We are what we repeatedly do. Excellence, then, is not an act, but a habit.
~Aristotle

A daily routine should form the core of our playing, establishing a solid foundation for additional practicing and performing throughout the day. Although we can and should create our own personalized routines, there are a number of high quality published materials available. These publications can serve as complete routines by themselves, or better yet, as starting points for creative modification.

Choosing a Routine
• At the student level, consult with a teacher, and stick with a routine for at least several days or longer before deciding if it is the right one.
• Take some time to learn it thoroughly before considering a change or modification, except in the case of passages which go beyond a comfortable range. In this case either omit those pitches or play a suitable alternative.
• If text is included, read it.
• Unless specified, avoid repeating difficult passages within a single session, instead slow down tempos as necessary.
• For both students and professionals, it is a good idea to reevaluate the daily routine at least every year.

Important Questions
• How does the embouchure feel after playing the entire routine? Are chops tired, or fresh and ready to continue playing (after a short rest)?
• Following a strenuous day of playing, does my routine the next day help put things back together, or does it make things worse?
• Is the routine adaptable to different time constraints? Can the player be ready to play in a shorter amount of time than it takes to complete the entire routine?
• How well does it prepare players for the types of playing they normally do?
• How well does it fit with the current work or school schedule?
• Does it instill confidence in the player's abilities, or cause frustration?
• Is it too difficult/too easy for the player's current ability level?
• Does it continue to remind players why they play the horn, or has it become boring and mind numbing?

Components of a Warm-Up

<table>
<thead>
<tr>
<th>Essential</th>
<th>Optional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing</td>
<td>Range development</td>
</tr>
<tr>
<td>Lip/Mouthpiece Buzzing</td>
<td>Double/Triple tonguing</td>
</tr>
<tr>
<td>Long tones</td>
<td>Lip trills</td>
</tr>
<tr>
<td>Scales/Arpeggios</td>
<td>Stopped Horn</td>
</tr>
<tr>
<td></td>
<td>Transposition</td>
</tr>
<tr>
<td></td>
<td>Flexibility exercises</td>
</tr>
<tr>
<td></td>
<td>Improvisation</td>
</tr>
</tbody>
</table>
Recommended Materials

Beginner

Intermediate to Advanced