

Virtual Band Camp

Video 3 Skill Sheet - Trumpet Hand Position Exercises

1. World's Hardest Exercise

- Put your mouthpiece into your trumpet, and give it a twist. Wasn't that hard?!? Just kidding! ☺

2. Round Right Hand

- Bend your knee and place your right hand gently on it.
- Mold your hand to your knee, so that even when you pick it up, it's still round.
- Then, transfer your hand from your knee to your valves, making sure it's round the whole time.
- Repeat this 5 times every day!

3. Bulging Biceps

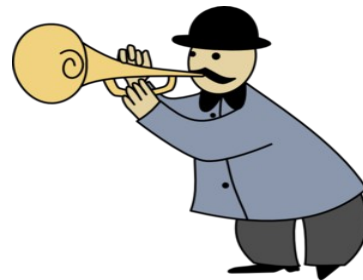
- Pick up your trumpet with your left hand.
- Make sure to hold the valve casings, like Ms. T showed you in the video.
- Using your left arm only, lift your trumpet over your head like you're lifting weights at the gym.
- Can you lift your trumpet 5 times? 10 times?
- If you feel a little burn in your arm, that means you're building your bicep muscles!

4. Put it down, Pick it up.

- Put your trumpet down in your lap, then pick it up and see how quickly you can correctly position your hands.
- Time yourself. Can you get the correct hand position in 5 seconds? 3 seconds? *1 second??*
- Do this 5 times each day!

Practice Chart

Each time you do one of the exercises above, check it off below. The more checks you get, the better you'll become at playing trumpet.



Exercise	Checks
World's Hardest Exercise	
Round Right Hand	
Bulging Biceps	
Put it Down, Pick it Up	