



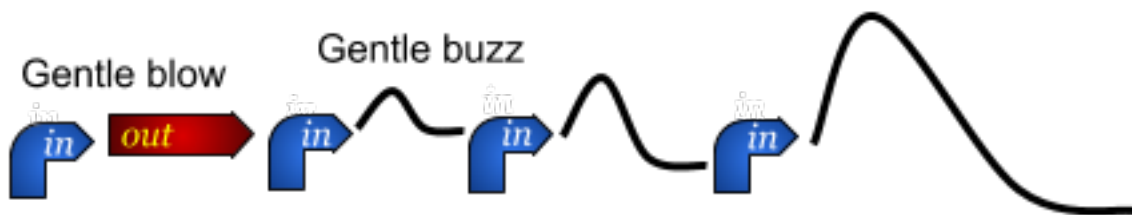
First Habits: Plain Warm-up, Tenor Trombone (with accompaniment)

The accompaniment sound files should be available on the 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. Scoop into the first note. Glide from note to note.

2. Easy resonance on the instrument

[Link: More like this](#)

8

Gliss between notes.

simile

3. Five Notes Down

[Link: More like this](#)

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

8

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Five Notes Down (continued)

8

The first system consists of three staves of music in bass clef, 4/4 time. The first staff starts with a treble clef and a '8' above it, indicating the starting note. The music is divided into two measures by a double bar line. The first measure contains a descending sequence of five quarter notes: G2, F2, E2, D2, C2, followed by a half note rest. The second measure contains an ascending sequence of five quarter notes: C3, D3, E3, F3, G3, followed by a half note rest. The key signature changes from one flat to two flats between measures.

8

The second system consists of four staves of music in bass clef, 4/4 time. The first staff starts with a treble clef and a '8' above it. The music is divided into two measures by a double bar line. The first measure contains a descending sequence of five quarter notes: G2, F2, E2, D2, C2, followed by a half note rest. The second measure contains an ascending sequence of five quarter notes: C3, D3, E3, F3, G3, followed by a half note rest. The key signature changes from two flats to three flats between measures. The third staff continues the descending sequence from the first measure. The fourth staff continues the ascending sequence from the second measure.

The bass trombone routine goes down to pedal C. Substitute it if desired.

4. First Slurs

[Link: More like this](#)

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

8

6th ...

7th ...

8

7th ...

6th ...

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

First Slurs (continued)

8

5th ...

6th ...

7th ...

Easier version:

8

7th ...

6th ...

5th ...

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

First Slurs (continued)

8

5th ... 6th ... 7th ...

Easier version:

8

#5 V b3 V b7 V Lip down b7 V 6 V 1 V

5. Range Stretch

Not too loud. Easy full sound. If you can't reach the top, go a bit higher each day.
Watch out for mouthpiece pressure!

12

Musical notation for Range Stretch exercise 12, consisting of four staves of music in bass clef, 4/4 time. The exercise involves a series of eighth-note and quarter-note patterns with slurs and accents, starting on a middle C and moving up and down the scale.

9 Quiet, deep breaths.

Musical notation for Range Stretch exercise 9, consisting of two staves of music in bass clef, 3/4 time. The exercise features a sequence of notes with slurs and accents, designed for quiet, deep breaths. A dashed line labeled "8vb" is shown below the second staff.

[Link: High Range Development](#)

6a. Note Placement: Centering Intervals

[Link: More like this](#)

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

4

Musical notation for the first system, consisting of five staves in bass clef with a 2/4 time signature. The first staff starts with a treble clef and a '4' above it. The key signature changes from B-flat to B major across the staves. The music features quarter notes and eighth notes with stems pointing down, and rests.

4

Musical notation for the second system, consisting of four staves in bass clef. The key signature changes from B major to B-flat major across the staves. The music features quarter notes and eighth notes with stems pointing down, and rests.

6b. Note Placement: Building Speed

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

12



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.

8



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

Musical Patterns (continued)

8

(6) (6)

4

#5 #5

4

#5 #5

4

8

4

4

4