Mouthpiece Buzzing
Buzz with mouthpiece or play with full instrument.
When buzzing with the mouthpiece use a pitch reference such as a piano or the instrument.

1 Minute of Buzzing (Breathe only when necessary)

mf

p → f

p → f

p → f

p → f

p → f

p → f

p → f

p → f
Lip Bends (Play with the full instrument)

Use Valves  Lip Bend (No valves)  Repeat the process