Targeted Fundamentals for Contrabass Trombone
(F/C/D♭/AA configuration)

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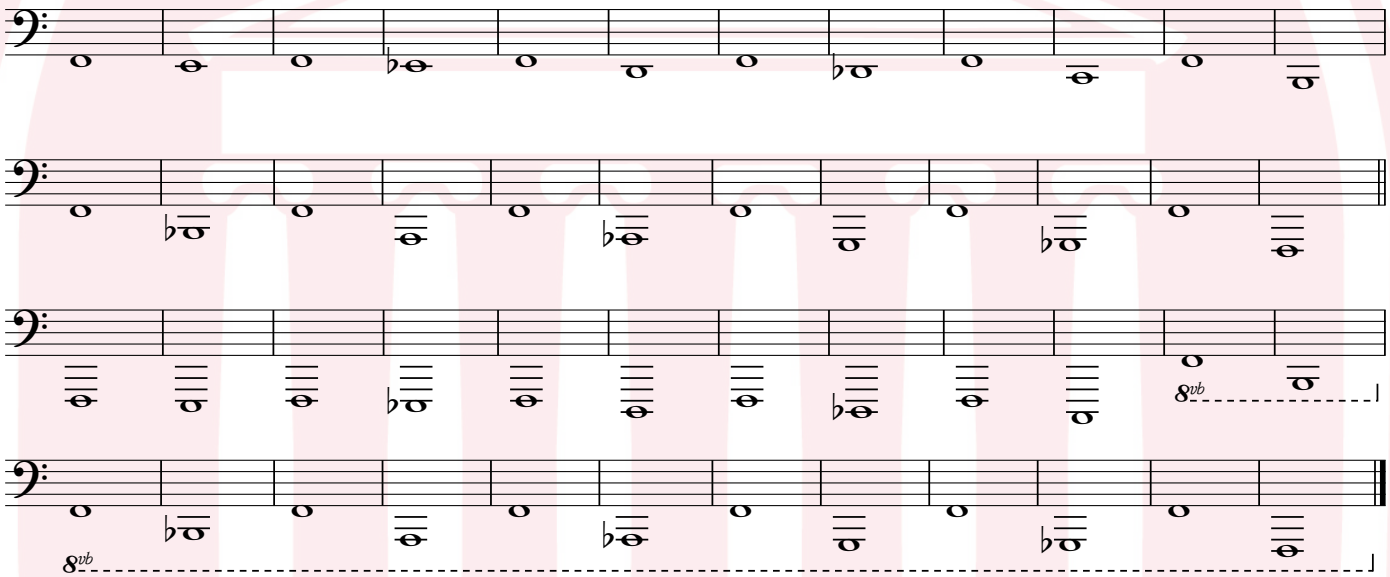
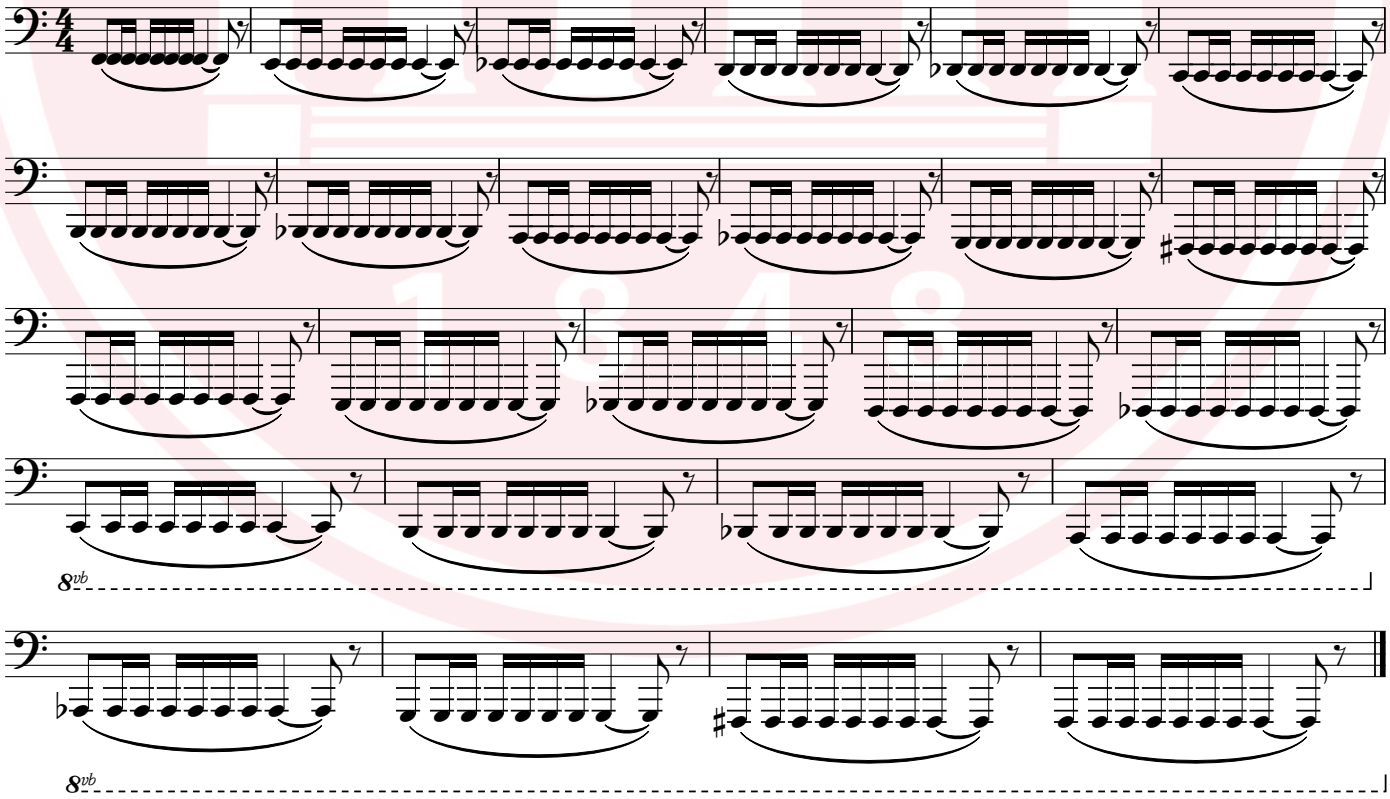
Fingering Guide:
Number Only -- Open. No valves engaged.
V(number) -- Position with first valve (C-attachment) engaged.
Γ(number) -- Position with second valve (D♭-attachment) engaged.
Δ(number) -- Position with both valves engaged (fundamental pitch is A0).

