DAILY ROUTINES for tenor trombone

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DAILY ROUTINES

Introduction

A daily routine is an integral part of any trombonist's practice regimen. It is a time each day to concentrate exclusively on the fundamentals of trombone playing in order to develop an excellent technical foundation. By addressing fundamentals during a daily routine, players can focus on musical issues during other practice sessions. A valuable daily routine can also help establish consistency in all areas of playing and diminish the chances of having a "bad day".

To use this book, play ***one routine per day*** in order to develop and maintain your skills. Younger players may wish to start by playing the **Easy Routine**, while more advanced players should start with the **Basic Routine**. Each routine is designed to be played like an etude, front to back, and lasts between 20 and 35 minutes. When playing a routine, simply follow the directions and play through each drill as though playing an etude. If you have time later, you can come back and spend more time on any weakness, but initially you should play all the way through the routine without stopping. Always use a metronome as indicated.

Daily Routines for Trombone is divided into nine routines:

1. Basic Routine
2. Articulation
3. Flexibility/Accuracy
4. Register Change/Dynamic Extreme
5. Natural Slur/Vibrato
6. Range
7. Duet/Intonation
8. Lyrical Routine
9. Easy Routine

Each Routine is further divided into seven skill categories:

1. Long tones and buzzing
2. Crescendo and diminuendo
3. Lip slurs
4. Subito dynamic changes
5. Low and resonant playing
6. Articulation – first on one note and then moving around
7. High and low playing

The seven skill categories have been applied to each of the nine routines as a template. Within this template, the subject of each routine has been emphasized. In the **Articulation Routine**, for example, category #3 (lip slurs) requires lip slurs *and* articulation within the same drill. By combining the seven skill categories with the eight routine subjects in this way, *Daily Routines for Trombone* ensures that players will be challenged in unique and helpful ways.

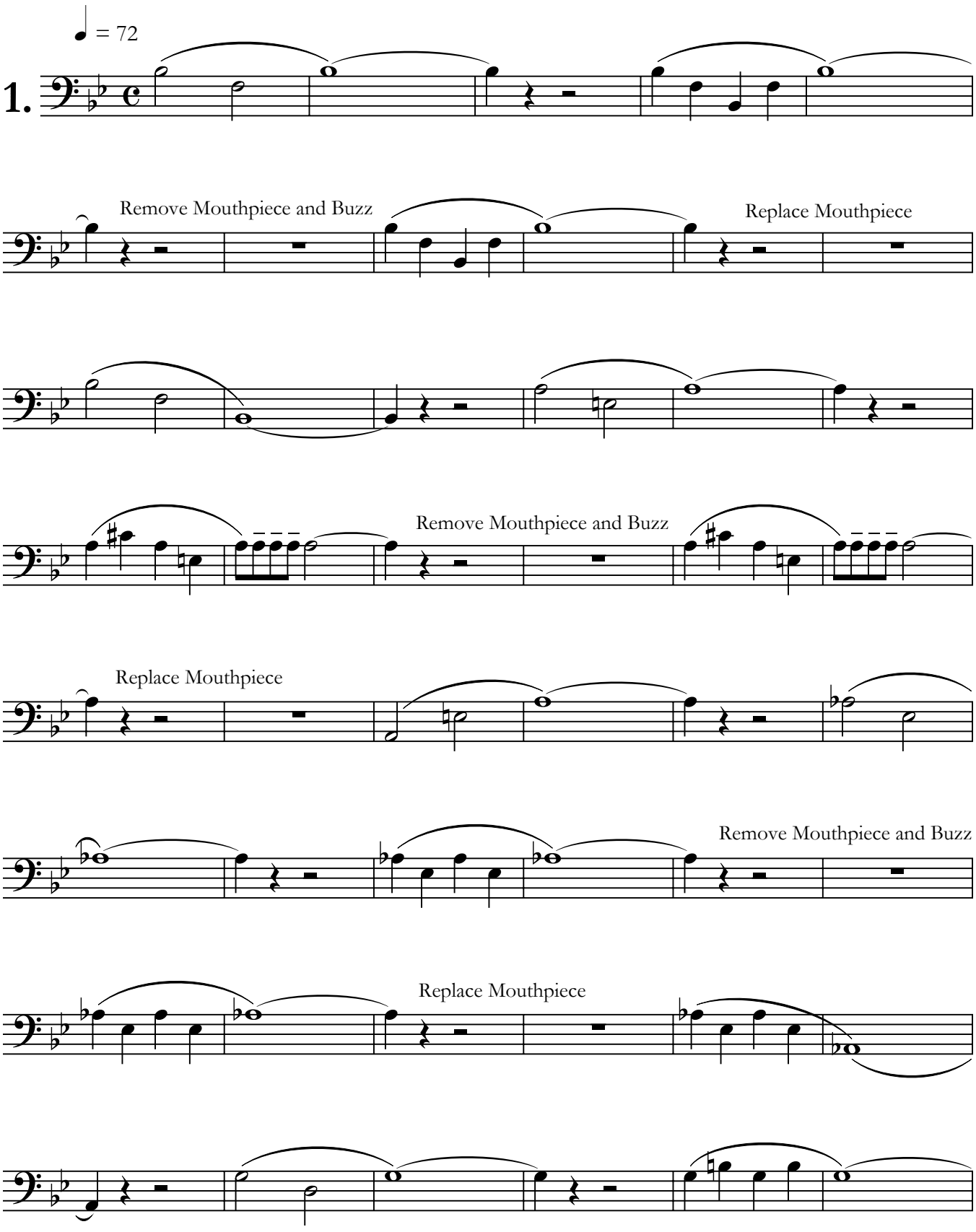
Once the player is familiar with all the routines it is acceptable to mix and match drills to address individual needs so long as each skill category is covered. For example, one could assemble a custom routine by playing #1 from the **Basic Routine** then skipping over to play #2 from the **Range Routine**, #3 from the **Flexibility Routine** and so on.

