Exercises: My Trills Stink!

Part 1: "Kick Start"  \( \text{d} = 60 - 76 \)

"Flip" the notes as quickly as possible. Basically a controlled "clam." Use the suggested fingerings.

"Single Kick"

A

FH: 1 + 2

FH: 2 + 3

FH: 1 + 2

FH: 1

FH: 2

FH: 0

(Continue this pattern, cycling through the Trill Chart)
"Double Kick"

(Continue this pattern, cycling through the Trill Chart)

"Triple Kick"

Part II: Finding the Wiggle Room \( \frac{d}{=} 72-86 \)

Bend the notes slowly into each other, blurring the lines. Use the Trill Chart fingerings.

Etc.
Part III: Speed up & slow down

(Continue this pattern, cycling through the Trill Chart)

Part IV: Extreme Techniques

Based on exercises from Farkas & Arban – developing the “flip” beyond a whole step. Use the suggested fingerings.

(Continue this pattern, cycling through the Trill Chart)
Variation: The same notes as Part IV: A, but reverse the rhythm pattern.
**General Suggestions:**

By no means attempt to practice all these techniques in one session. Pick and choose 2 or 3 exercises to do in one sitting. Rotate exercises with each progressive practice session.

"Rome was not built in a day," the old saying goes. Lip trills are probably one of the more difficult horn techniques to learn. Be patient and diligent in developing a logical and reasonable plan.

Let the "flip" between the notes occur naturally. Do not force the trill motion or speed. Be patient.