

# Warm-Up Transformation

Warming-up is probably the most important thing we can do to improve our clarinet playing. Not because it stretches out our muscles or prevents injury like warming-up before exercising, but because it gives us the opportunity to focus 100% of our attention on the fundamentals of getting the very best clarinet playing that we can.

## Why is a Good Warm-Up Important?

Isolating the most important fundamentals of playing the clarinet during a warm-up is so important because it allows us to fine tune just about every aspect of playing we will need to execute our music. Even the hardest music can be boiled down to just a few key fundamentals.

## What is a Good Warm-Up?

Those key fundamentals are:

Tone — Producing great sound on and between every note at all dynamics.

Technique — Moving efficiently and precisely from fingering to fingering.

Articulation — Using the tongue to get the desired beginning and end to each note.

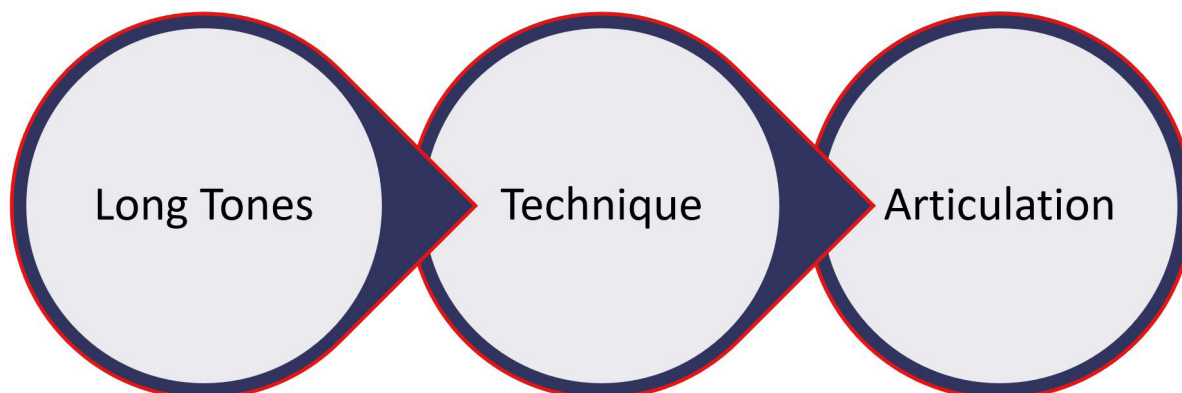
Those three things are what make up about any piece of music. Therefore, those should be the main focus of your warm-up, but what you do isn't nearly as important as how you do it.

## How Do You Do a Good Warm-Up?

The more we can isolate and focus specifically on each of those fundamentals the more successful the warm-up is. Our brains can only process so much at once, so it is important to be extremely comfortable with the notes you are playing in your warm-up so that you can dedicate 100% of your attention to each of the fundamentals, always going for the best quality.

## The 3 Step Warm-Up

I use the 3 Step Warm-Up in my practice to ensure I am spending some dedicated time focusing on each of the key fundamentals, and getting them the best I can in each practice session.



# Long Tones

Long Tones should be musically very simple, so that you don't need to worry about the notes and can instead focus on getting a great sound on and between each note.

Hold each note nice and long to make adjustments, get your very best sound, and memorize what it feels like to sound great. Then make a smooth transition to the next note and do the same. Always slur so that you are practicing moving between the notes as well.

The goal is to get every note sounding clear and full, throughout the full range of the instrument. This will allow you to have an even legato tone in any music you play.



## Technique

Technique exercises are typically scale based because scales are the best way to get your fingers moving through all of the notes.

Use a metronome to ensure you are rhythmically precise, and see if you can get your fingers moving right in time while maintaining the great sound established in the long tones.

This is all about getting efficient and precise motion. Keep your fingers relaxed and close to the keys, while making sure you get all the notes out right on time with a great sound.



## Articulation

Before you worry about difficult articulation passages, spend some time just working out the tongue motion on its own.

Use the tongue to shape articulated notes out of a long tone. Think of the quality of sound being like a long tone, but you are dictating the start and end of each note with your tongue.

Focus on consistency — getting the notes to start clearly and right on time with a metronome.



# Want More From QuickStart Clarinet?

I have a whole bunch more clarinet content that I would love to share with you. Here are some of the things that I think you would enjoy the most!

Each week I go live on [YouTube](#), [Facebook](#), and [Instagram](#) to share a different warm-up exercise as well as a demonstration of how to get the most out of it. Then I challenge you to try the exercise in your warm-up for the week and see what you get out of it!

It's a lot of fun, and I love answering questions in the comments!

## **Weekly Warm-Up Exercise** **LIVE**

**Mondays**  
**around 9:30am**  
**Central Time**



The Next Generation Clarinet Method is my absolute best content! It started out as a method book that I wrote to help any clarinetist take their playing to the next level, but it has grown to become so much more than that.

There are step-by-step Timelines that organize your practice so you are working on exactly what you need each day, as well as a bunch of Additional Resources to fill in any gaps in your fundamentals.

You can learn more about The Next Generation Clarinet Method and purchase it at: [www.quickstartclarinet.com/nextgenbook](http://www.quickstartclarinet.com/nextgenbook)

The final thing I think you would love is the Official QuickStart Clarinet Community on Facebook. This is a really nice group of clarinetists where you can share about your clarinet journey, stay up to date with all the new QuickStart Clarinet content, and ask questions and get feedback to help with your clarinet journey!

I love getting to know other clarinetists, being able to interact, and providing as much help as I can! You can join the community yourself by following this link: [www.facebook.com/groups/226037741356666/](https://www.facebook.com/groups/226037741356666/)

