



Flexus: Trumpet Calisthenics for the Modern Improvisor

By Laurie Frink, John McNeil

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The first book to deal with the unique physical demands of improvising on the trumpet.

As every trumpet player knows, playing an extended solo often results in playing the trumpet less correctly as the solo goes on. *FLEXUS* addresses this problem with new and progressively challenging routines and ten specially written études!

To improvise effectively, the physical act of playing needs to be conditioned reflex. Freedom of expression is only possible when the physical demands of playing are under control. To this end, *FLEXUS* asks the student to momentarily put aside the study of music itself and instead practice the musical movements involved in playing the instrument.

Revised Edition. Now with RepKover Lay-Flat Binding!

The same *FLEXUS* with just a few changes in practice instructions, for enhanced clarity!

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Review

This book will easily accompany Arban's, Schlossberg and Charlier on the music stands of trumpeters worldwide. Five stars!!!!!! --Amazon.com Product Reviews

An excellent practice technique for trumpet development = both range and endurance. --Amazon.com Product Reviews

I hit one section every day for about 30 minutes...and have achieved amazing results, especially with articulation. Highly recommended for any kind of trumpet playing. --Amazon.com Product Reviews

About the Author

Laurie Frink

Laurie Frink has been a freelance trumpet player in New York City since the 1970s. In addition to extensive recording work, she has played trumpet with Benny Goodman, Gerry Mulligan, Mel Lewis, Maria Schneider, Andrew Hill, Dave Liebman, and Kenny Wheller. She is a member of the faculties of New York University, The New School, and the Manhattan School of Music.

John McNeil

John McNeil is a jazz trumpet player living in Brooklyn, New York. He has played with Horace Silver, Gerry Mulligan, the Thad Jones-Mel Lewis Orchestra, and many others. John has led his own groups since the late 1970s and has recorded many critically acclaimed CDs. He is also an active writer/producer on the New York jazz scene.

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