

Gullett Cooldown

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Decrescendo Slurs

Play at an extremely slow tempo. Make the decrescendo very drastic, but keep the air moving through it. Hold the fermatas as long as possible and eventually fade to nothing.

A.

B.

Alternate Position Slurs

Strive for smoothness in both the air and embouchure. Make these sound like a slow, same-partial slur. Be sure to have intonation match on same notes in different positions.

Slurs into the Pedal Range

Play at a slow tempo. Allow the airstream to guide everything into place without concern for total cleanliness.

A.

B.

2

Pedal Range Slurs

Play at a slow tempo. Same rules apply as in the slurs into the pedal range.

Two staves of musical notation in 4/4 time. The first staff contains three measures with slurs labeled v1, vb2, and 8vb. The second staff contains five measures with slurs labeled 8vb, (v4), (v5), (v6), and (v7). The notation includes bass clefs, 4/4 time signatures, and various note values with slurs and dynamics like p.

Pedal Range Glissandi

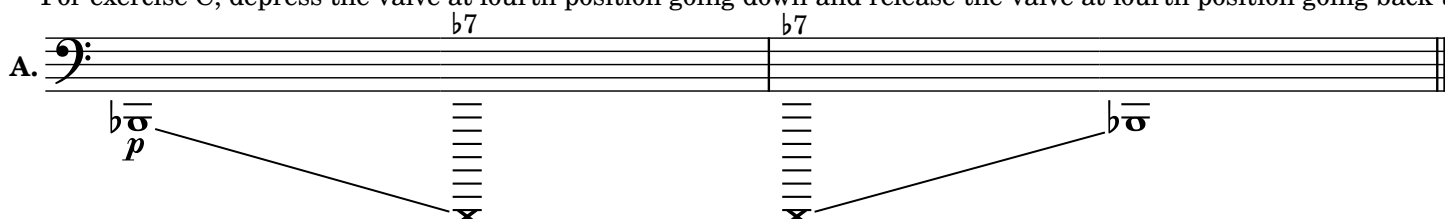
Play at a moderately slow tempo. Strive to keep the airstream consistent when travelling between notes.

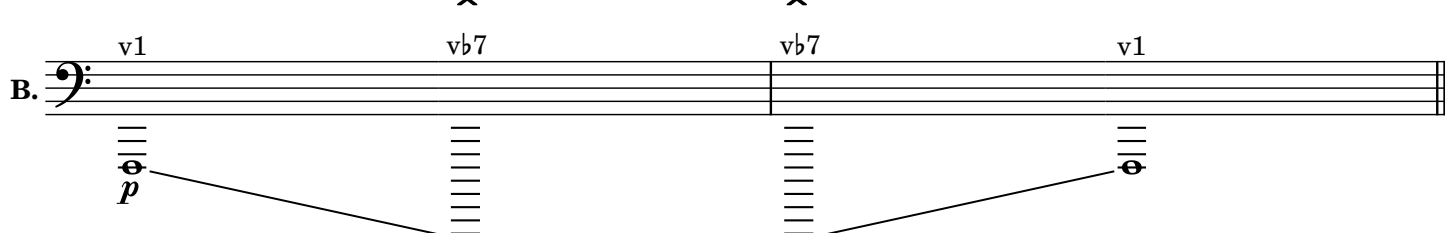
Breathe where necessary.

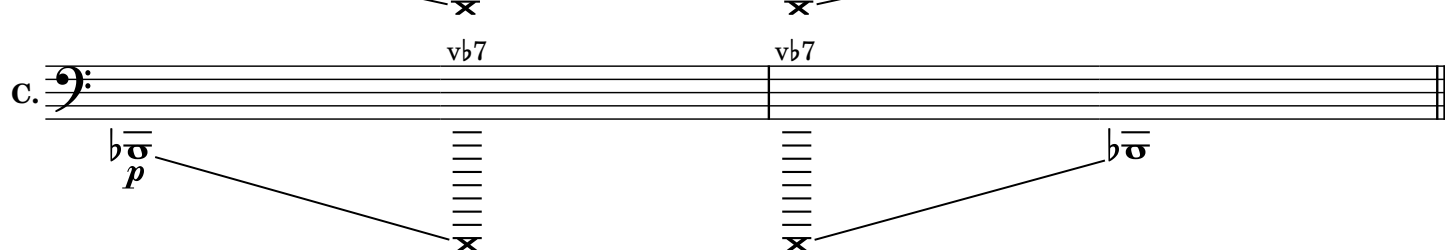
Two sections of musical notation. Section A is in 12/8 time and shows a continuous glissando across two staves. Section B is in 9/8 time and shows a continuous glissando across two staves. The notation includes bass clefs, 12/8 and 9/8 time signatures, and various note values with slurs and dynamics like p. Section B also includes interval markings like (v4), (v5), (v6), (v7), and (v4) (v5).

"Dropoffs"

Simultaneously lip down and slowly gliss down to the lowest possible note. Then reverse the process by going back up. For exercise C, depress the valve at fourth position going down and release the valve at fourth position going back up.

A. 

B. 

C. 

Notes:

Notice that the note B0 is marked to be played in fourth position with the valve, Bb0 is marked to be played in fifth position with the valve, A0 is marked to be played in sixth position with the valve, and Ab0 is marked to be played in seventh position with the valve. These notes are false tones and do not exist on the instrument naturally. In turn, these marked positions are where those notes resonate best for me. Experiment on your own to find where those notes resonate best for you. It very well may not be where they work for me.

These exercises are especially useful after a day of prolonged or heavy playing. When used correctly, you may feel some physical relief in the muscles around your embouchure (similar to the way your other muscles might feel after stretching at the end of a workout). The goal is to alleviate any excess tension that carries itself into the next day. Although these exercises are for achieving relaxation after a lot of playing, this routine is not a substitute for rest and time off from playing. To get the best results, I recommend playing these exercises at the end of the day and before a longer rest period (at least multiple hours overnight).