

Sérgio Simões' Daily Routine 2026

This routine is built specifically around my own playing, tailored directly to the areas I need to refine, balance, and strengthen right now.

It is not intended as universal truth or a rigid rulebook. Every brass player has unique physical and musical needs, so feel free to adapt, modify, or tweak any exercise here to best serve your own development.

Free buzzing.

Goal: Extend your high and low registers tension-free.

Focus: Rely on air, not pressure. Increase air speed for the highs, and air volume for the lows.

Keep the embouchure stable and let the airstream do the work.



Mouthpiece buzzing.

Goal: Transfer your relaxed free buzz to the rim and center your pitch across the registers.

Focus: Connect notes smoothly using a steady airstream.

Breathe through the corners to maintain your embouchure placement and keep the center of the lips relaxed.

Let the air dictate the pitch, not the pressure.



Glissandos.

Goal: Carry your best Bb sound across the horn with perfect intonation.

Focus: Play over a drone. Start on your ideal Bb and glide smoothly, keeping a continuous airstream.

Listen to match pitch with the drone at every target position without letting the core sound thin out.

① ♩ = 60

a 

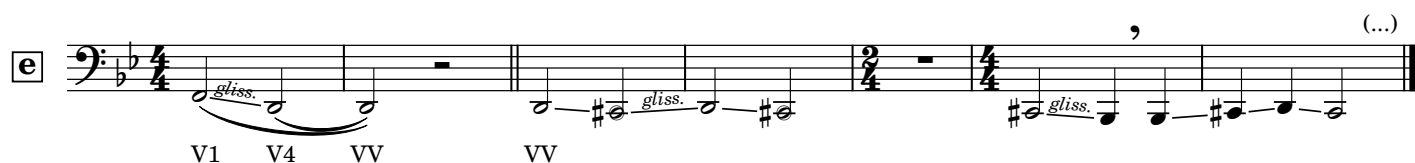
b 

c 

d 

e 

f 

g 

h 

i 

j 

Slow Flexibility (Legato & Staccato).

Goal: Keep your air and embouchure identical whether playing slurred or articulated notes.

Focus: Maintain a continuous, flexible airstream as if everything is slurred.

Simply touch the tongue to the air for staccato notes without stopping the airflow or changing your facial setup.

 = 60

②

a

Mouthpiece

Instrument

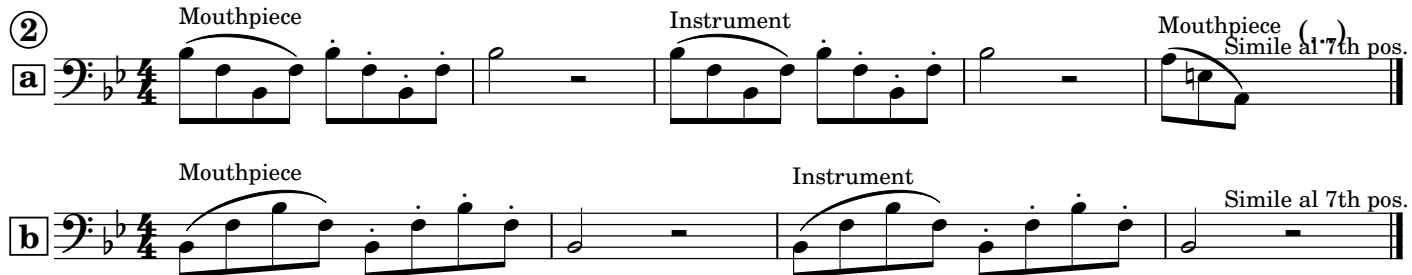
Mouthpiece (1st 7th pos.)

b

Mouthpiece

Instrument

Simile al 7th pos.



Fast Flexibility.

Goal: Maintain your relaxed, resonant sound at faster tempos.

Focus: Apply the exact same principles as slow flexibility.

Keep a continuous airstream and a stable, relaxed embouchure.

Do not let speed introduce tension; let the air do the work while the tongue lightly touches the airflow.

 = 80

③

f *p* *f* *p* *f* *p* *f* *p*

Simile al 7th pos.

f *p* *f* *p* *f* *p* *f* *p*

Simile al 7th pos.

f *p* *f* *p* *f* *p* *f* *p*

Simile al 7th pos.



 = 110

④

Simile al 7th pos.

Simile al 7th pos.

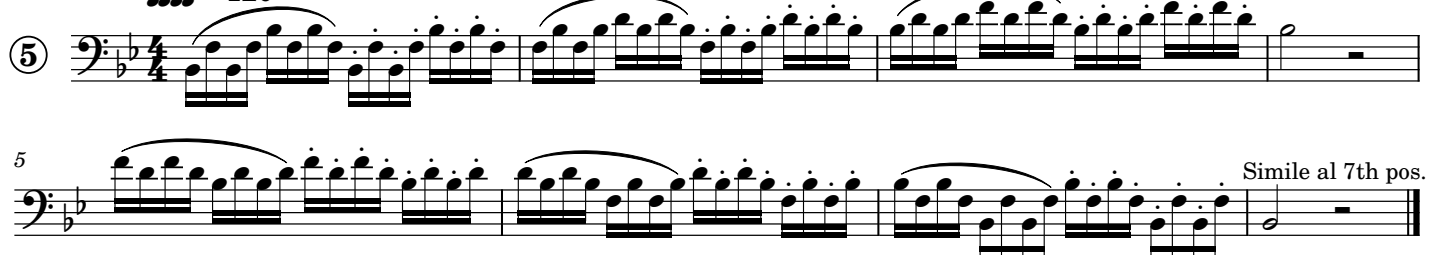


 = 120

⑤

5

Simile al 7th pos.