This routine should be completed when practicing the bass trombone as a secondary instrument, preferably after performing a more thorough warm-up and maintenance routine on one's primary instrument.

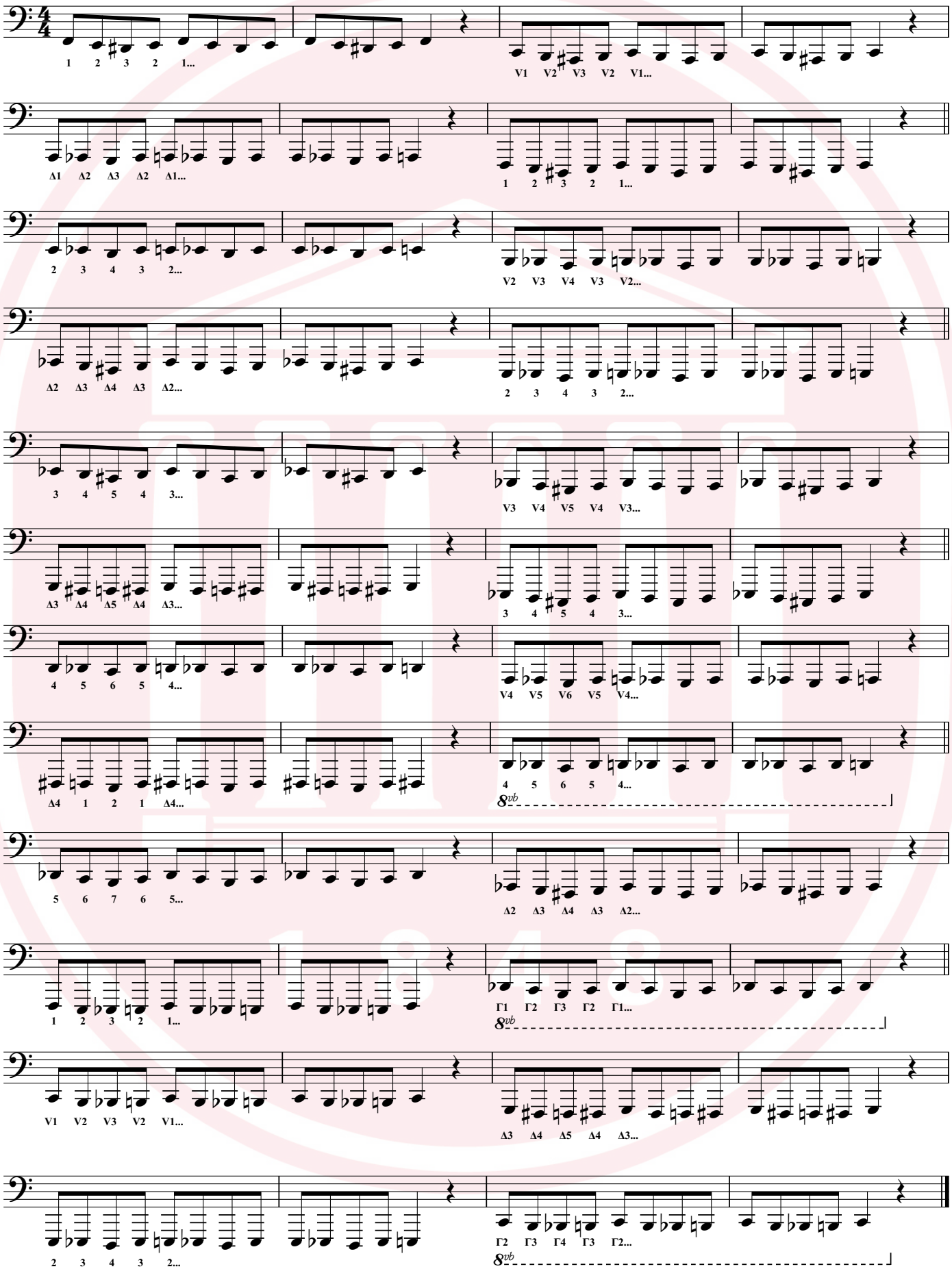
