

Trombone Routine/Warm up

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I. Opening Glisses - slowly with smooth air and consistent sounds (no forcing - go only as high as you are comfortable)

Two staves of musical notation in bass clef. The first staff contains four measures of glissando exercises, each labeled 'Gliss.' with a wavy line above the notes. Fingerings are indicated below the notes: 1 6, 1 6, 1 6, V1 V7+, and a final note with a flat and a 1. The second staff contains five measures of glissando exercises, also labeled 'Gliss.' with wavy lines. Fingerings are indicated below: 6 1 6, 6 1 6, 6 1 6, 6 1 6, 6 1 6, V7++ V1 V7++, and a final note with a flat and a 1.

II. Lip Slurs in all 7 positions

♩ = 72

2. Flexibility

2b. Flexibility with Inversion

Two staves of musical notation. The first staff, labeled '2. Flexibility', shows a slur over a sequence of notes in the bass clef. The second staff, labeled '2b. Flexibility with Inversion', shows a slur over a sequence of notes, including some inverted notes, in the bass clef.

3. Four Note Slur

3b. Four Note w/a Skip

Two staves of musical notation. The first staff, labeled '3. Four Note Slur', shows a slur over four notes in the bass clef. The second staff, labeled '3b. Four Note w/a Skip', shows a slur over four notes with a skip in the bass clef.

4. "M" Slur

5. Seven Note Slur (add 8 note, 9 note, etc.)

Two staves of musical notation. The first staff, labeled '4. "M" Slur', shows a slur over a sequence of notes in the bass clef. The second staff, labeled '5. Seven Note Slur (add 8 note, 9 note, etc.)', shows a slur over a sequence of notes in the bass clef.

Start in 7th position and work up to 1st

(7th position)

6. Arpeggiated Flexibility (3 options)

6b.

Two staves of musical notation. The first staff, labeled '6. Arpeggiated Flexibility (3 options)', shows an arpeggiated slur over a sequence of notes in the bass clef. The second staff, labeled '6b.', shows an arpeggiated slur over a sequence of notes in the bass clef.

6c.

One staff of musical notation. The staff, labeled '6c.', shows an arpeggiated slur over a sequence of notes in the bass clef.

(7th position)

III. 12 Scales and Arpeggios EVERYDAY

in various rhythmic and articulation patterns
move chromatically to cover every key and all registers

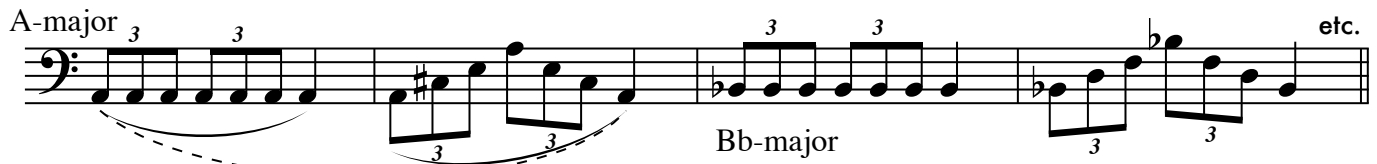
One Octave Pattern example



F-major



E-major etc.



A-major Bb-major etc.

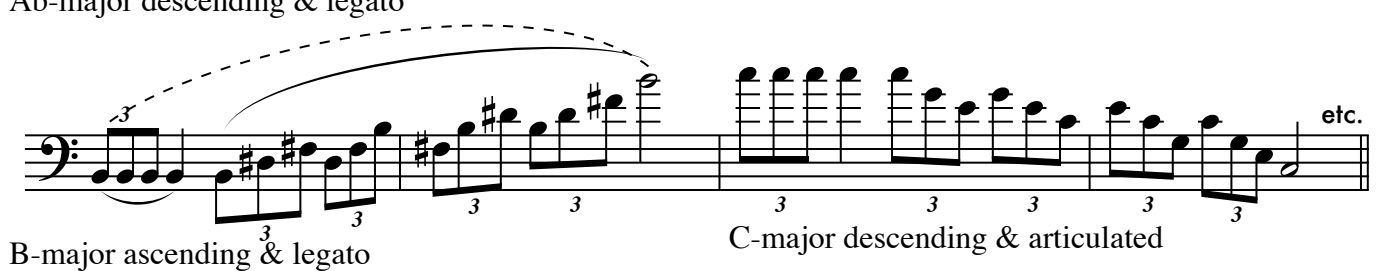
Two Octave Pattern example ("crabbing")



G-major ascending & articulated



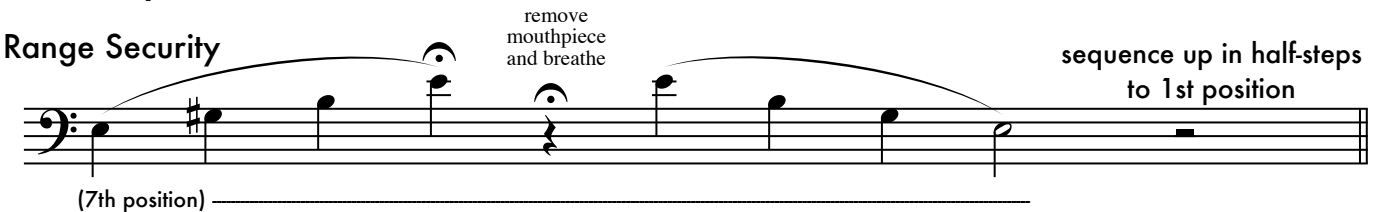
Ab-major descending & legato etc.



B-major ascending & legato C-major descending & articulated etc.

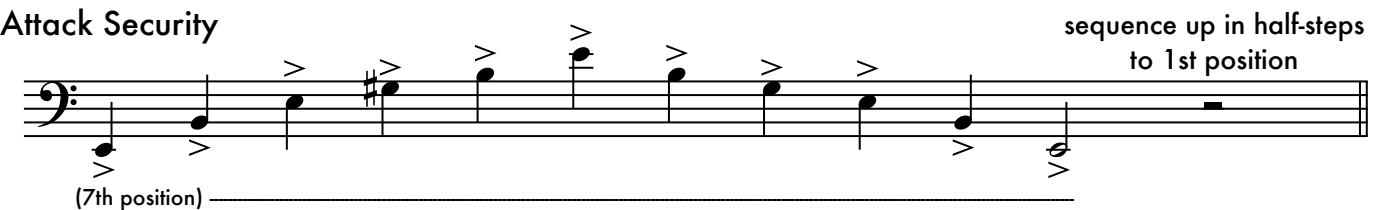
IV. Security

Range Security



remove mouthpiece and breathe
sequence up in half-steps to 1st position
(7th position)

Attack Security



sequence up in half-steps to 1st position
(7th position)

V. Multiple Tonguing Patterns
 one triple and one double 3 times each
 choose two different scales everyday

1st time - all Tah/Dah
 2nd time - all Kah/Gah
 3rd time - triple - TTK/DDG
 double - TKTK/DGDG

Eb-major

T T K T T K T

1

D-major

2

Db-major

3

C-major

T K T K T K T K T

4

B-major

5a

All these patterns have been presented ascending
 also practice them descending (see below)

5b

Bb-major

6a

Again, work these descending

6b