Borges Warm-Up and Daily Drills #3

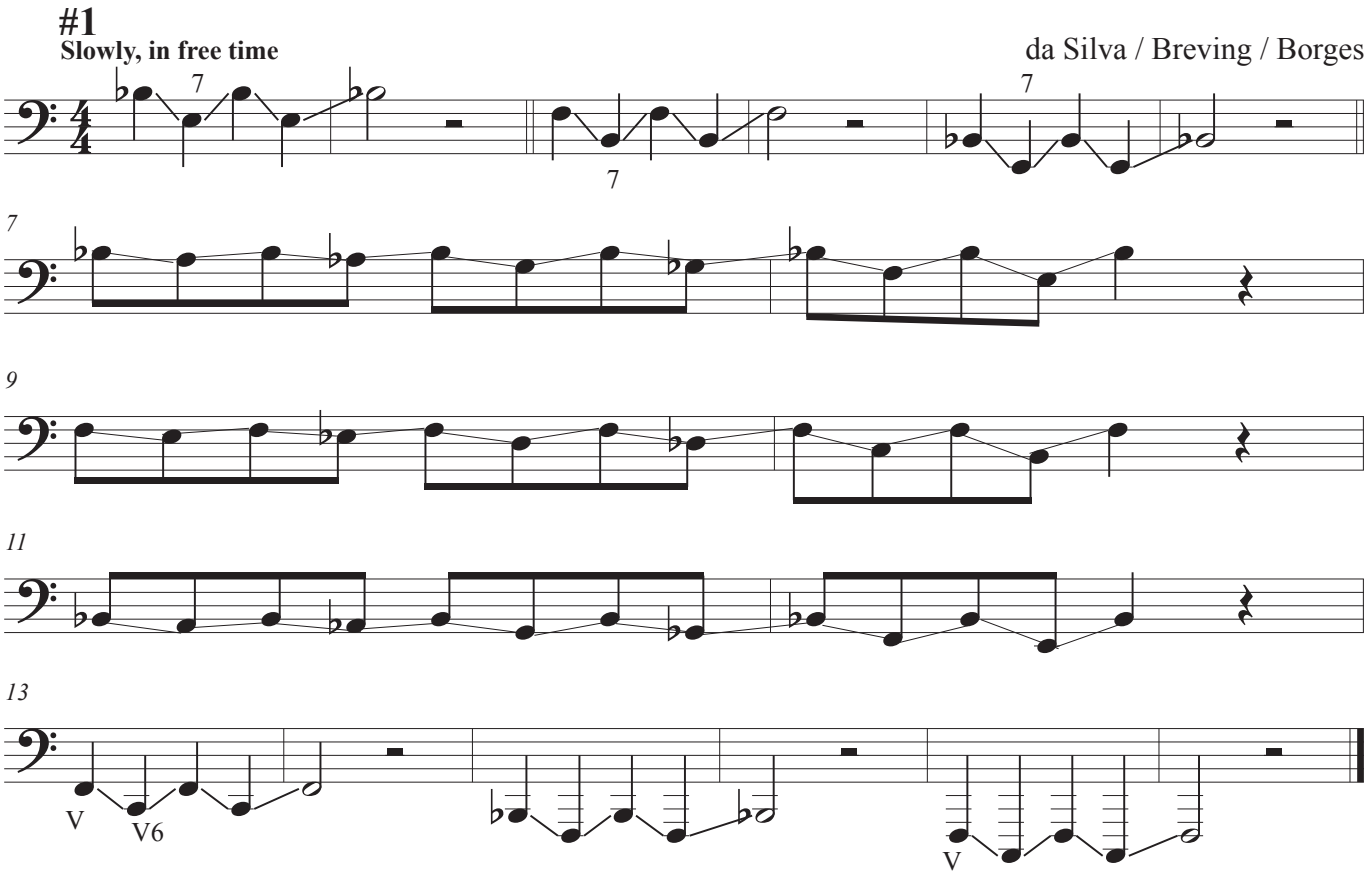
International Trombone Festival 2021
Dr. Lucas Borges
Ohio University

Like my previous Warm-Up and Daily Drills packages, this is a compilation of exercises that I learned over the years. It reflects some of my short and long-term goals as I aim to maintain and develop specific skills. The following topics frame it: (1) Stretches and Air; (2) Sound and Slow Slurs; (3) Tunes; (4) Flexibility; (5) Range; (6) Intervals, (7) Scales and Articulation; and (8) Cool Down. Please use caution, adapt the routine to your needs, and follow your teacher's advice. Finally, I highly recommend using a metronome in all exercises unless otherwise marked.

