

Daily Routine for Tenor Trombone, Level 1

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This routine should be preceded by appropriate breathing and buzzing exercises.

1. Long Tones ♩ = 60-120

The first exercise consists of three staves of music in 4/4 time, featuring whole notes. The notes are: Staff 1: Bb2, C3, Bb2, Bb2, Bb2, C3, Bb2, Bb2, Bb2, C3. Staff 2: C3, C3, C3, Bb2, Bb2, Bb2, Bb2, Bb2, C3, C3, Bb2, Bb2, Bb2, C3. Staff 3: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2.

This bottom line requires an instrument with F-attachment. Slide positions for likely-unfamiliar notes are provided.

The bottom line of the Long Tones exercise shows slide positions for notes that are likely unfamiliar to students. The notes and their corresponding slide positions are: Bb2 (V3), C3 (V4), Bb2 (V5), Bb2 (V6), C3 (Vshort4 (false tone)), and Bb2 (1).

2. Legato Tonguing ♩ = 80-120

The second exercise consists of two staves of music in 4/4 time, featuring eighth notes with slurs. The notes are: Staff 1: Bb2, C3, Bb2, Bb2, Bb2, C3, Bb2, Bb2, Bb2, C3, Bb2, Bb2, Bb2, C3. Staff 2: C3, C3, C3, Bb2, Bb2, Bb2, Bb2, Bb2, C3, C3, Bb2, Bb2, Bb2, C3.

3. Lip Slurs ♩ = 60-120

The third exercise consists of two staves of music in 4/4 time, featuring quarter notes with slurs. The notes are: Staff 1: Bb2, C3, Bb2, Bb2, Bb2, C3, Bb2, Bb2, Bb2, C3, Bb2, Bb2, Bb2, C3. Staff 2: C3, C3, C3, Bb2, Bb2, Bb2, Bb2, Bb2, C3, C3, Bb2, Bb2, Bb2, C3.

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2 4. Legato Tonguing/Tuning ♩ = 60-120

Use the indicated slide positions for each line, even when they are alternate positions. One purpose of this exercise is to become comfortable using the full length of the slide.

1 2 1 2 1...
 2 3 2 3 2...
 3 4 3 4 3...
 4 5 4 5 4...
 5 6 5 6 5...
 6 7 6 7 6...

5. Lip Slurs ♩ = 80-120+

1 2 3 4
 5 6 7

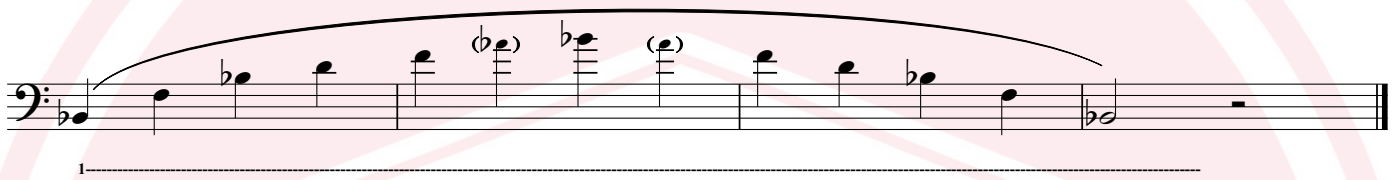
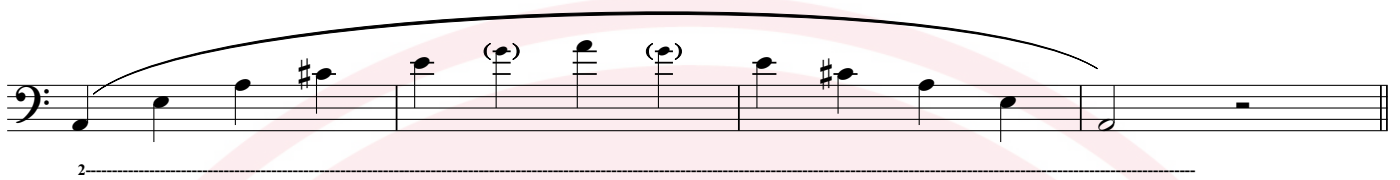
It is recommended that exercises 6-7 be played using a different scale each day.

6. Tonguing Speed: Single Tonguing ♩ = 80-150+

ta ta ta ta ta ta ta ta ta ta ta ta ta ta ta ta ta (sim.)
 3 3
 3 3
 3 3
 3 3

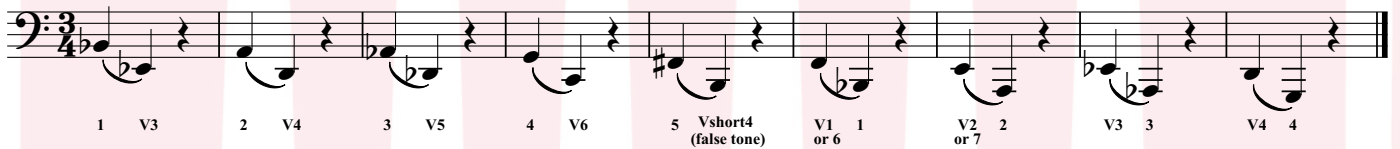
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9. Low Range Extension ♩ = 60-90

As with the high range extension exercise, you are welcome to try to extend lower than is written here if you can. While many of the lower notes require an F-attachment to be played with a full sound, those who don't yet have an instrument with a valve can use the same positions without the valve and play the low notes as false tones. This is both relaxing and good for your embouchure.



1 8 4 8