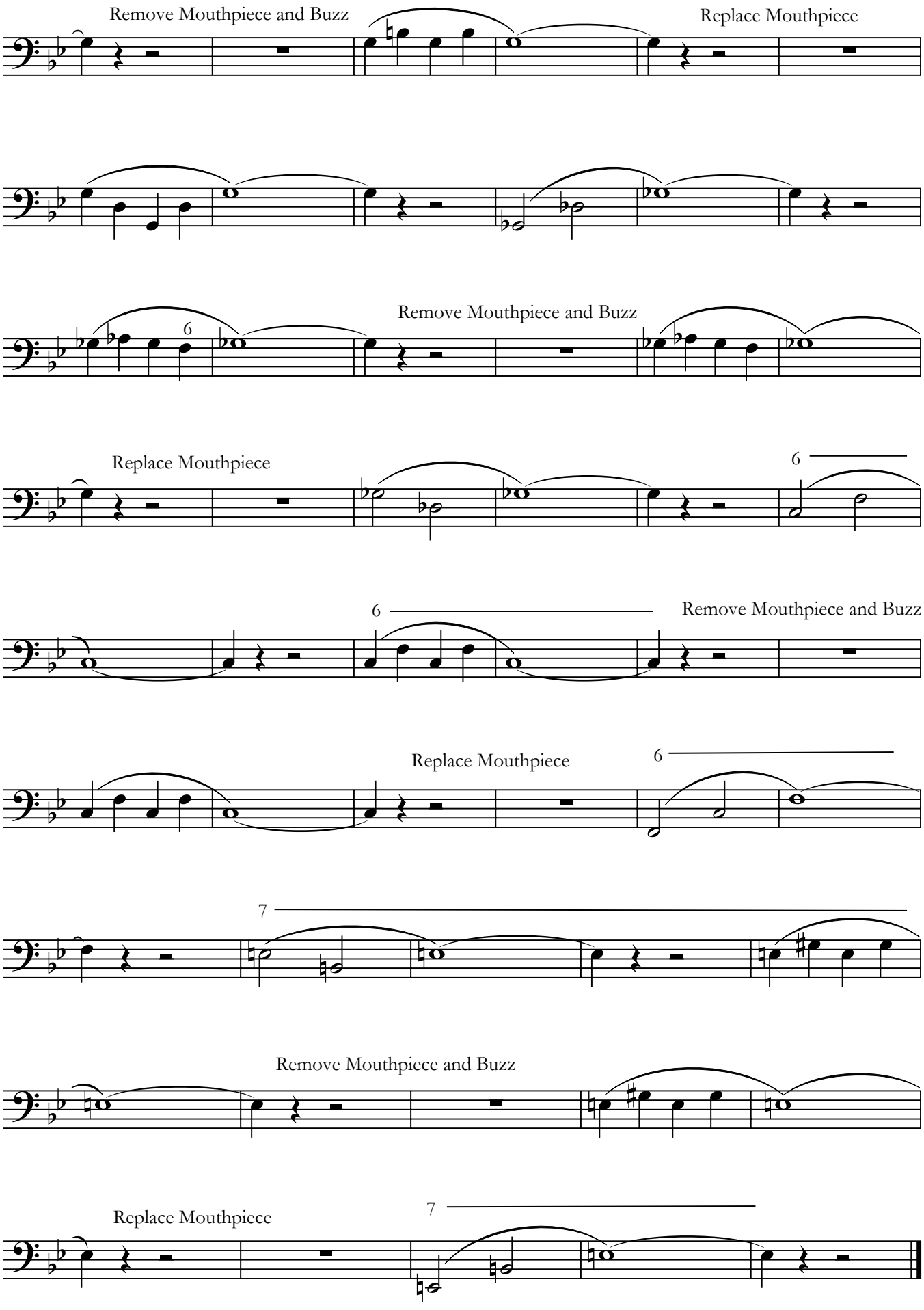
Additional resources included in this book:

