

- Posture
 - sitting
 - standing
- Fingerings
 - F horn
 - B-flat horn
- Intonation
 - loud dynamics
 - soft dynamics
 - high range
 - low range
- Breathing
 - capacity
 - relaxed quality
 - steady control
- Embouchure
 - efficiency
 - high range
 - low range
 - loud dynamics
 - soft dynamics
- Endurance
 - physical strength
 - concentration
 - enthusiasm
- Articulation
 - single
 - double
 - triple
 - flutter
 - articulation variety
- Phrasing
 - small intervals
 - large intervals
- Quality
 - high range
 - middle range
 - low range
 - very loud
 - very soft
- Accuracy
 - loud dynamics
 - soft dynamics
 - ear training
- Trills
 - lip
 - finger
- Stopped Horn/Muted Horn
 - tone control
 - intonation
 - hear pitches
 - dynamic control
- Transposition
 - E, E-flat, D, C
 - B-flat, G, A
 - others
- Sight Reading
 - rhythm
 - intervals
 - general fluency

Daily Warm-up and Maintenance Session for Horn

Collected by,
Amanda Devereaux

Stretching

Stand Tall! Arms by your side and relaxed. Slowly let your chin drop to your chest. Slowly let your head fall towards the floor, feeling each vertebrae stretch. Go as far as you can towards the floor, but not pushing yourself to farther than what feels natural. Should feel like your head is dangling from your neck! Slowly look to each side, holding each for at least a couple of breaths. Slowly rise back up.

Relax, Breath, Support!

Relaxation/Breathing routine

Position your body in a balanced, upright position, away from the back of the chair. Gradually stretch your back, shoulder, and neck muscles, and shake your arms and hands releasing all residual tension. Feel the blood rushing through your fingers. Set a metronome at 60 bpm and relax into the following breathing exercise.

- Inhale for 3 beats ...exhale for 6 beats ...twice
- Inhale for 4 beats ...exhale for 8 beats ...twice
- Inhale for 5 beats ...exhale for 10 beats ...twice
- Inhale for 6 beats ...exhale for 12 beats ...twice
- Inhale for 3 beats ...exhale for 15 beats ...twice
- Inhale for 2 beats ...exhale for 18 beats ...twice
- Inhale for 1 beat ...exhale for 21 beats ...twice
- Inhale for 1 beat ...exhale for as long as you can without pain ...relax

By, Douglas Hill

Buzz/play

Buzz small intervals and scales casually before playing. Be sure that the buzz connects between all notes. Good air support and saying the "view" helps to engage the muscles and keep the buzz.

By, Douglas Hill

Buzz this pattern then play it on the horn

Use your BEST sound!

Long Tones

Play for all notes in range

- Keep tone and pitch even throughout
- Get a good soft attack ("tu") and make the top of your crescendo loud
- Hold last note until air runs out

By, DeRosa

By Tuber