



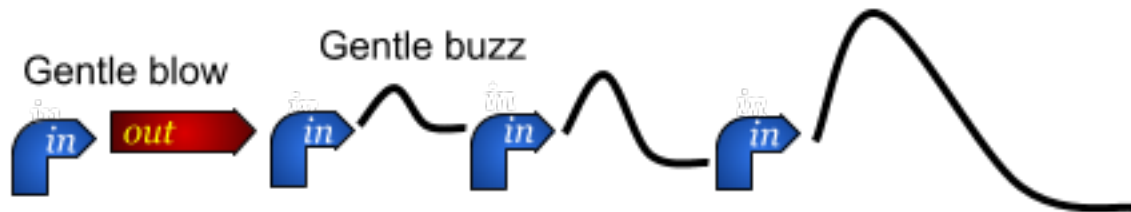
# First Habits: Plain Warm-up, Bass Trombone (with accompaniment)

The accompaniment sound files should be available on the [TromboneZone.org](https://TromboneZone.org) website.

## 1. Air/Buzz

[Link: More like this](#)

1. Take a deep but easy breath (very quiet sound) and release it gently. Notice the air rushing in through your mouth as you inhale. Don't make a loud sucking sound.
2. Using the same breath, buzz some arches on the mouthpiece. Keep the sound rich and connected.
3. For the music shown below, gliss smoothly from note to note. Choose a key that works for your range. Substitute other legato melodies as desired. As smooth as possible.
4. You might try singing these first. Your singing voice is a wonderful tool; use it often.



Before some lines you will see a number over a note value. This is the duration of the introduction (or interlude) in the accompaniment track. For example,  $\overset{4}{\bullet}$  indicates four quarter notes of intro.



### Buzz mouthpiece

Recording, 4 beat into. Scoop into the first note.  
Glide from note to note. Smooth blowing.

## 2. Easy resonance on the instrument

8 [Link: More like this](#)

Gliss between notes.

[Link to more \(with accomp\)](#)

## 3. Five Notes Down

[Link: More like this](#)

8 Very smooth. No tongue as notes change. Listen for beauty of sound and good intonation.

First Habits: Plain Warm-Up (-w- accomp)

Five Notes Down (continued)

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Catch a breath as needed.

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Don't worry if you can't get to the lowest notes. Each day, go as low as you can.

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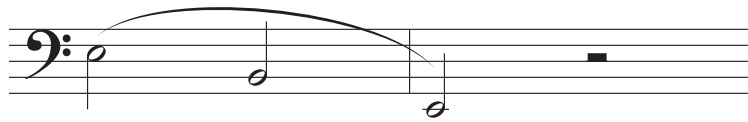
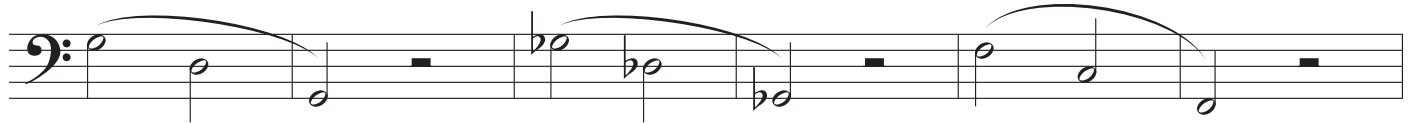
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## 4. First Slurs

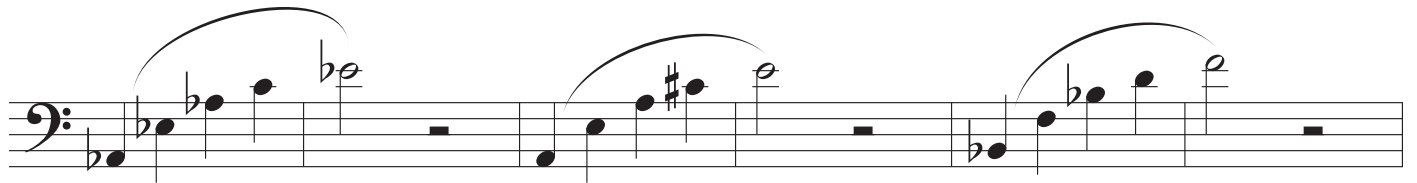
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Center each note, avoid sags going down and bumps going up.



