

**ALLEN VIZZUTTI - TRUMPET METHOD, BOOK 1: TECHNICAL STUDIES
ALFRED - 3393**

Week 1

Long Tones: 1
Lip Flexibilities: 1, 2
Technical Studies: 6
Finger Flexibilities: 1
Tonguing: 1, 5
Upper Register: 1

Week 2

Long Tones: 2
Lip Flexibilities: 3, 4
Technical Studies: 7
Finger Flexibilities: 2
Tonguing: 2, 6
Upper Register: 1

Week 3

Long Tones: 3
Lip Flexibilities: 5, 7
Technical Studies: 8
Finger Flexibilities: 3
Tonguing: 3, 7
Upper Register: 2

Week 4

Long Tones: 4
Lip Flexibilities: 8, 9
Technical Studies: 10
Finger Flexibilities: 4
Tonguing: 4
Upper Register: 2

Week 5

Long Tones: 5
Lip Flexibilities: 10
Technical Studies: 11
Finger Flexibilities: 5
Tonguing: 8, 9, 35
Upper Register: 3

Week 6

Long Tones: 6
Lip Flexibilities: 11, 12
Technical Studies: 12
Finger Flexibilities: 6
Tonguing: 10, 11, 37
Upper Register: 3

Week 7

Long Tones: 7
Lip Flexibilities: 13, 14
Technical Studies: 15
Finger Flexibilities: 7
Tonguing: 13, 15, 38
Upper Register: 4

Week 8

Long Tones: 7
Lip Flexibilities: 15, 16
Technical Studies: 16
Finger Flexibilities: 8
Tonguing: 20, 21, 39, 41
Upper Register: 5

Week 9

Long Tones: 8
Lip Flexibilities: 17, 20
Technical Studies: 17
Finger Flexibilities: 9
Tonguing: 25, 64
Upper Register: 13

Week 10

Long Tones: 8
Lip Flexibilities: 21, 22
Technical Studies: 14
Finger Flexibilities: 10
Tonguing: 34, 76
Upper Register: 14