1. Long Tones ♩ = 60-120



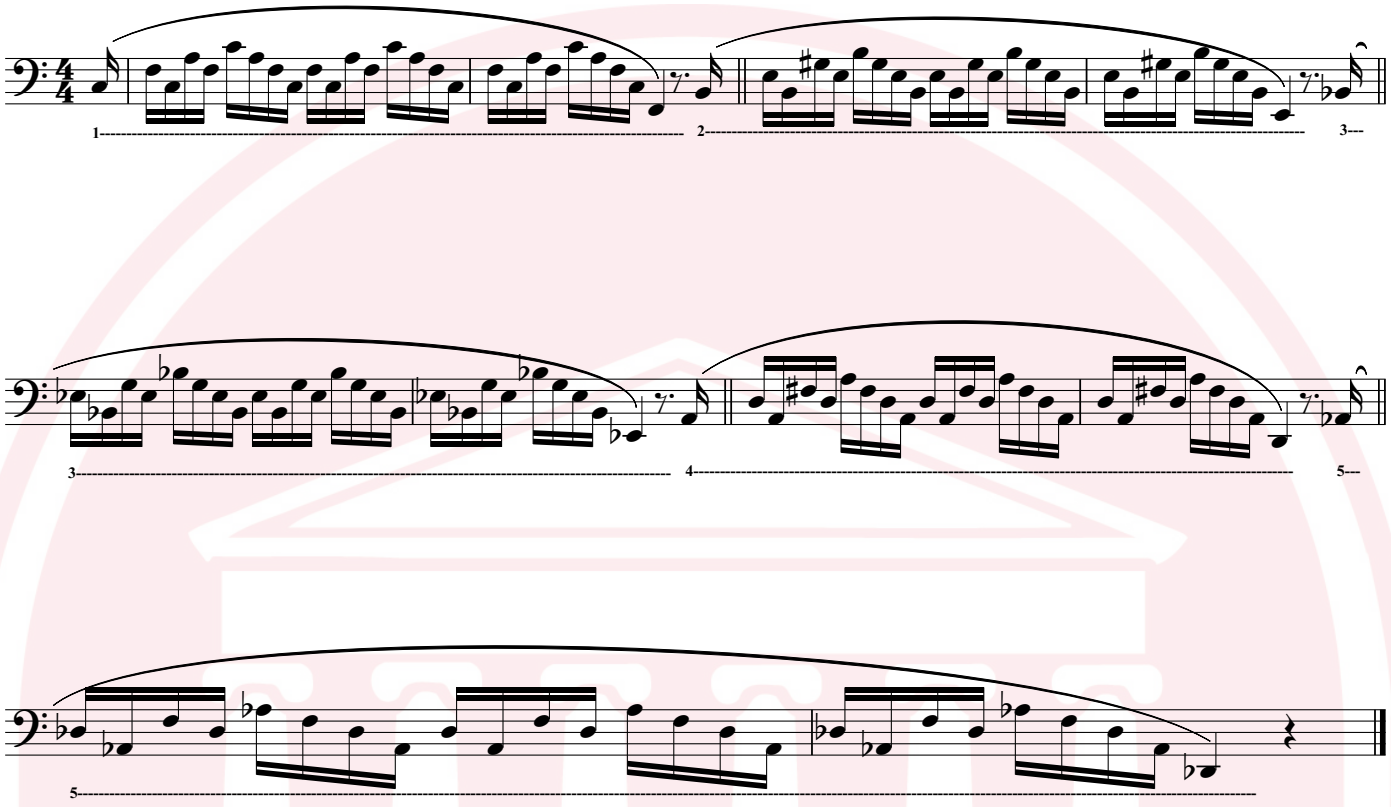
2. Legato Tonguing ♩ = 100-120



3. Legato Tonguing/Tuning ♩ = 60-120 Slur markings have been removed to reduce crowding, but a legato articulation is desired.

