

*Mystery to Mastery*  
*5 Free Lessons*

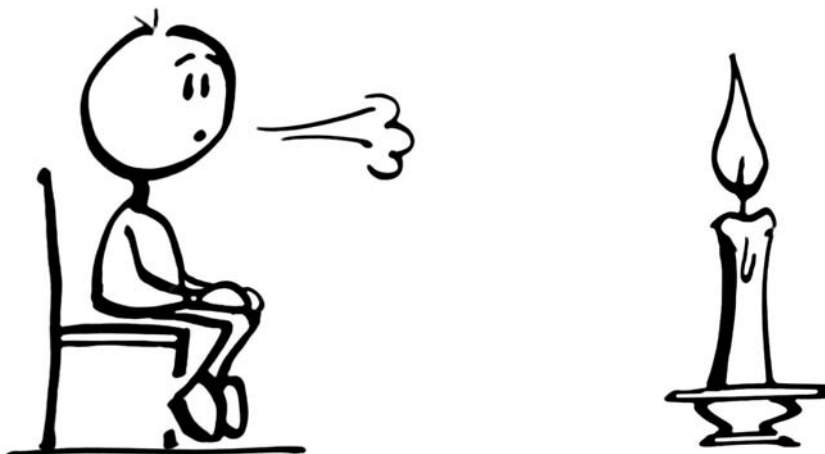


These lessons outline the basic fundamentals of playing your instrument, allowing you to understand “What, Why and How” to practise so you can achieve great results, faster.

Useful and concise information on trumpet playing is often hard to find, that is why ***Mystery to Mastery Publishing*** has published **The Only NO MYSTERY Guide to Trumpet Mastery!** This wonderful method book removes the mystery behind the multitude of method books on the market by explaining, in a Step-by-Step way, how to correctly produce a brilliant, resonant sound that will enable you to progress to whatever level you desire.

This method book is an essential tool for anyone at any level who is serious about improving their practise and playing techniques.

In LESSON 1, we will look at the importance of relaxation, breathing, singing and sound. We will also look at YOU, the musician.



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Lessons 2 to 5 cover topics such as:

- air pressure/compression
- the role of the tongue
- aperture and embouchure
- articulation/attack
- airflow/sustain
- the danger of muscle manipulation
- lip response to airflow
- relaxation and freedom of airflow
- mouthpiece placement
- the importance of SOUND
- range
- harmonics
- practising
- goal setting
- versatility
- how to be your own best teacher.

Over-exertion and physical tension are the biggest mistakes made when playing wind instruments. Physical strain results in a strained tone. If you clench muscles in your abdominal region or in your throat, you can hear the result when you talk or sing. Air passing through vocal cords is the same air that passes through your aperture.

You must have a concept of what you wish to sound like. Relaxed muscles and natural freedom of airflow creates resonance and provides air support to create your desired sound.

**FASTER air equals HIGHER notes. (see article on *Aperture Posture*)**

**SLOWER air equals LOWER notes.**

**MORE air or a GREATER VOLUME of air is LOUDER.**

**LESS air or a LESSER VOLUME of air is SOFTER.**

Tension reduces resonance and flexibility, so stay relaxed and allow the body to naturally provide airflow. Relate your playing to singing.

When singing, you are using your natural voice. To sing with a resonant tone, your body and your vocal chords must be relaxed, and you must take a deep breath to fill your lungs. The air passes through the vocal cords creating vibration, which then resonates in your body and projects out through your mouth. If you were to try this without breathing correctly or while being physically tense, your tone would be strained and unpleasant.

Playing the trumpet is exactly the same.

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Resonance and purity of tone is a result of deep, efficient breathing and physical relaxation. (See articles on the *Complete Breath* and *Natural Airflow*)

**Go** to a piano and play a note. Take a deep breath and sing the pitch. Aim to sound like an opera singer. Feel how the air flows naturally passed the vocal cords. Relax your body, take a deep breath and sing some different pitches at full volume with the best sound that you can.

**Start** and recognise the feeling of unforced air passing through relaxed vocal cords.

**Your** lips are the vocal cords of the trumpet. Your body must stay relaxed and a full breath needs to be taken to create a pure and resonant tone on the instrument.

**As** when singing, tension in the body reduces resonance. Tense lips disrupt airflow causing back-pressure in the throat and tension in the abdominal region.

*Natural Airflow* through relaxed lips is the answer to efficient and consistent playing.

The *WindProducts* page contains a couple inexpensive yet useful tools for improving inhalation, airflow and airstream visualisation.

The *WindTunnel* is a breathing tube that is regularly used by professional wind players, especially brass players. It comes with useful instructions and will provide amazing improvements to your breathing and air efficiency.

The *WindStick* is a simple yet effective tool for experimenting with air pressure and for visualising your airstream.

**When** transferring the sensation provided by these products to your mouthpiece and instrument, you **WILL** notice an immediate improvement in your sound and flexibility, and you will have a greater awareness of your breathing function.

**The Only No Mystery Guide to Trumpet Mastery** describes in detail how the body effortlessly expels air and how to use **WIND** to your advantage when playing. Over-exertion causes throat closure, which in turn reduces airflow thickness at the aperture. This situation cripples the vibrating surface reducing range, fluency and flexibility, consistency, endurance and most importantly, **SOUND**.

**Download** the **GOLDEN RULES** descriptions from the *Free Stuff* page to get more simple ideas and approaches to practising and playing. The **GOLDEN RULES** are all discussed in much greater detail in the book.

**The Only NO MYSTERY Guide to Trumpet Mastery** offers simple but highly effective exercises and fantastic information to allow you to avoid bad habits when playing any of the many wonderful method books available. You will have an understanding of why things don't work when you want them to, allowing you to constructively assess your ability and determine how to improve **ANY** aspect of your playing. It teaches you to be you own teacher, allowing for rapid progress.

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Most method books give you great exercises without advising you of pitfalls. **The Only NO MYSTERY Guide to Trumpet Mastery** is a kind of *Take Your Teacher Home* method that will not only tell you what to do, but dangers to watch out for that may lead to drastic technical flaws.

You are a Musician and you have chosen the trumpet to be your voice.

**SO SOUND FANTASTIC.....**every time you play!

Practise regularly and you will sound amazing while enjoying the thrills that life as a musician can offer. Others will marvel at your skill and you will find yourself in places that you never imagined, working with people that you idolise.

#### ***Attack and Sustain***

The ATTACK of a note and the SUSTAIN of a note are the two most important techniques to develop when playing a brass instrument. Every note requires clarity of attack with the correct airflow to sustain any particular pitch. Lesson 2 discusses the role of the tongue, several articulation ideas, some practise tips and some other interesting stuff!

See you then!