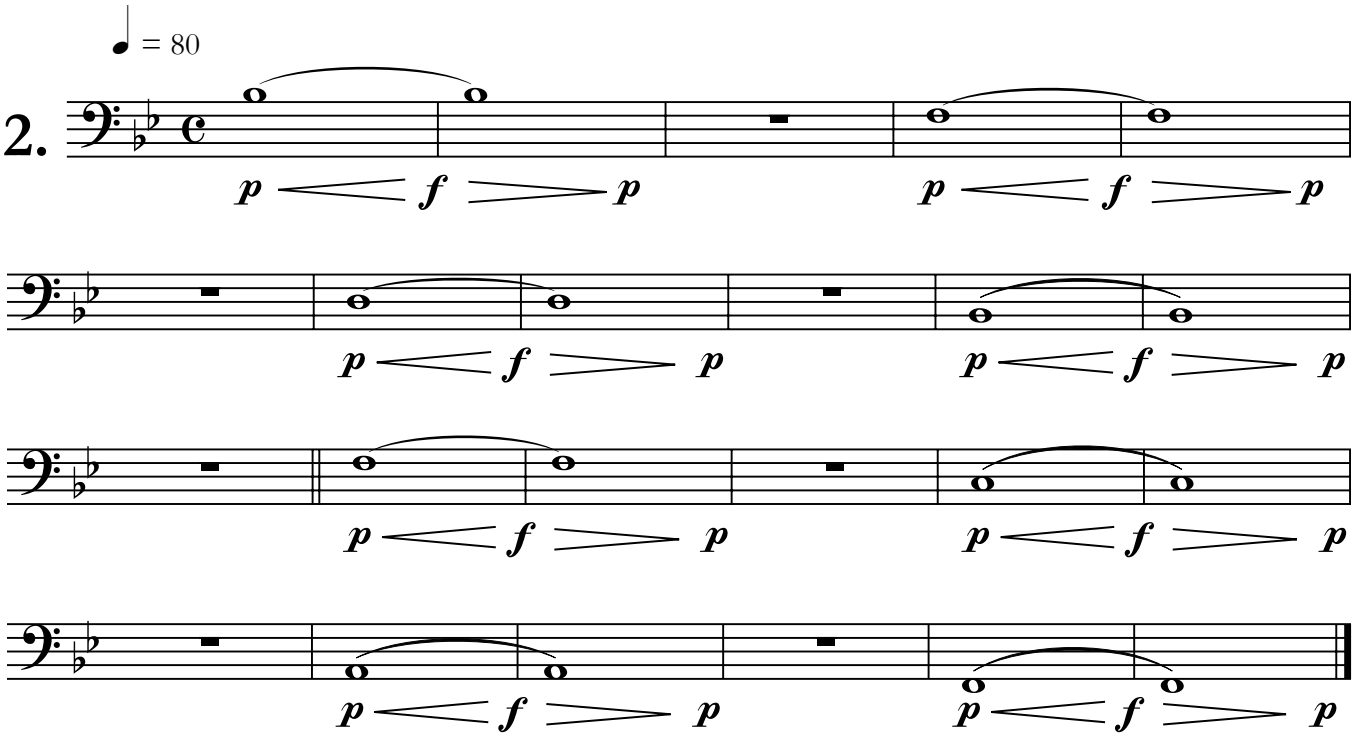
- **Progress Charts** enable players to keep track of their current ability and to set goals and time frames for improvement.
- The **Articulation Spectrum** is a system by which degrees of articulation may be measured. This is a handy way for teachers to assess students' ability to differentiate degrees of staccato and legato playing.
- **Supplemental Long Tones** may be substituted for the first activity