

Warm-Up and Daily Drills #2

Big Twelve Trombone Conference/ OU Trombone Day 2021

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Like my previous Warm-Up and Daily Drills package, this is a compilation of exercises that I learned over the years. Its purpose is to give a framework for daily fundamental work: (1) Stretches and Air; (2) Sound and Slow Slurs; (3) Tunes; (4) Flexibility; (5) Range; (6) Scales and Articulation; and (7) Cool Down. Use caution, adapt the routine to your needs, and follow your teacher's advice.

The three guiding principles are:

1. Have a clear idea of how you want to sound and strive for it always.
2. Start from a total point of comfort and gradually stretch yourself out of it.
3. play everything with musical intent

Metronome is required unless otherwise marked. Let's get to work!

Stretches and Air:

- 1) I highly recommend simple body stretches to prepare your body and mind for a long day of playing. Strive for relaxation and good posture.
- 2) Do simple blowing exercises focusing on the outward flow of air. Let the airflow out of your body free and relaxed.

Express Glissandi:

In this version, I only go down the low tessitura of the horn. Start with the easiest note for you in the first position; tuning B \flat is my preferred one. Start on your most comfortable note.

#1
Slowly, in free time

Paulo R. da Silva / Per Breving

V
V6
V

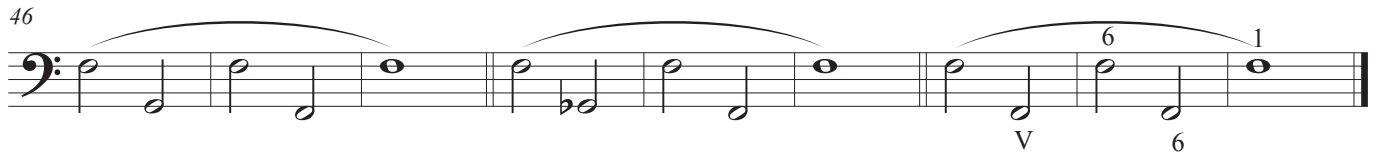
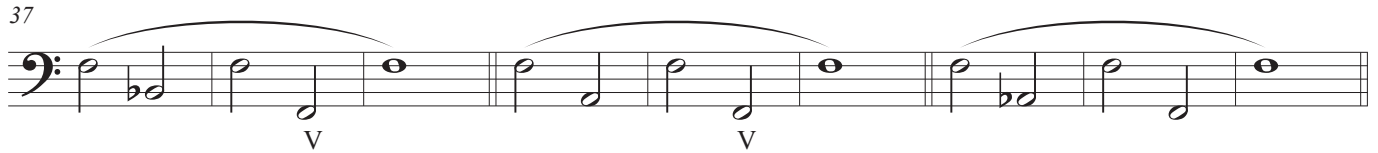
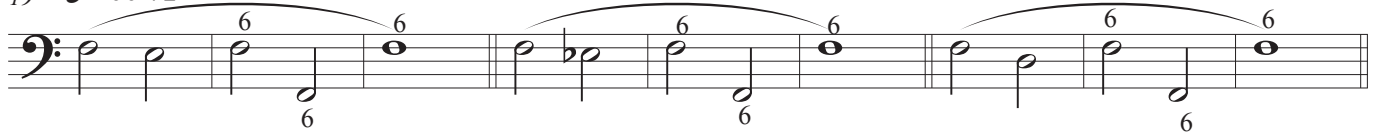
Sound and Slow Slurs:

Strive for a beautiful, full, and resonant tone. Play at a comfortable dynamic.

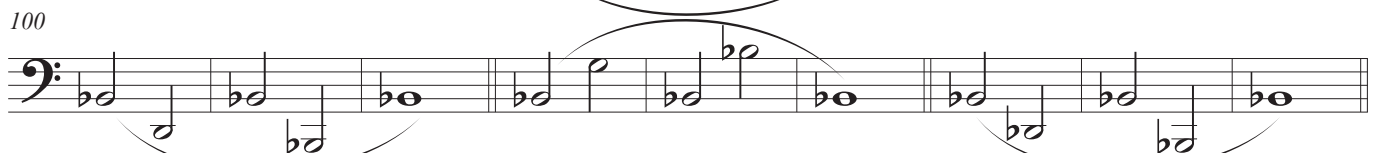
#2

Wagner Polistchuk

19 ♩ = 66-72



55 Take a short break



Strive for a smooth and liquid-like connection between partials.

#3
124

Joseph Alessi

Tunes:

#4

Jan Kagarice

Play simple melodies by ear in several keys and different octaves. Start in a comfortable range and expand it gradually in both directions. I suggest simple songful tunes such as: "Ode to Joy", "Mary Had a Little Lamb" and "Amazing Grace".

Flexibilities:

Strive for a smooth connection. Rhythmic integrity is paramount.

#5

138

#6

play 4x

Robert Marsteller

Musical notation for exercise #6, measures 152-170. The piece is in bass clef with a key signature of one flat (Bb) and a 9/8 time signature. It consists of four staves of music. The first three staves (measures 152-163) feature a rhythmic pattern of eighth and sixteenth notes with slurs and repeat signs. The fourth staff (measures 170-171) shows a change in rhythm and a 4/4 time signature.

#7

Variation on Remington / Alessi

Musical notation for exercise #7, measures 175-183. The piece is in bass clef with a key signature of one flat (Bb) and a 4/4 time signature. It consists of six staves of music. The first staff (measures 175-176) shows a rhythmic pattern of eighth notes with slurs. The subsequent staves (measures 177-183) continue this pattern with various slurs and repeat signs.

Warm-Up and Daily Drills

185

187

189

191

193

195

197

199

#8 Optional:

♩ = 70

201

205

209

213

217

221

225

Range:

Stretch your range in both directions. Always strive for beautiful tone.

#9

In comfortable tempo without metronome.

Charles Vernon

229

V2

232

V

235

238

241

244

247

250

Continue up if comfortable

Scales and Articulation

One may choose only a few scales a day. Vary articulations, dynamics, and style.

#10

253

257

261

Cool-Down:

Focus on beautiful, soft, centered, and easy sound.

264

268