

Daily Routines for the Young Trombonist



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Student Introduction

Daily Routines for Trombone is designed to help you develop and maintain your fundamental trombone skills. To use ***Daily Routines***, simply play one routine a day. Since there are a total of 8 routines, you may choose a different routine each day so you have variety in your “daily routine diet”!

In order for this book to be effective, you must have the discipline to play a daily routine every day over a long period of time; 6 months to a year. Of course it is acceptable to miss a day or two here and there, but the important thing is to develop your skills slowly but surely over time.

Each routine is efficient, lasting only 15-20 minutes. This daily time commitment is relatively small but may be the most important part of your practice day because spending time on your fundamentals will help you play everything better. In other words, if you master the skills in this book, your playing will improve overall, not just on one or two particular pieces of music.

It is recommended that you play a daily routine from this book as your first practice session. It is not necessary to “warm up” before you play one of these routines because, in each routine, the very first drill is long tones and mouthpiece buzzing. Once you spend 15-20 minutes to play one of these routines, take a break and come back later to practice your other assignments. Breaking up your practicing into small chunks like this is an effective way to improve. Furthermore, the quality of your practicing is far more important than the quantity!

Once you feel confident with ***Daily Routines for Trombone, Easy Edition***, it is time to graduate to the more advanced editions in this series of books: ***Daily Routines for Trombone, Tenor Trombone Edition*** or ***Daily Routines for Trombone, Bass Trombone Edition***.

II. Air

▲ = Breathe

Time the inhale so it happens during this beat. Don't breathe in through the instrument.

□ = Blow

Blow air through the instrument vigorously without buzzing your lips. Create a little resistance by putting your lips together slightly, although not enough to create a tone.

♩ = 80

1.

Play

f

f

f

f

f

f

f

f

Turn off metronome

1 Slow Smear 6 Remove Mouthpiece and Buzz Replace Mouthpiece and Play

Remove Mouthpiece and Buzz Replace Mouthpiece and Play

Remove Mouthpiece and Buzz

▲ = Breathe

Time the inhale so it happens during this beat. Don't breathe in through the instrument.

□ = Blow

Blow air through the instrument vigorously without buzzing your lips. Create a little resistance by putting your lips together slightly, although not enough to create a tone.

♩ = 80

2. Play

Play

Play

Play

Play

♩ = 84 +

3A.

mp *mp* Continue pattern in each position

mp *mp* Continue pattern in each position

♩ = 84 +

3B.

mp *mp* Continue pattern in each position

mp *mp* Continue pattern in each position

♩ = 80

4.

f *p* *mf* *f* *p* *mf*

f *p* *mf* *f* *p* *mf*

f *p* *mf* *f* *p* *mf*

f *p* *mf* *f* *p* *mf*