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First Habits: Plain Warm-Up (-w- accomp)

First Slurs (continued)

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Four staves of musical notation, each starting with a '8' and a bass clef. The first staff is in 4/4 time with a key signature of one flat (B-flat). The second staff is in 4/4 time with a key signature of two flats (B-flat, E-flat). The third staff is in 4/4 time with a key signature of two sharps (F-sharp, C-sharp). The fourth staff is in 4/4 time with a key signature of one sharp (F-sharp). Each staff contains two measures of music, each with a slur over a series of eighth notes, followed by a whole rest.

Easier version:

A single staff of musical notation for the 'Easier version'. It starts with a bass clef and is in 4/4 time with a key signature of one flat (B-flat). It contains two measures of music, each with a slur over a series of eighth notes, followed by a whole rest.

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Four staves of musical notation, each starting with a '8' and a bass clef. The first staff is in 4/4 time with a key signature of one sharp (F-sharp). The second staff is in 4/4 time with a key signature of two sharps (F-sharp, C-sharp). The third staff is in 4/4 time with a key signature of two flats (B-flat, E-flat). The fourth staff is in 4/4 time with a key signature of one flat (B-flat). Each staff contains two measures of music, each with a slur over a series of eighth notes, followed by a whole rest.

First Habits: Plain Warm-Up (-w- accomp)

First Slurs (continued)

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8

## 5. Range Stretch

12 Not too loud. Easy full sound.

Exercise 12, measures 1-4. Bass clef, 4/4 time. Notes: G2, F2, E2, D2; C2, B1, A1; G1, F1, E1; D1, C1, B0, A0.

Exercise 8, measures 1-4. Bass clef, 4/4 time. Notes: G2, F2, E2, D2; C2, B1, A1; G1, F1, E1; D1, C1, B0, A0.

Link: [High Range Development](#)

# 6a. Note Placement: Centering Intervals

[Link: More like this](#)

4

Play first in the key of B-flat, then the key of B.

Musical notation for the first exercise in B-flat major. It consists of four staves of music in 2/4 time. The first staff starts with a treble clef and a key signature of one flat (B-flat major). The second staff continues in B-flat major. The third staff changes to a key signature of two flats (B major). The fourth staff continues in B major. The exercise features a sequence of eighth notes and quarter notes with stems pointing down, and rests.

