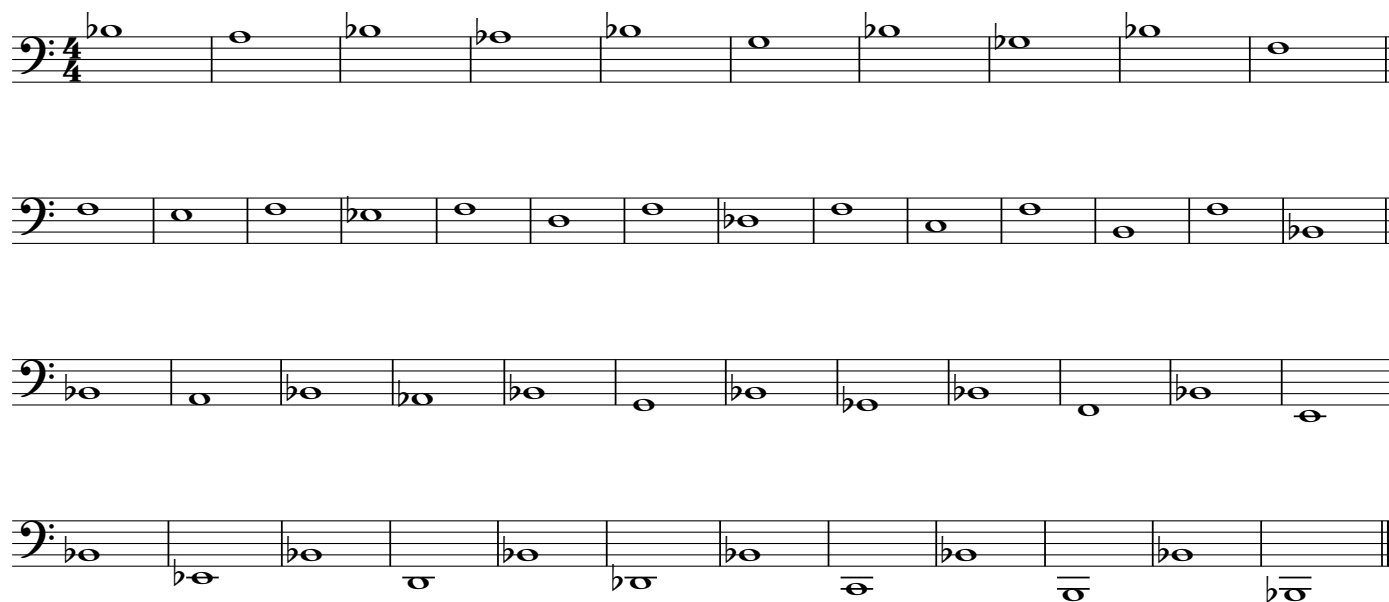


# Daily Routine for Tenor Trombone, Level 3

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

## 1. Long Tones ♩ = 60-120



Musical notation for Long Tones exercise, consisting of four staves of music in 4/4 time. The notes are: Staff 1: Bb, C, Bb, Bb, Bb, C, Bb, Bb, Bb, C. Staff 2: C, D, E, Bb, C, D, E, Bb, C, D, E, C, Bb. Staff 3: Bb, C, Bb, Bb, Bb, C, Bb, Bb, Bb, C, Bb, C. Staff 4: Bb, Bb, C, D, Bb, Bb, Bb, C, Bb, C, Bb, C.

## 2. Separated Quarter Notes ♩ = 60-120



Musical notation for Separated Quarter Notes exercise, consisting of five staves of music in 4/4 time. The notes are: Staff 1: D, E, D, E, D, E, D, E, Bb, C, Bb, C, D, E, D, E. Staff 2: Bb, C, Bb, C, D, E, D, E, D, E, D, E, Bb, C, Bb, C. Staff 3: D, E, D, E, Bb, C, Bb, C, D, E, D, E, D, E, Bb, C, Bb, C. Staff 4: D, E, D, E, C, D, C, D, Bb, C, Bb, C, D, E, D, E, C, D, C, D. Staff 5: Bb, C, Bb, C, C, D, C, D, D, E, D, E, Bb, C, Bb, C, Bb, C, Bb, C.

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3. Legato Tonguing ♩ = 100-120

Exercise 3: Legato Tonguing. This exercise consists of five staves of music in 4/4 time, starting with a key signature of one flat (Bb). The tempo is marked as ♩ = 100-120. The first two staves feature eighth-note patterns with slurs and accents. The third and fourth staves feature quarter-note patterns with slurs and accents. The fifth staff features eighth-note patterns with slurs and accents.

4. Lip Slurs ♩ = 60-120

Exercise 4: Lip Slurs. This exercise consists of two staves of music in 4/4 time, starting with a key signature of one flat (Bb). The tempo is marked as ♩ = 60-120. The first staff contains three measures of half-note slurs, numbered 1, 2, and 3. The second staff contains four measures of half-note slurs, numbered 4, 5, 6, and 7.

