Daily Routine for Tenor Trombone, Level 1

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

1. Long Tones $\cdot = 60-120$

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

2. Legato Tonguing $\cdot = 80-120$

3. Lip Slurs $\cdot = 60-120$
4. Legato Tonguing/Tuning \( \frac{d}{d} = 60-120 \)

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.

5. Lip Slurs \( \frac{d}{d} = 80-120+ \)

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

6. Tonguing Speed: Single Tonguing \( \frac{d}{d} = 80-150+ \)

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Either of the triple tonguing patterns can be used in exercise 10. Even better, practice both patterns!

7. Tonguing Speed: Multiple Tonguing \( \times = 140-250+ \)

8. Upper Range Extension: Harmonic Series Slurs \( \times = 60-120 \)

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 seventh partial (the smaller one placed in parentheses, which is usually out-of-tune and sounds like a "non-chord tone") at your discretion.
9. Low Range Extension \( \text{tempo} = 60-90 \)

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.