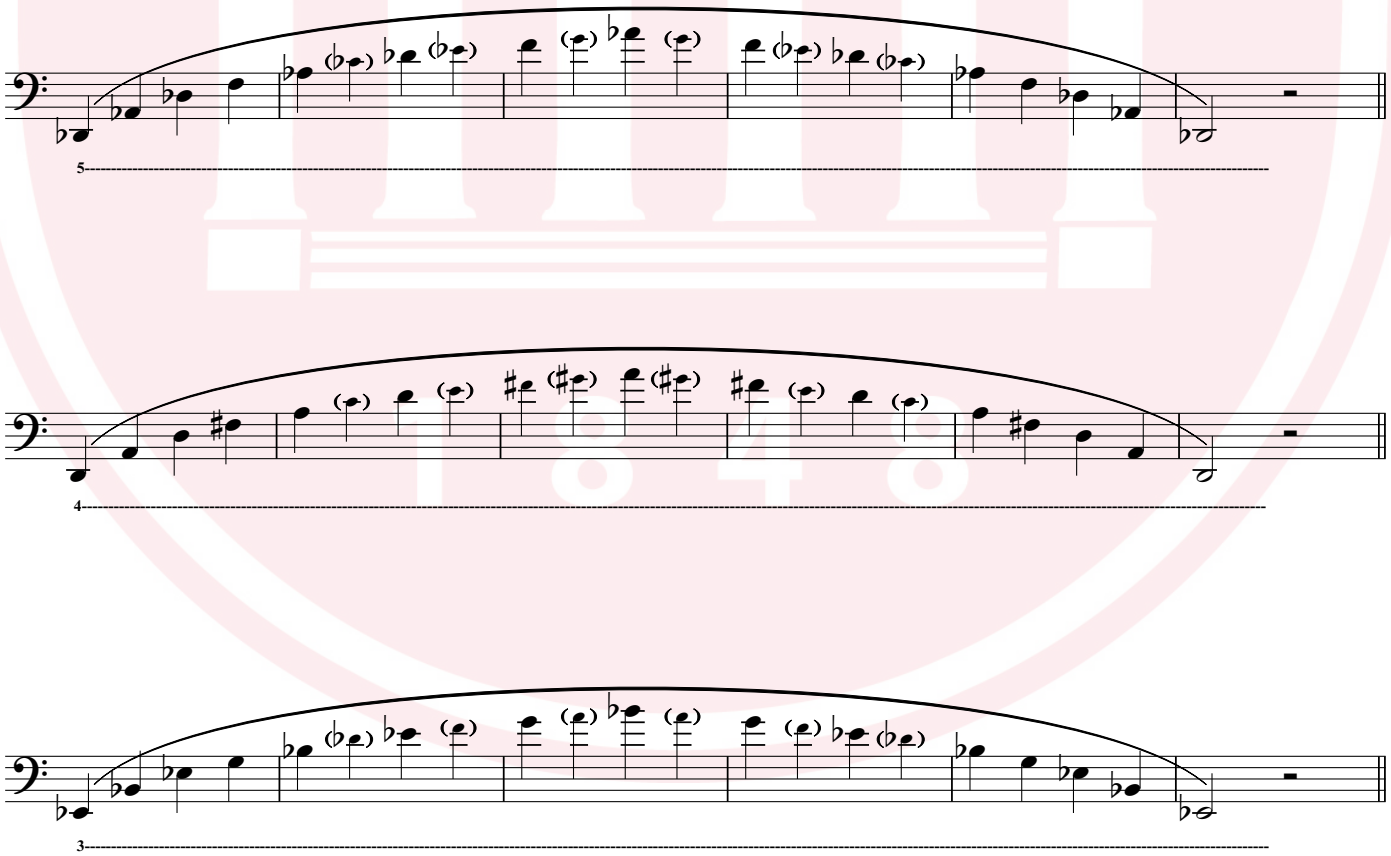


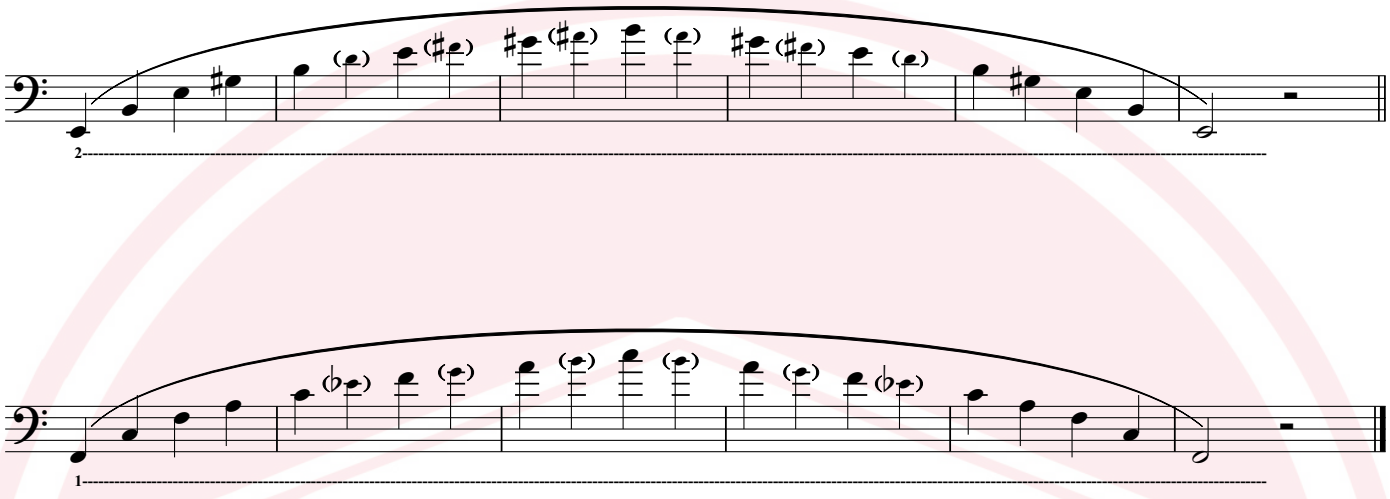
4. Lip Slurs ♩ = 100-120+



