

# Daily Warm Up

## TMJ health and awareness building

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### 1. Attacks: *tongue each note; free tempo; repeat or elongate notes as needed*

Body goal: neutral jaw and supportive corners before/during/after each note

Sound goal: instant, resonant response with minimal effort

*Incorporate jaw bends and singer jaw wiggle to establish an embouchure with minimal jaw pressure*

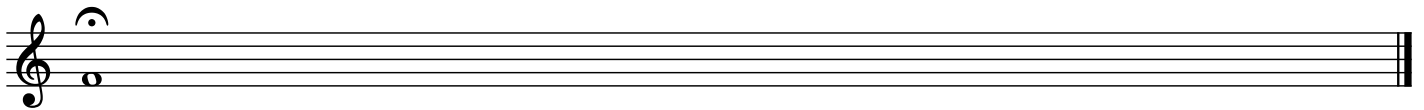


### 2. Vibrato: *slow to fast as needed to place vibrato with free jaw movement; any mid-range note*

Body goal: “Relax” jaw swings down and back, “Return” doesn’t go above neutral, same motion at all speeds

Sound goal: smooth transitions between vibrato speeds

*Check firm top teeth-mouthpiece connection and free neck*



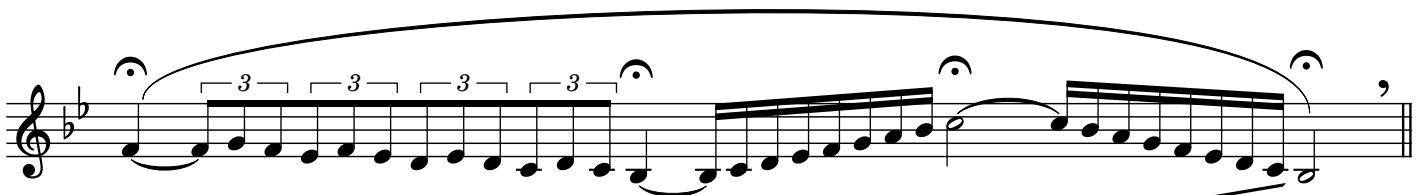
### 3. Vocalise: *a holistic approach to range and register blending; compose your own!*

Body goal: neutral jaw and supportive corners before/during/after each phrase, internal awareness of tension

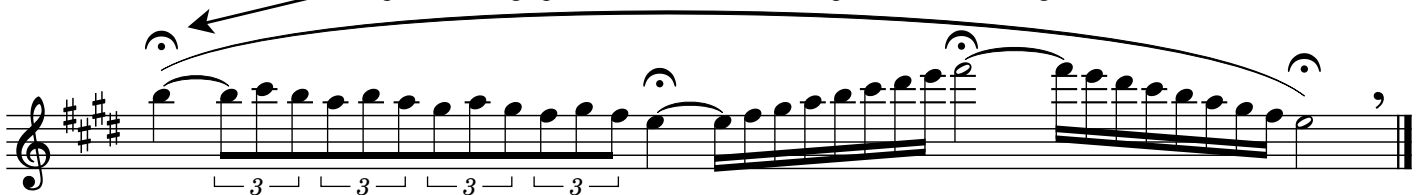
Sound goal: attacks and vibrato as above, homogenous and flowing *legato*, accurate intonation

*Allow the body time to relax and open into resonance by incorporating productive spaces or mini-breaks*

*Space ideas: record and listen back, brief body scan meditation, stretch, TMJ massage, embodied visualization*



Repeat, moving upwards in half or whole steps across entire range



*Carry this kind self-awareness into your practicing!*