

I Orientation

Now that we find ourselves isolated in contact terms, I thought I might offer some advice that I have given to all my students about keeping healthy and above all optimistic by finding constructive things to develop in their playing with the extra time most of us may now have.

For myself, I am trying to establish a daily routine consisting of a balance of things I **need** to do, things I **want** to do and things I **should** do. Perhaps jobs around the house, maintaining/developing playing technique and composition/arranging.

For example, in my daily trombone warm up and practice I am concentrating on a number of aspects that I would like to improve. For me, this is flexibility in the low register and tonguing particularly the transition between double and triple.

Our altered life style presents the majority of us with the opportunity to focus on the progression of a range of technical skills such as high register building and lip trills by planning a modest practice ritual **every** day.

Conservatoire students get a lot of advice on effective ways to practice as an integral part of their studies unlike amateur players who normally rely on weekly band rehearsals and might possibly feel a little lost when looking for ways to maintain playing fitness simply and constructively. Next time I will be taking a look at some **effective practice techniques** and a **simple guide to 'basics'**.

In the meantime as part of its commitment to music teaching and learning, **Warwick Music Group** has produced a number of online teaching and learning resources which are exclusively available through their partners [musicgurus.com](https://www.musicgurus.com). Eight courses, consisting of over 6 hours of educational content are completely free until 30th June 2020 by entering the following coupon code at the checkout to receive your 100% discount.

MUSICTOGETHER

Finally, I leave you with some wise words from one of our most iconic brass musicians :

“Every bit of playing we do today, be it good, bad or indifferent goes towards deciding the sort of player we will be tomorrow. A player who begins every day with a load of thoughtless, shoddy flourishes is simply perfecting his faults. Time spent trying to do simple things well is like putting money in the bank. Use your warm-up time to do simple things well”.

John Fletcher (1941-1987)

Principal Tuba London Symphony Orchestra & Philip Jones Brass Ensemble (1966-1987)