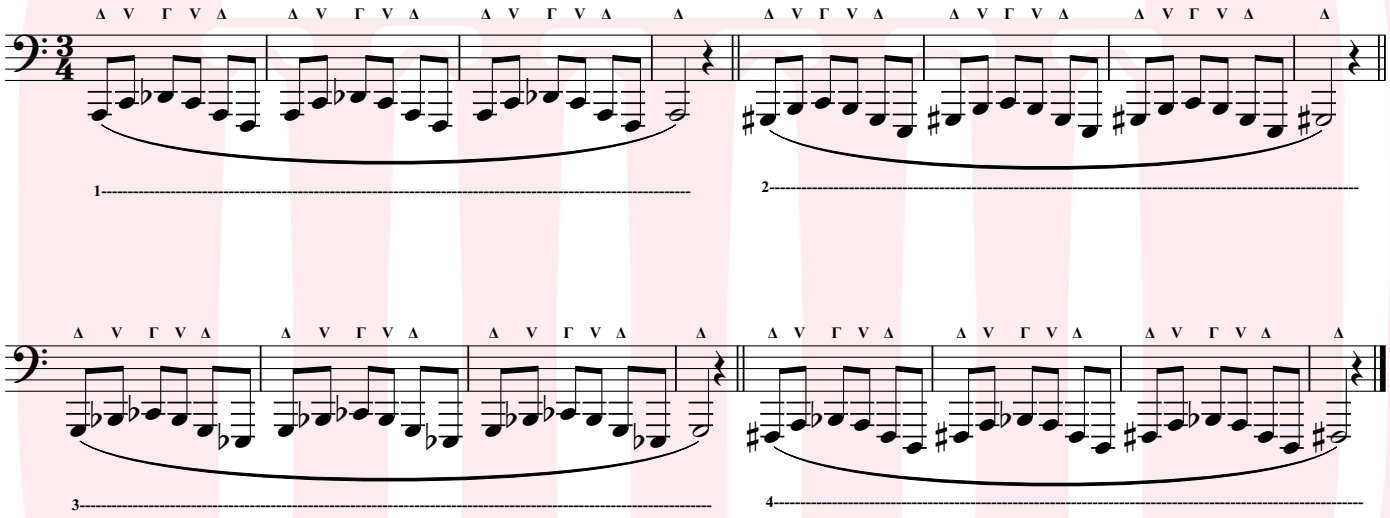
5. Upper Range Extension: Harmonic Series Slurs ♩ = 60-120