in each routine for more variety. They can also be useful for improving tone quality or for days when a very gentle warm-up is desired.

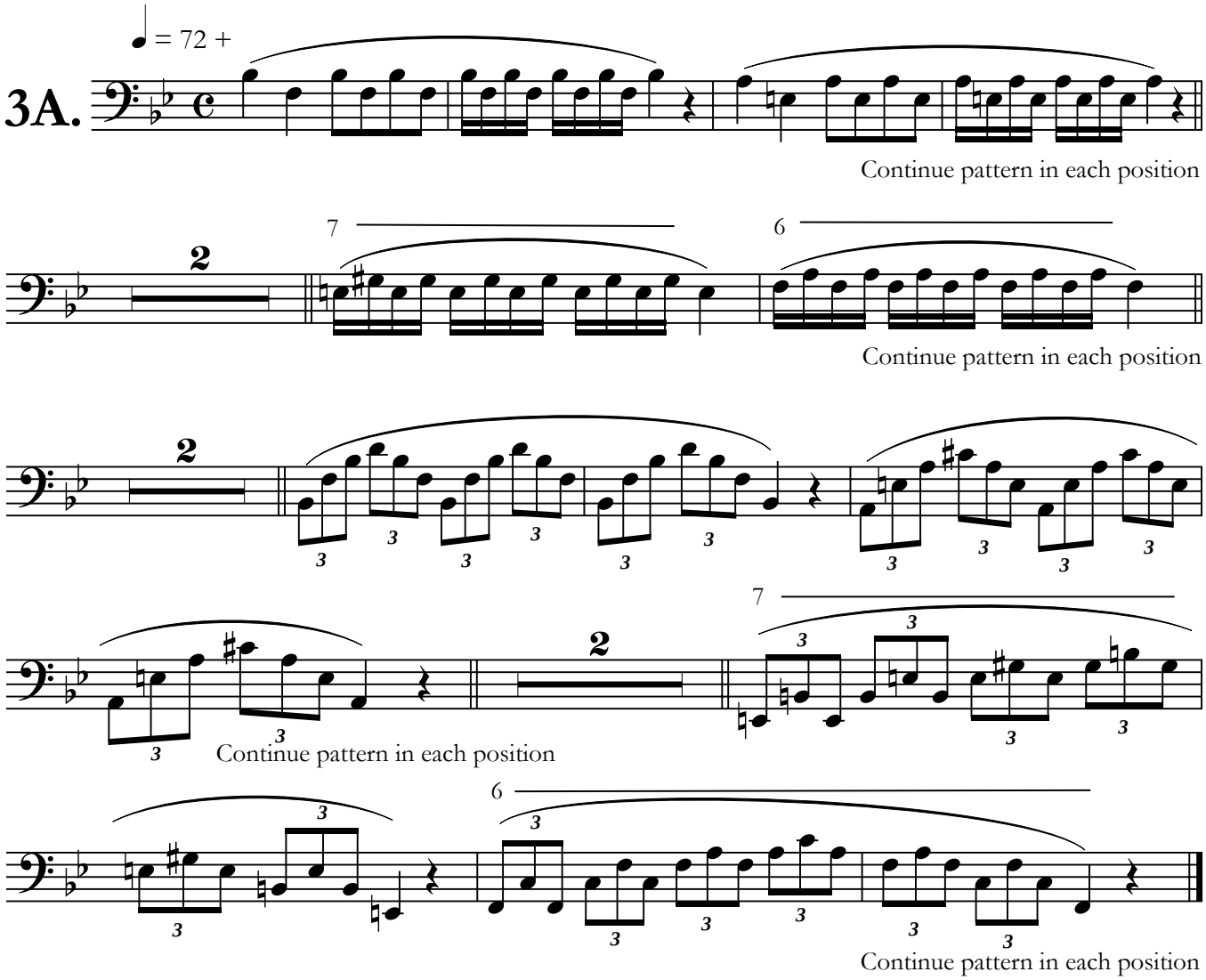
Throughout this book a "V" is used to indicate the use of the F attachment valve. When a V appears over a note, use the valve with the indicated slide position. Not all valve notes are so marked because a basic knowledge of the use of the F attachment is assumed.

