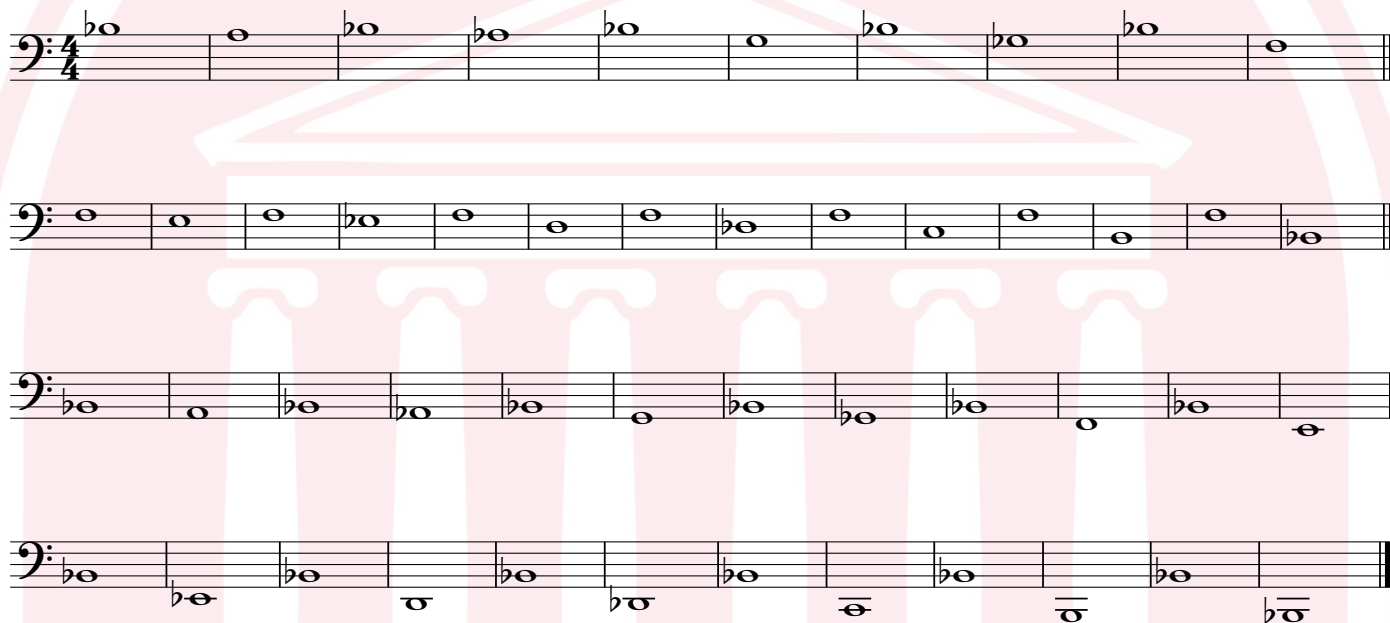


Targeted Fundamentals for Tenor Trombone

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This routine should be completed when practicing the tenor 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



Musical notation for Long Tones exercise, consisting of four staves of music in 4/4 time. The notes are: Staff 1: Bb2, C3, D3, Eb3, E3, F3, G3, Ab3, A3, Bb3. Staff 2: Bb3, C4, D4, Eb4, E4, F4, G4, Ab4, A4, Bb4. Staff 3: Bb4, C5, D5, Eb5, E5, F5, G5, Ab5, A5, Bb5. Staff 4: Bb5, C6, D6, Eb6, E6, F6, G6, Ab6, A6, Bb6.

2. Legato Tonguing ♩ = 100-120



Musical notation for Legato Tonguing exercise, consisting of five staves of music in 4/4 time. The notes are: Staff 1: Bb3, C4, D4, Eb4, E4, F4, G4, Ab4, A4, Bb4. Staff 2: Bb4, C5, D5, Eb5, E5, F5, G5, Ab5, A5, Bb5. Staff 3: Bb5, C6, D6, Eb6, E6, F6, G6, Ab6, A6, Bb6. Staff 4: Bb6, C7, D7, Eb7, E7, F7, G7, Ab7, A7, Bb7. Staff 5: Bb7, C8, D8, Eb8, E8, F8, G8, Ab8, A8, Bb8.

Targeted Fundamentals for Tenor Trombone (Everett)

2 3. 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...

Detailed description: This exercise consists of 16 measures of music in 4/4 time, bass clef, with a key signature of one flat. The tempo is marked as ♩ = 60-120. The exercise is divided into two 8-measure phrases. The first phrase contains five slurs, each with a fingering sequence: 1 2 3 2 1..., 2 3 4 3 2..., 3 4 5 4 3..., 4 5 6 5 4..., and 5 6 7 6 5... The second phrase contains five slurs, each with a fingering sequence: 1 2 3 2 1..., V1 V2 V3 V2 V1..., V1 V2 V3 V2 V1..., V1 V2 V3 V2 V1..., and V1 V2 V3 V2 V1... The notes are primarily eighth and quarter notes, with some slurs extending across multiple measures.

4. Lip Slurs ♩ = 100-120+

1 2 3

3 4 5

5 6 7

7

Detailed description: This exercise consists of 7 measures of music in 4/4 time, bass clef, with a key signature of one flat. The tempo is marked as ♩ = 100-120+. The exercise is divided into four phrases, each with a slur and a measure number: 1, 2, 3; 3, 4, 5; 5, 6, 7; and 7. The notes are primarily eighth and quarter notes, with some slurs extending across multiple measures.

Targeted Fundamentals for Tenor Trombone (Everett)

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. For an additional challenge, add lip-trills to some of the higher partials.

7

6

5

4

3

2

1

Targeted Fundamentals for Tenor Trombone (Everett)

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

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

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

As with the high range extension exercise, keep trying to reach lower. The lowest notes written here are "false tones" and will not sound very good. Practicing them as an exercise is nevertheless helpful and relaxing.

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