

Practice Routine

Organized by Tim Olt

The basic purpose of this routine is to serve as a warm-up along with developing and expanding basic skills. While some flexibility is inherent in this routine, commitment to it is not flexible. In order to gain the benefits the performer must maintain a daily routine of practice, including this routine and work on various solos, etudes and excerpts. The minimum time commitment is two hours daily for music education majors, four hours for performance, with this routine serving as the half of the time. This may be expanded at the discretion of the teacher and/or choice of the performer.

The various exercises mentioned in this routine along with the practice grids are available on www.timolt.com. New exercises will be added periodically, and in many cases will fall into existing categories. In the event of a new category, any revision of the routine and the accompanying practice grid will also be posted.

Daily Routine (one hour version, double lengths for performance)

5 minutes – Stretching, Breathing, Buzzing exercises

10 minutes – Long Tone Control Studies - vary exercises daily, also starting on various pitches as outlined after Exercise #1

5 minutes – Warmup Exercises (Descending and Ascending Lip Slurs) – also vary exercises daily

10 minutes – Flow Studies - vary exercises daily

5 minutes – Range Extension Exercises #1 & #2 – vary exercises daily

10 – Pronunciation Exercises #1 & #2 – vary exercises daily

5 minutes – Flexibility Studies – vary exercises daily

5 minutes – Subdivision Exercises – progress daily, combine rhythmic exercises with similar moving-note exercises

5 minutes - Relaxation Exercises – Use as warm-down at end of practice sessions and performing, vary exercises daily

This routine may be extended as a whole, or individual components may be focused upon, but the entire sequence should be practiced daily. Continually strive for the next challenge. As you master one, find the next level of difficulty.

**ALWAYS BE ATTENTIVE TO THE DESIRED GOAL
DO NOT JUST PLAY THROUGH**