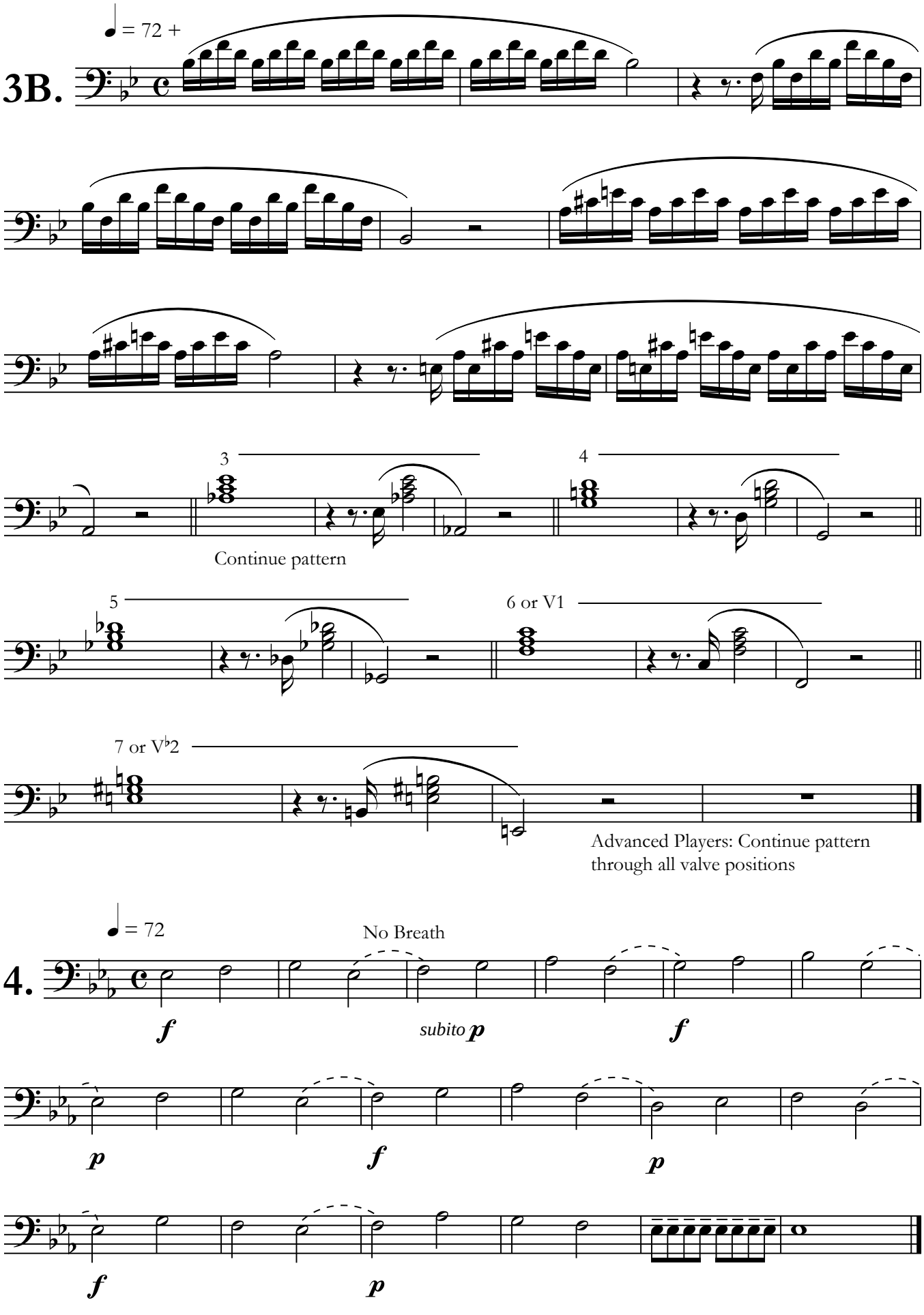
I. Basic Routine

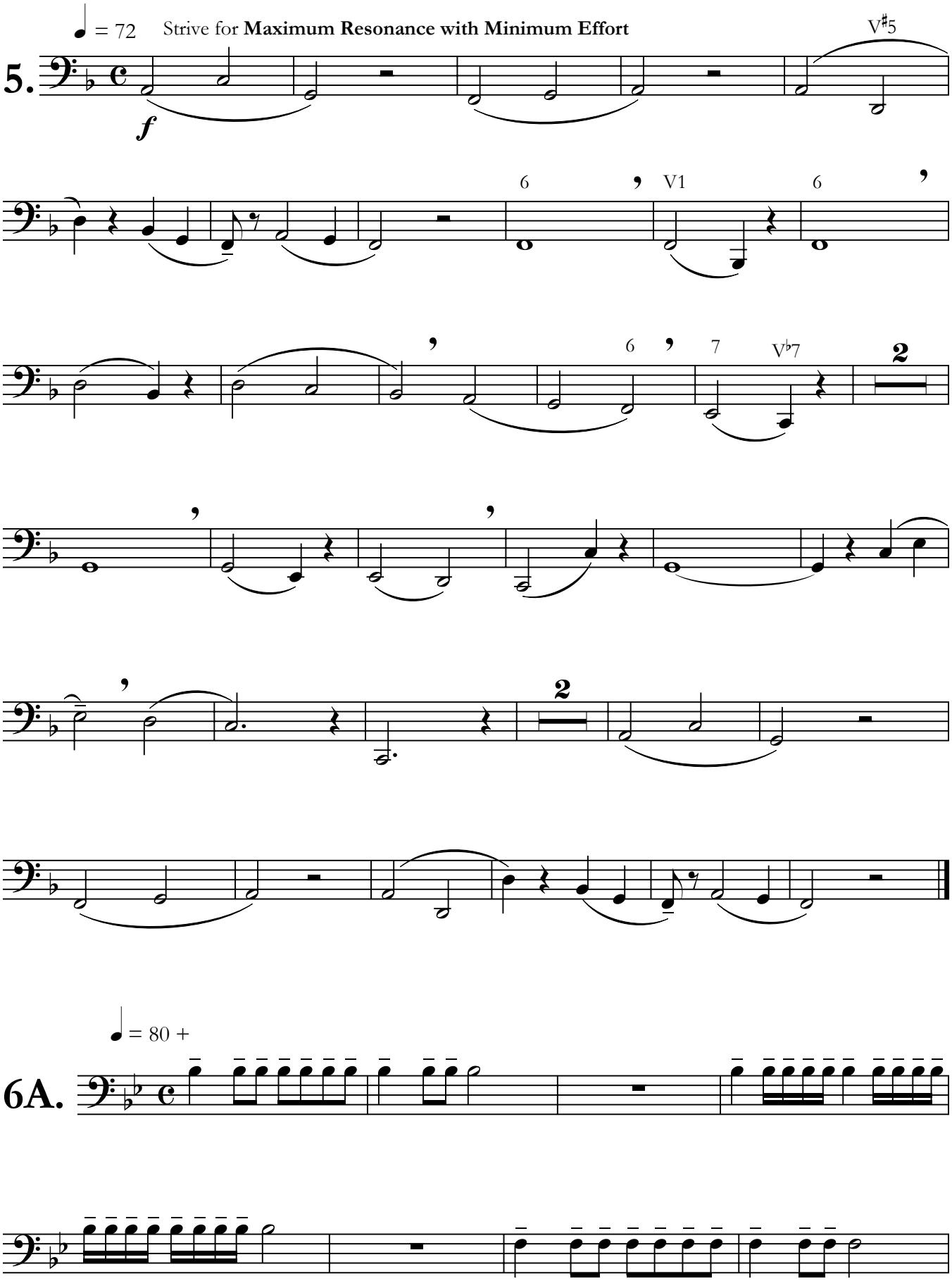


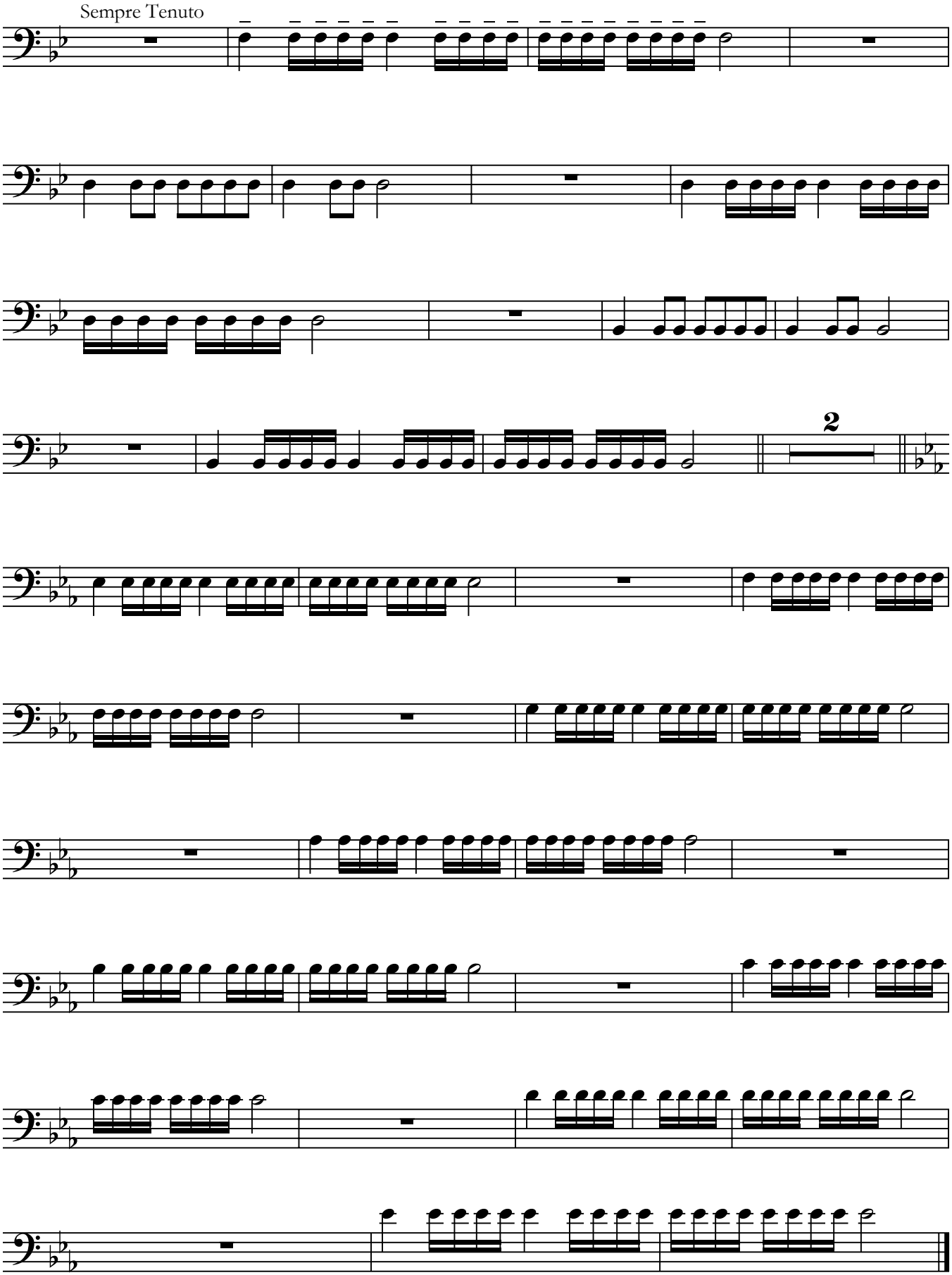

Remove Mouthpiece and Buzz
Replace Mouthpiece
6
Remove Mouthpiece and Buzz
Replace Mouthpiece
6
6
Remove Mouthpiece and Buzz
Replace Mouthpiece
6
7
Remove Mouthpiece and Buzz
Replace Mouthpiece
7