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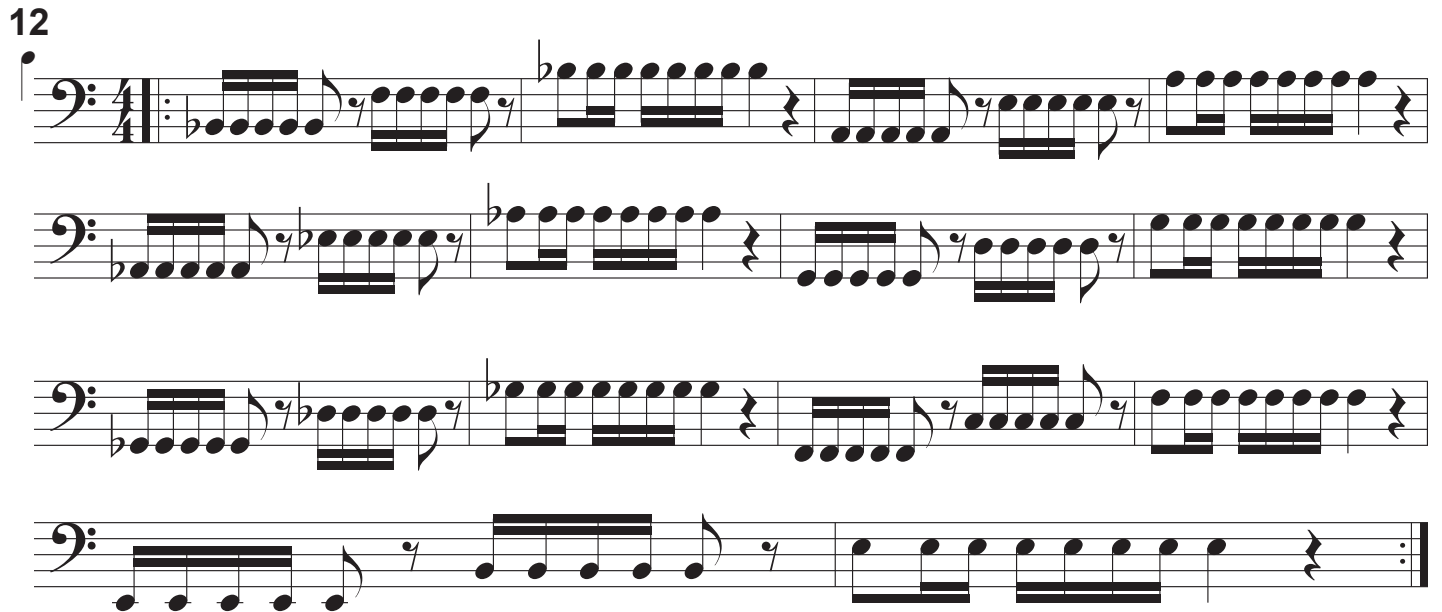
Musical notation for the second exercise in B-flat major. It consists of four staves of music in 2/4 time. The first staff starts with a treble clef and a key signature of one flat (B-flat major). The second staff continues in B-flat major. The third staff changes to a key signature of two flats (B major). The fourth staff continues in B major. The exercise features a sequence of eighth notes and quarter notes with stems pointing down, and rests.



## 6b. Note Placement: Building Speed

First time: medium fast. Second time: fastest single tongue.

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Relaxed tongue moves just a bit, air is key.

## 7. Musical Patterns

Link: [More like this](#)

Staccato but not \*too\* short. Play with lightness and clarity.

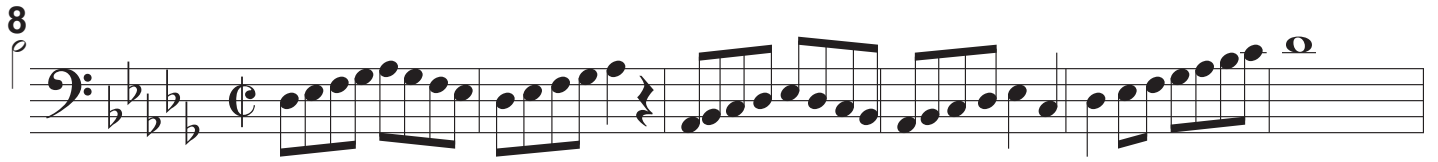
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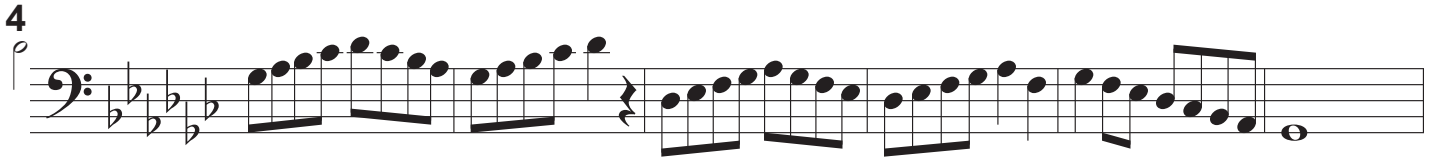
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Musical Patterns (continued)

