



Abuzz

Abuzz is the new lightweight warm-up/warm-down tool from Asper Trumpet Products. Made with a Pickett Brass profile, the Abuzz is a 3D-printed alto horn sized mouthpiece with an inside diameter of 19.75 mm. The Abuzz is the perfect way to begin your warm-up and also the best way to warm-down after a long playing day.

The Abuzz:

- Reduces lip swelling
- Shortens warm-up time
- Is perfect for the warm-down
- Is inexpensive and a lightweight alternative to the #3 plated brass alto horn mouthpiece

The way we warm-up each day is controlled by what we did yesterday. After a heavy or long playing day, our lips may be swollen. Words like “puffy”, “stiff” or “fat” are all used to describe swelling. Swelling usually presents itself as excess fluid in the orbicularis oris muscle. **Swelling**

can be reduced by applying vibration to the area.

Many of us use the “horse flap” (vibration) to help reduce swelling as we’re playing, but this alone is not very efficient for the warm-up the morning after. Chiropractors use large pad vibrators on the spine to reduce swelling before a manipulation. Likewise, the vibration of the lips in the large Abuzz cup can reduce swelling. I have also discovered an unexpected secondary benefit. My plated brass alto horn mouthpiece vibrates a little but the 3D printed Abuzz, being made of plastic, vibrates a lot. It’s almost like a vibrator on the lips as well as getting the benefit of the lips vibrating inside the cup.

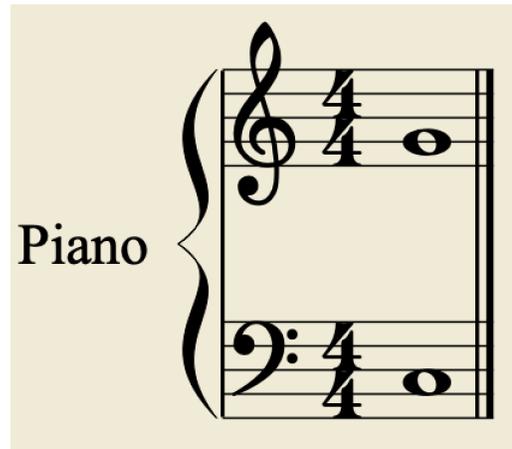
Buzzing on a large mouthpiece is not new. Professionals who play heavily night after night have been using this technique for years. Many of them use a trombone or tuba mouthpiece. In my opinion, these are too large for trumpet players and force us to close the aperture and trachea to compensate for the size differences.

The Abuzz is larger than the largest trumpet mouthpiece but smaller than the smallest trombone mouthpiece. The rim of the Abuzz will actually fit outside the placement of your trumpet mouthpiece, removing pressure on the more sensitive (swollen) part of the lips.

I’ve been buzzing on a #3 plated brass alto horn mouthpiece for years. But the rising price of brass made the cost of the mouthpiece prohibitive for a warm-up/

warm-down tool that is used for just a few minutes daily and never goes into a horn. 3D printing became the low cost alternative.

This is the range of the Abuzz.



Playing high on the Abuzz is NOT a goal for the warm-up/warm-down. It's all about relaxation and vibration! The low-pitched buzz will reduce the swelling from yesterdays' playing day. If you had a normal playing day yesterday, the work on the Abuzz should take 4-6 minutes playing through some of the exercises listed below. If you had a long hard rehearsal or performance (especially last night), you may want to spend 8-10 minutes on the Abuzz before you start your regular warm-up.

There are four underlying goals for using the Abuzz:

1. Take in plenty of air and blow it all out
2. Achieve a nice relaxed mezzo-forte buzz
3. Use your normal trumpet embouchure

4. Be sure to rest after each short exercise (longer than you played), using the “horse flap” during the rests.

Hold the Abuzz as shown in the photograph with the thumb and index finger of your non-dominant hand. Holding the Abuzz in this manner will prevent you from placing too much weight (pressure) on the embouchure.



Place the Abuzz in the middle of your embouchure, take a deep breath and buzz a middle C on the piano. (see photograph)

During the Abuzz portion of my warm-up, I use drones to tune into a key center. I use 12 Cello Drones for Tuning and Improvisation by Musicians Practice Partner, Spoken Word, 2003. (Available for purchase or for free on YouTube.) Cello drones sound both octaves and the 5th simultaneously. There are other drones available on the market, so feel free to choose your own.

The musical examples below are intended to give you a place to start. As you can see, you start on middle C on the piano. Start the drone in C. The tempo is andante, around quarter note = 76. Be really free with the tempo - do not hurry. Rest more time than it took to play the preceding exercise. Take time during the rest to do some "horse flaps". Glissando between each note, and hold each fermata until air is gone (that won't be very long).

It should take you around 4-5 minutes to play the exercise. The 12 Cello Drones are 6 minutes long. Then, if you like, repeat the exercise a whole step lower in Bb using the Bb drone.

This exercise will get old fairly quickly, so you should start improvising your own short motives that accomplish the same goals. Do not venture above middle G on the piano as it will force you to constrict the trachea and manipulate the embouchure just to play high on the Abuzz. You should experiment with the lower register down as far as you can go. Remember, the goal is to relax.

After the Abuzz routine is over, take a 5 minute break and continue your warm-up.

The warm-down routine is begun right after the performance/rehearsal, and may continue off and on throughout the time before bed if the heavy playing was in the evening. If the heavy playing was during the day, do some Abuzz exercises, then rest at least 30 minutes if you can.

I'm always anxious to hear from you about how you use our products, and hope that you feel free to contact me through our website at trumpetbook.com



THE ABUZZ BY ASPER TRUMPET PRODUCTS

Abuzz Warm-up/Warm-down Exercise

Glissando between each note!

Lynn Asper

Set drone to C
Quarter = 76ish

Horse flap during all rests!

Piano *mf*

Pno.

Pno.

Pno. *Real slow!*

Repeat down a whole step in Bb. Set drone to Bb.