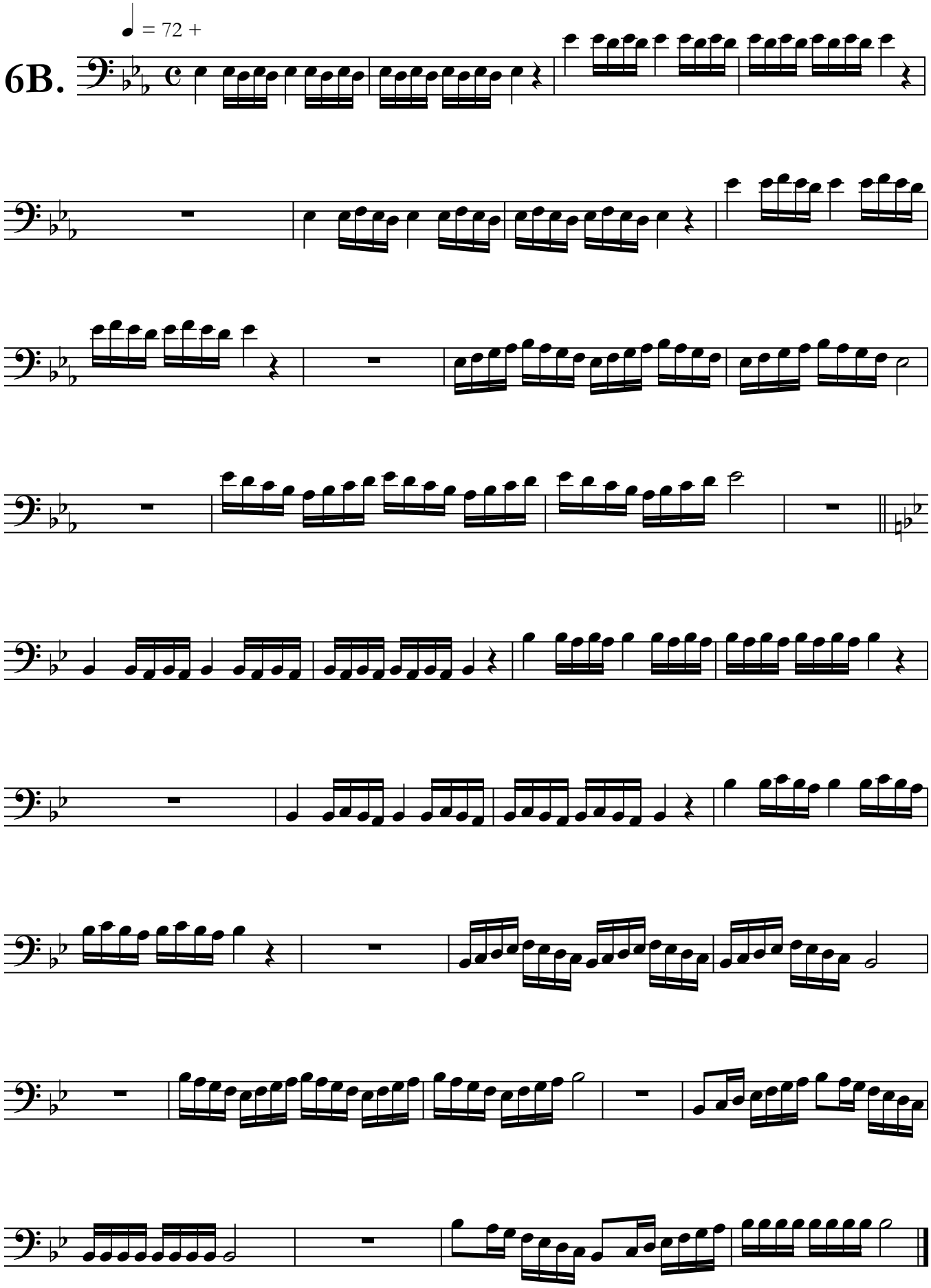

♩ = 80
2.
p f p
p f p
p f p
p f p
p f p
p f p
p f p
p f p

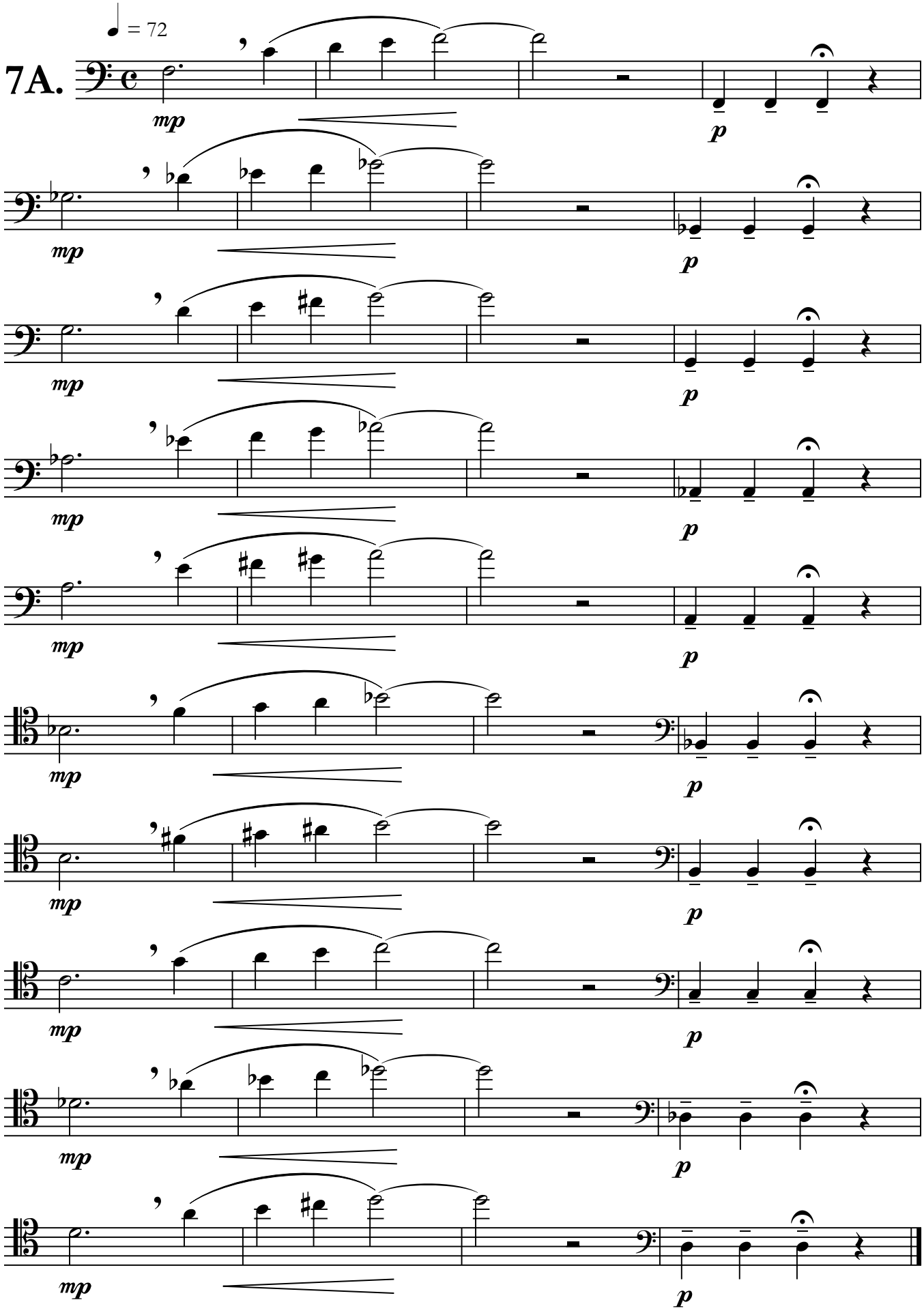

♩ = 72 +
3A.
Continue pattern in each position
2
7
6
Continue pattern in each position
2
3
Continue pattern in each position
2
7
3
Continue pattern in each position
6
3
Continue pattern in each position


3B.
♩ = 72 +
3
Continue pattern
4
5
6 or V1
7 or V♭2
Advanced Players: Continue pattern
through all valve positions
4.
♩ = 72
No Breath
