

Developing High Range

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Developing a workable high range on the trumpet is what every young student dreams of being able to do. With trumpet giants of the likes of Maynard Ferguson and Wayne Bergerson it's no wonder. There's just one problem, how do they do what they do? Simple, they practice, but not your everyday materials. They spend most of their time playing in the higher range of the trumpet; so naturally, they have developed a specialty or talent for that particular technique of the trumpet. What does this all mean?

Simply put, to play in the high range a student needs to practice their high range on a consistent basis, for example, a bi-daily routine. The reason I suggest a bi-daily routine is that it takes an extreme amount of lip and embouchure strength to practice or perform in the high range of the trumpet. The lips and embouchure requires a great amount of lip tension and aperture control. If a student spends too much time practicing in that extreme range, they can cause muscle fatigue or even worse, permanent muscle damage. By practicing on a bi-daily routine, the muscles will have time to recover and regain their natural strength before any amount of extreme strength is required of them. If a student's lips are still tired or sore after a day off, additional rest might be required. A good warm-up and warm-down will help fight off injuries. The day they start playing again, a good session of low, long tones will gently message their muscles back into performance and practice everyday usage.

Exercises to Develop Strength

1. Long Tones
2. Lip Slurs
3. Arpeggios
4. Glissandos