5. Lip Slurs ♩ = 100-120+

Exercise 5: Lip Slurs. This exercise consists of four staves of music in 4/4 time, starting with a key signature of one flat (Bb). The tempo is marked as ♩ = 100-120+. The first two staves feature eighth-note patterns with slurs and accents, numbered 1 and 2. The third and fourth staves feature eighth-note patterns with slurs and accents, numbered 3 and 4. The fifth and sixth staves feature eighth-note patterns with slurs and accents, numbered 5 and 6. The seventh and eighth staves feature eighth-note patterns with slurs and accents, numbered 7.

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6. Lip Slurs ♩ = 100-120+

1 2 3 4

5 6 7

7. Legato Tonguing/Tuning ♩ = 60-120

1 2 3 2 1...

2 3 4 3 2...

3 4 5 4 3...

4 5 6 5 4...

5 6 7 6 5...

1 2 3 2 1...

V1 V2 V3 V2 V1...

V1 V2 V3 V2 V1...

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8. Lip Slurs ♩ = 100-120+

1 2 3 4 5 6 7

9. Legato Tonguing/Tuning ♩ = 60-120

1 2 3

10. Lip Slurs ♩ = 100-120+

1 2 3 3-- 4 5 5-- 6 7 7--



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15. Tonguing Speed: Doodle Tonguing ♩ = 120-185+

du du du du du dul la du dul la (sim.)

16. Tonguing Speed: Multiple Tonguing 1 ♩ = 140-250+

ta ta ta ta ta ta ka ta ta ka (sim.)

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17. Tonguing Speed: Multiple Tonguing 2 ♩ = 140-250+

Musical score for exercise 17, featuring multiple tonguing in 4/4 time. The exercise consists of six staves of music. The first staff includes the lyrics "ta ta ta ta ta ka ta ta ka ta ta ka ta ka ta ka ta ka ta" and a "(sim.)" marking. The music is characterized by eighth-note patterns with triplets and slurs. The key signature is one flat (Bb), and the time signature is 4/4.

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

Musical score for exercise 18, featuring harmonic series slurs in 4/4 time. The exercise consists of four staves of music. Each staff contains two measures of music, each with a slur over a series of notes. The slurs are numbered 1 through 7, indicating the starting note of the harmonic series. The key signature is one flat (Bb), and the time signature is 4/4.



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20. Lip Trills ♩ = 120-180+

7 3 3 6 6 3 3 6

5 3 3 6 4 3 3 6

3 3 3 6 2 3 3 6

3 3 3 6 2 3 3 6

1 3 3 6 2 3 3 6

1 3 3 6 2 3 3 6

b2/#3 3 3 6 b1/#2 3 3 6

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10 21. Harmonic Series Slurs/Lip Trills ♩ = 60-120

7  
6  
5  
4  
3  
2  
1

22. Lip Slurs ♩ = 80-120+

1  
2  
3  
4  
5  
6  
7

23. Upper Range Extension: Against-the-Grain "Rips" ♩ = 60-80

Try to have all of the partials sound as you "rip" from one note to the next in each group.

24. Upper Range Extension: Arpeggios ♩ = 60-90

25. Upper Range Extension: Legato Tonguing ♩ = 60-120

26. Upper Range Extension: Ascending "Rips" ♩ = 100-120

27. Upper Range Extension: Arpeggio ♩ = 100-120

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28. Upper/Lower Range Extension: Octave Slurs ♩ = 60-90

Exercise 28 consists of six staves of music in bass clef, 4/4 time, with a tempo of 60-90. Each staff contains two measures of music, each measure featuring a slur that spans an octave. The notes are as follows:

- Staff 1: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 2: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 3: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 4: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 5: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 6: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4)

Each staff has a dashed line below it with a number indicating the starting pitch: 7, 6, 5, 4, 3, 2, 1.

29. Low Range/F-Attachment Tuning and Placement ♩ = 60-90

Exercise 29 consists of two staves of music in bass clef, 4/4 time, with a tempo of 60-90. Each staff contains six measures of music, each measure featuring a slur over eighth notes. The notes are as follows:

- Staff 1: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 3 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 4 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 5 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 6 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 2: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 3 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 4 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 5 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 6 (F3, G3, A3, B3, C4, D4, E4, F4)

Each staff has a dashed line below it with a number indicating the starting pitch: 1, 2, 3, 4, 5, 6.

30. Low Range Extension: Descending through the Pedal Register ♩ = 60-90

Exercise 30 consists of four staves of music in bass clef, 4/4 time, with a tempo of 60-90. Each staff contains four measures of music, each measure featuring a slur over eighth notes. The notes are as follows:

- Staff 1: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 3 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 4 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 2: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 3 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 4 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 3: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 3 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 4 (F3, G3, A3, B3, C4, D4, E4, F4)
- Staff 4: Measure 1 (F2, G2, A2, B2, C3, D3, E3, F3), Measure 2 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 3 (F3, G3, A3, B3, C4, D4, E4, F4), Measure 4 (F3, G3, A3, B3, C4, D4, E4, F4)

Each staff has a dashed line below it with a label indicating the starting pitch: 8<sup>vb</sup>, 8<sup>vb</sup>.