



First Habits Warm-Up with accompaniment (tenor trombone) *Free Sample*

This is an excerpt from the book *First Habits* (281 pages). It presents a basic warm-up lasting 15-20 minutes. The warm-up passes through 7 stages:

1. Air/Buzz
2. Easy Resonance
3. Five Notes Down
4. First Slurs
5. Range Stretch
6. Musical Patterns

On the TromboneZone.org website (under Resources) you should find a variety of mp3 files to accompany this warm-up as a play-along. Often, the files appear at different tempos.

As you can see from the page count (281 pages) there is a *lot* more in the book itself.

This book falls into four large sections:

1. Part One: First Habits Warm-Up
 - a. Tenor trombone
 - b. Bass trombone
 - c. Duet warm-ups
 - d. Younger player's warm-up
2. Part Two: Varied warm-up exercises
3. Part Three: Focus Areas
 - a. Mouthpiece Buzzing
 - b. Sostenuto
 - c. Multiple Tonguing
 - d. High Range Development
 - e. Warming Down
4. Part Four: Love Songs and Pirate Songs

I hope you enjoy this warm-up and consider purchasing the whole book.
You'll be glad you did!

- Brad Edwards, May 2021

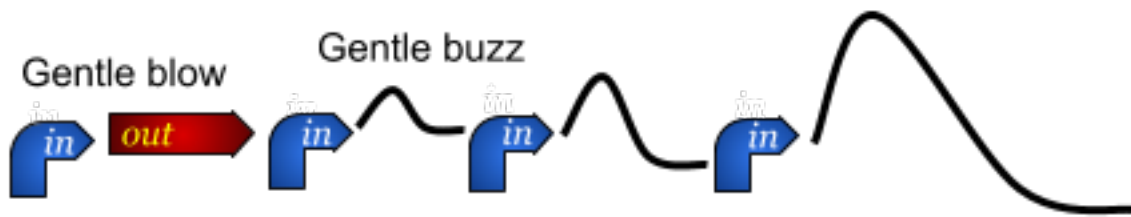


First Habits: Tenor Trombone (with accompaniment track)

The sound files should be available on the TromboneZone.org website.

1. Air/Buzz

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, **4** indicates four quarter notes of intro.

Buzz mouthpiece. Scoop into the first note. Glide from note to note.

4

4

4

2. Easy resonance on the instrument

8

simile
Very light 'dah' or 'thah.' Keep air flowing.

3. Five Notes Down

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

8

4. First Slurs

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

8

6th ...

7th ...

8

7th ...

6th ...

First Habits: Tenor Trombone (with accomp)

First Slurs (continued)

8



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

This section contains four staves of music in bass clef, 4/4 time. The first staff begins with a '8' in a circle. Each staff features two phrases of music, each with a slur over a series of notes and a fermata over the final note. The notes are often beamed together. The first phrase of each staff typically starts with a flat (Bb) and ends with a half note. The second phrase typically starts with a sharp (B) and ends with a half note. The notes in the first phrase are: Staff 1: Bb, C, D, E, F, G, A, Bb; Staff 2: Bb, C, D, E, F, G, A, Bb; Staff 3: Bb, C, D, E, F, G, A, Bb; Staff 4: Bb, C, D, E, F, G, A, Bb. The notes in the second phrase are: Staff 1: B, C, D, E, F, G, A, B; Staff 2: B, C, D, E, F, G, A, B; Staff 3: B, C, D, E, F, G, A, B; Staff 4: B, C, D, E, F, G, A, B.

Easier version:



8

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

This section contains three staves of music in bass clef, 4/4 time, labeled as an 'Easier version'. Each staff begins with an '8' in a circle and contains two phrases of music. The notes are fewer and more widely spaced than in the main section. The first phrase of each staff typically starts with a sharp (B) and ends with a half note. The notes in the first phrase are: Staff 1: B, C, D, E; Staff 2: B, C, D, E; Staff 3: B, C, D, E. The notes in the second phrase are: Staff 1: B, C, D, E; Staff 2: B, C, D, E; Staff 3: B, C, D, E.

First Habits: Tenor Trombone (with accomp)

First Slurs (continued)

8

5th ...

6th ...

7th ...

Easier version:

Easier version:

8

#5 V

b7 V

Lip down b7 V

b3 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

9

8vb

Quiet, deep breaths.

6a. Note Placement: Centering Intervals

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

4

Musical notation for the first system, consisting of five staves. The first staff starts with a treble clef, a key signature of two flats (B-flat), and a 2/4 time signature. A '4' is written above the first measure. The music consists of eighth and quarter notes with stems pointing down. The key signature changes to three sharps (F#) in the second measure of the first staff and remains there for the rest of the system.

4

Musical notation for the second system, consisting of four staves. The first staff starts with a treble clef, a key signature of two flats (B-flat), and a 2/4 time signature. A '4' is written above the first measure. The music consists of eighth and quarter notes with stems pointing down. The key signature changes to one flat (B-flat) in the second measure of the first staff and remains there for the rest of the system. The second staff starts with a treble clef and a key signature of three sharps (F#). The third staff starts with a treble clef and a key signature of one sharp (F#). The fourth staff starts with a treble clef and a key signature of two flats (B-flat).

6b. Note Placement: Building Speed

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

12

Musical score for exercise 6b, starting at measure 12. It consists of four staves of music in bass clef, 4/4 time, with a key signature of one flat. The first three staves contain a first ending with a double bar line and repeat dots. The fourth staff contains a second ending. The music features a mix of eighth and sixteenth notes, with some slurs and accents.

Relaxed tongue moves just a bit, air is key.

7. Musical Patterns

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

8

4

4

4

Musical score for exercise 7, consisting of four staves of music in bass clef, 4/4 time, with a key signature of two flats. The first staff is marked with a '4' and a 'p' dynamic. The second and third staves are marked with a '4' and contain slurs and accents. The fourth staff is marked with a '4' and contains slurs and accents. The music features a mix of eighth and sixteenth notes, with some slurs and accents.

First Habits: Tenor Trombone (with accomp)

Musical Patterns (continued)

8

(6) (6)

4

#5 #5

4

#5 #5

4

8

4

4

4

Later in this book, you can find more patterns that follow this chord progression.