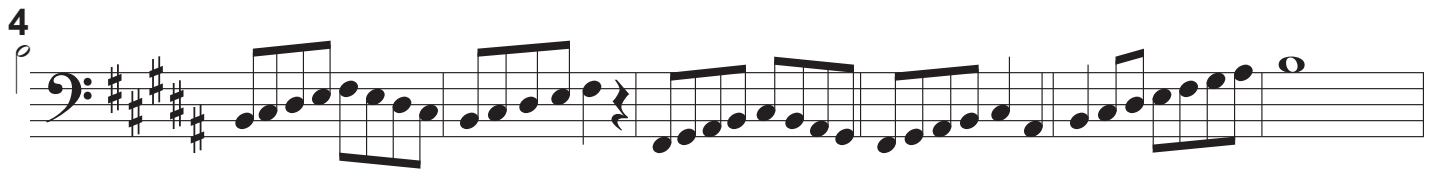
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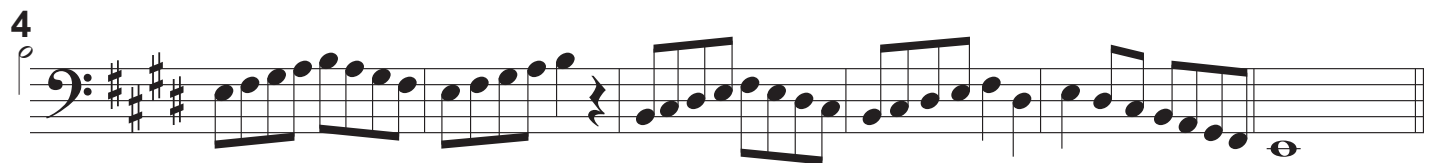
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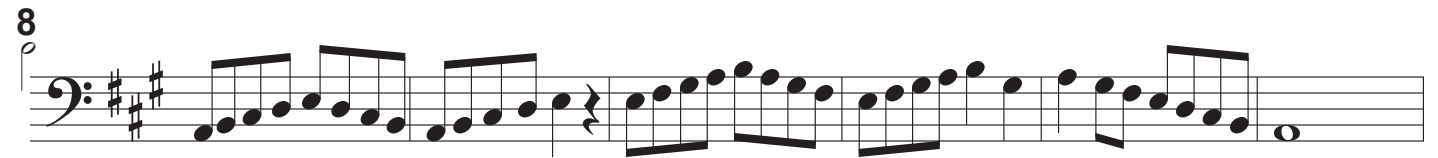
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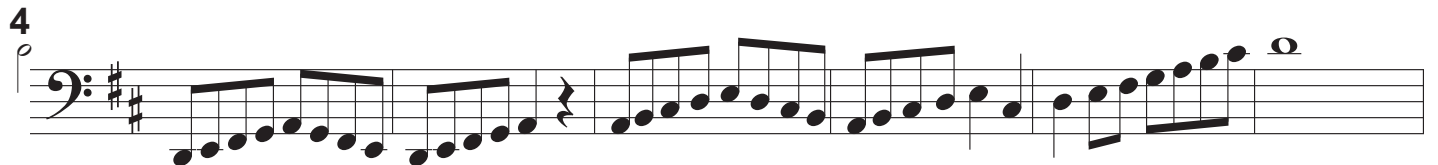
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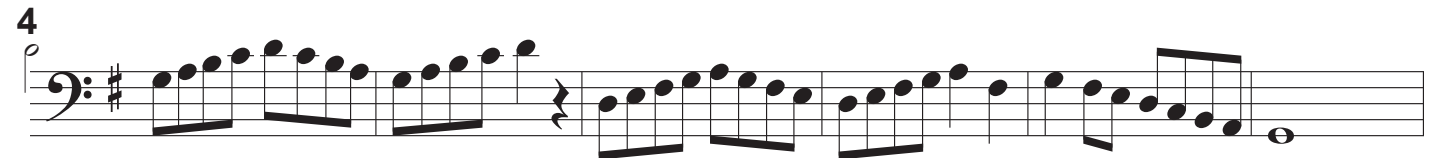
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