f
subito p
f
p
f
p
f
p

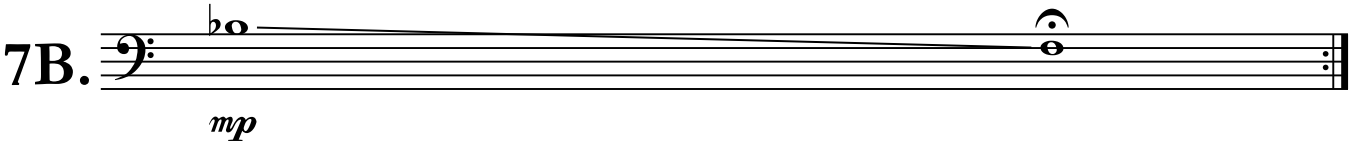
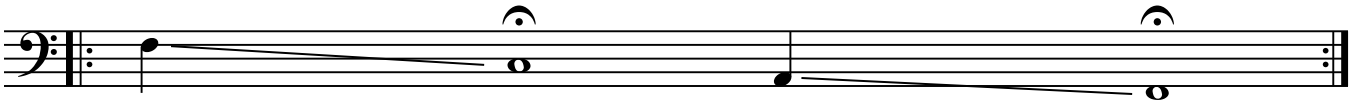
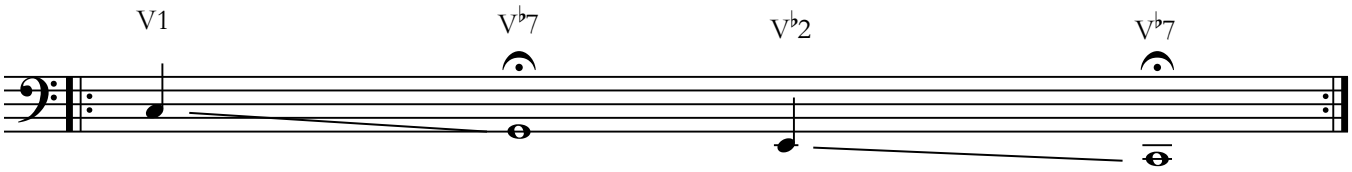
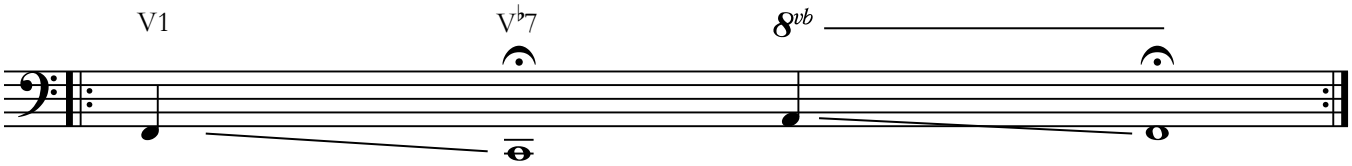
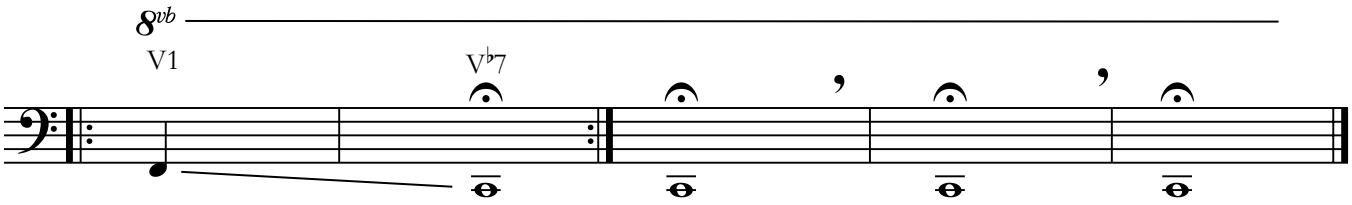

♩ = 72
Strive for **Maximum Resonance with Minimum Effort**
5.
f
V♯5
6
V1
6
6
7
V♭7
2
2
♩ = 80 +
6A.


Sempre Tenuto
2


6B.
♩ = 72 +


7A.
♩ = 72
mp
p

No Metronome

Play the lower smears faster in order to make the phrases comfortably in one breath

7B.