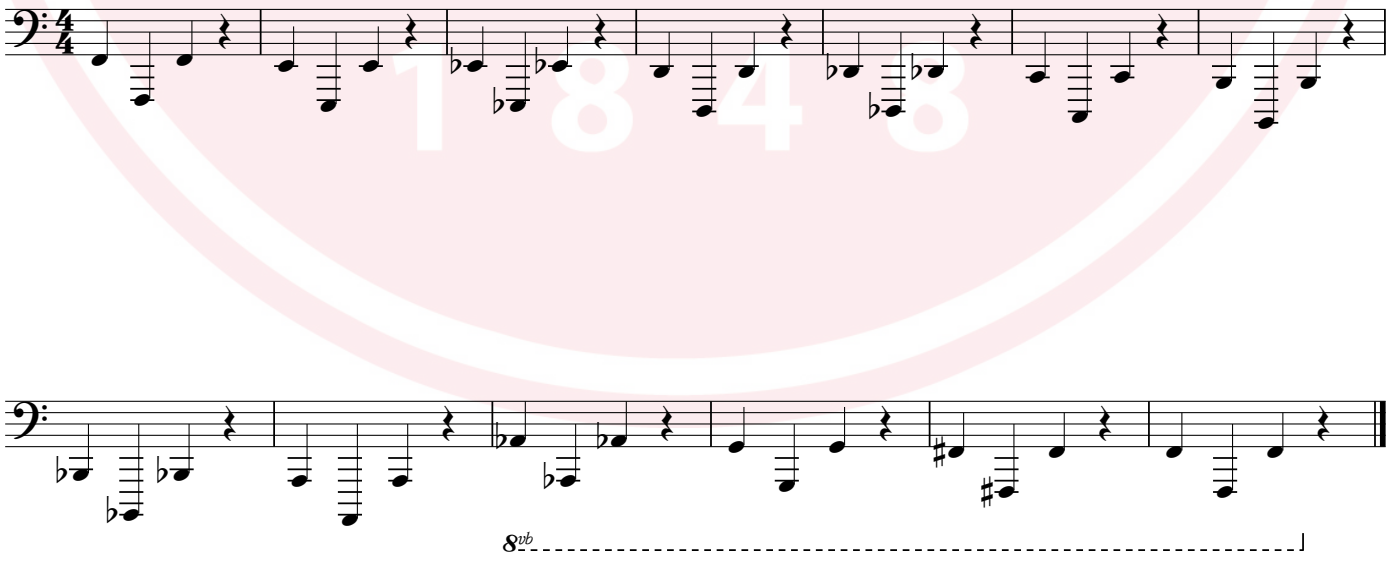
If you cannot yet reach the highest notes, go as high as you can, extending past your "comfort zone" but not to the point of pain, and continuing to try and reach higher. You are welcome to attempt higher notes and to include or exclude the "non-chord tones" (smaller, in parentheses) at your discretion.





6. Low Range/C-, D♭-, and (combined) AA-Attachment Tuning and Placement ♩ = 60-90



7. Low Range Extension: Pedal Tones ♩ = 60-90

As with the high range extension exercise, keep trying to reach lower. Further extension beyond the range indicated here would involve using false tones, but pursuing those can be both helpful and relaxing.