles previously tensed)	Thighs (raise both legs)
Front (wrinkle eyebrows)	calf (move the toes)
Eyes (squeeze eyes)	Feet (arch the fingers wrinkling the plant)
Jaw (clench teeth)	Breathing and general revision of the muscles
Tongue (press it against the palate)	Relaxing image (1 min)

Think about you

What do you think when you play?

We always think about our hours of practice with the instrument, but not so much about the music or how we feel playing that music

Do you know the music? Or just your part?
When you play with someone do you play better? And with a playalong or Youtube link?

We need to know perfectly the music that we are going to perform at the audition

Observe your weak points

Observe your strong points

Are you fair to yourself? Value the music that comes out of you

Music exercise:

Write down your best moments interpreting that passage

List the worst moments:

1. Why happens?

2. Write the chords from this excerpts

3. Try to accompany you (sibelius file)

4. Another perspective: (opposite)

5. Watch videos and play with the orchestra

6. Play again!

performance

Think about you

Do you feel stress? Anxiety?
Do you know the system at auditions?

Probespiel training

We have to go one step further

Once the mental and body exercises are done and the music is understood, we must use it to improve our performance

It is interesting to know how it works in the auditions

It is easier for us if we are prepared before

We are going to simulate a real audition

You can change the rules each time!

Performance exercise:

READY

Clothes, staff, food, water, copies from the jury…

STEADY

You are in the “warm up room” (if it’s possible a different place)

Focus
Do your routine warm up
Breathing exercises
Mental practice
Check tuning before leaving the warm up room

Maybe a friend, partner, family member can make you the audition list for that day

GO!!

You are in the audition place. Go for it!

1st round:
In this simulation you will not see the jury
Piano: A for tuning (twice)

Enjoy the performance!

Good job!
Almost there!

2nd round:
Now you can see the jury
You need to play 5 excerpts

What will happen?
Every day is different, so visualize:

1. Winning the audition, what would you do, how do you feel…
2. You played amazing! But you didn't win the audition

You can repeat this when you play at home, with friends, family concerts, records…