Low Register Arpeggios.

Goal: Blend the valve register seamlessly with the open horn up and down every chord.

Focus: Keep a large, uninterrupted volume of air flowing through the valves.

Make swift, precise slide movements and ensure the low notes maintain the same fat, centered tone as the rest of your range.

⑥ 

3 

Kopprasch Style Exercise.

Goal: Achieve absolute uniformity of tone, response, and articulation across all registers.

Focus: Approach each scale like a Kopprasch etude - "clone" every note.

Ensure each tone shares the exact same core, clarity, and weight regardless of slide position, valve combination, or register.

⑦ 

6 

11 

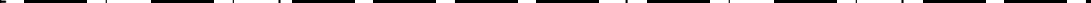
Articulation.

Goal: Build tongue speed, clarity, and muscular endurance.

Focus: Treat the tongue like a muscle. Train it for speed through light, relaxed efficiency.

Keep the air flowing constantly and let the tip of the tongue make fast, minimal contacts without introducing tension in the jaw or throat.

 = 112-120

⑧ 

5



Exercise 5 is written in bass clef with a key signature of one flat (B-flat). It consists of four measures. The first measure contains a half note chord (F2, A2, C3) followed by a half note chord (F2, A2, C3). The second measure contains a half note chord (F2, A2, C3) followed by a half note chord (F2, A2, C3). The third measure contains a half note chord (F2, A2, C3) followed by a half note chord (F2, A2, C3). The fourth measure contains a half note chord (F2, A2, C3) followed by a half note chord (F2, A2, C3).

9

Musical notation for exercise 9, bass clef, B-flat key signature, 4/4 time. The exercise consists of four measures. The first two measures each contain two groups of eighth notes. The third measure contains four groups of eighth notes. The fourth measure contains four groups of eighth notes, with the final group being a beamed sixteenth-note triplet.

13

Musical notation for exercise 13, bass clef, B-flat major, 4/4 time. The exercise consists of 13 measures. Measures 1-2: Quarter notes G2, A2, Bb2, C3. Measures 3-4: Quarter notes D3, Eb3, F3, G3. Measures 5-8: Quarter notes A3, Bb3, C4, D4. Measures 9-12: Quarter notes Eb4, F4, G4, A4. Measure 13: Quarter note Bb4.

17



21



25



29

Example 29 is a musical score for a single system. It features a bass staff on the left and a treble staff on the right. The bass staff begins with a bass clef and a key signature of one flat (B-flat). It contains a continuous sequence of eighth notes, starting on G2 and moving upwards in a stepwise fashion. The treble staff begins with a treble clef and a key signature of one flat (B-flat). It contains a continuous sequence of beamed eighth notes, starting on G4 and moving upwards in a stepwise fashion. The two staves are aligned horizontally, suggesting a harmonic relationship between the bass and treble lines.

[illegible]

37



41





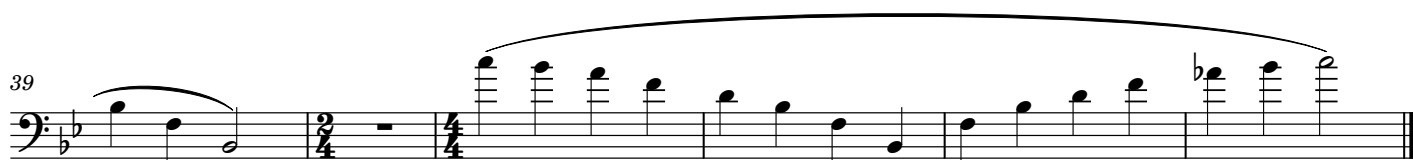
High Register Work-out.

Goal: Gently expand your upper range using the natural harmonic series.

Focus: Keep mouthpiece pressure to a minimum, rely on fast air speed, and rest as needed to keep your lips fresh.

Ad libitum

Relax. Keep it simple.



Interval Expansion (Brian Hecht).

Goal: Maintain tone consistency across wide leaps from the pedal register up.

Focus: Ensure every note matches the exact rich, open, and resonant core of your baseline pedal Bb.

 = 40

Don't forget to transpose it to other keys.



Major & Chromatic Scale Blend.

Goal: Master precise slide placement, pitch centering, and smooth execution across hybrid scale patterns.

Focus: Keep a steady, unbroken airstream. Execute quick, clean slide movements and maintain the exact same rich, centered core tone on every note.

 = 108



Transpose it

Ultra-Soft Playing.

Goal: Master response control, lip efficiency, and pure tone at the absolute lowest dynamic limit.

Focus: Play as soft as possible while maintaining a continuous, focused airstream.

Keep your body free of tension and let the lips vibrate effortlessly, pushing the absolute limit of whisper-quiet sound with an instant, clean response.

 = 30



My routine finishes here. This marks the end of my warm-up and daily routine.

Check the Appendix (page 8) for a collection of targeted supplementary exercises to add throughout your day to build strength, speed, and technique.