My three guiding principles to practicing 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

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:
Start with the easiest note for you in the first position; tunning Bb is my preferred one. Start on your most comfortable note.



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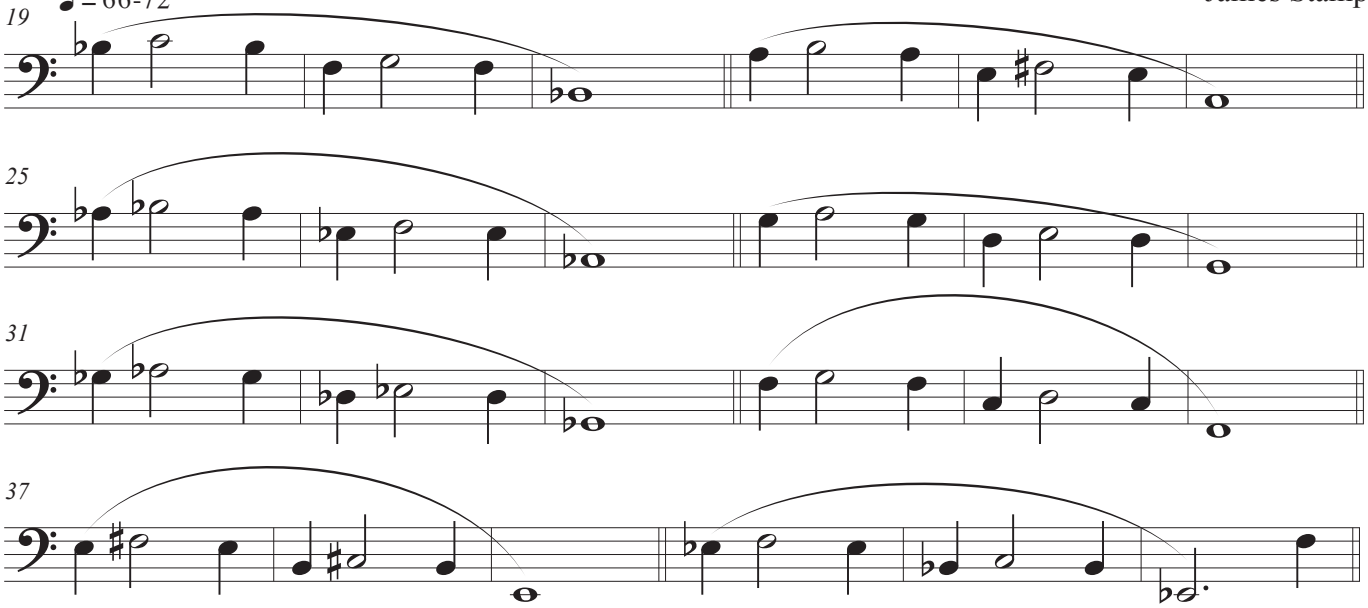
Sound and Slow Slurs:

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

#2

♩ = 66-72

James Stamp

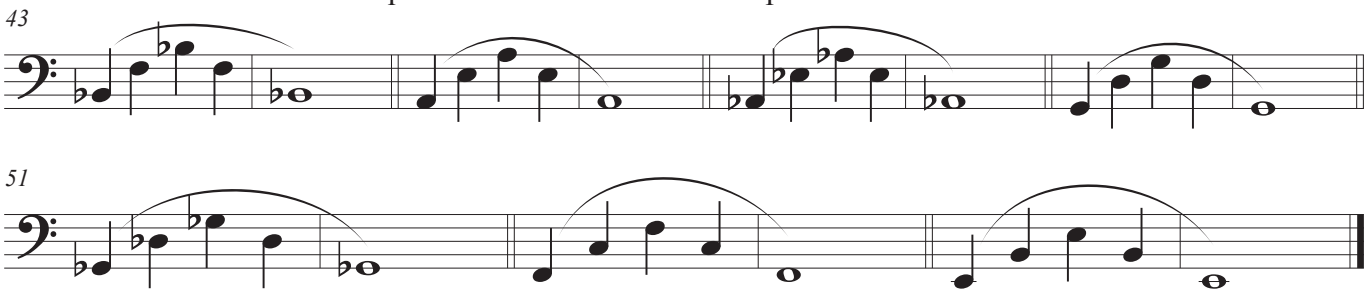


#3

3 note slurs

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

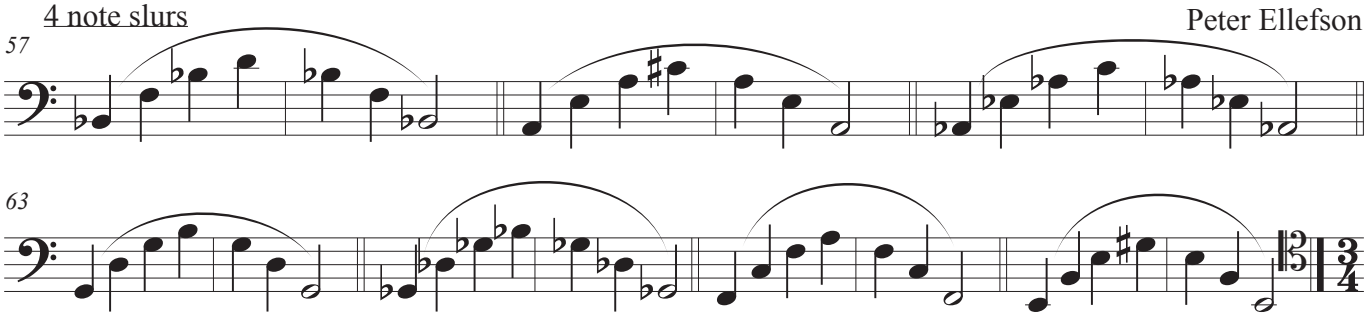
Peter Ellefson



#4

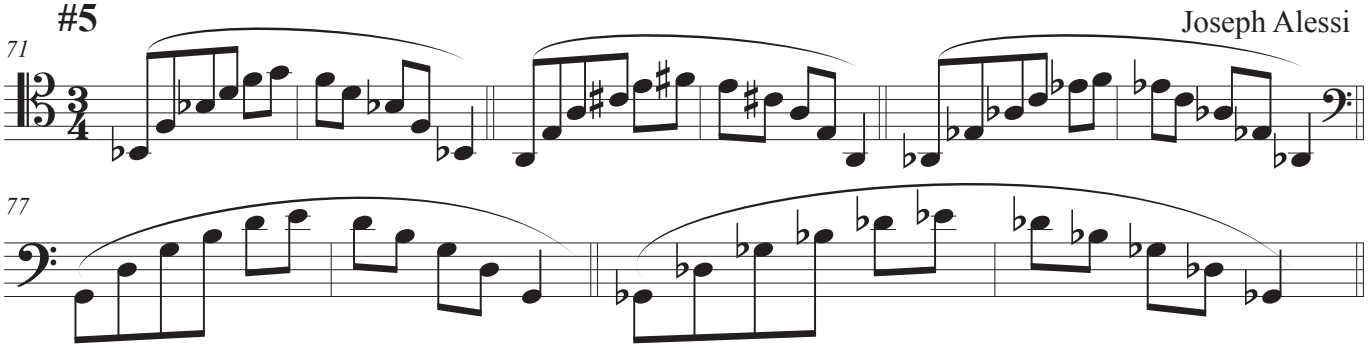
4 note slurs

Peter Ellefson



#5

Joseph Alessi



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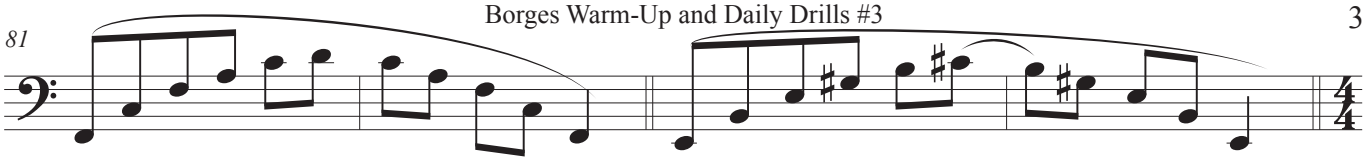


Tunes:

#6

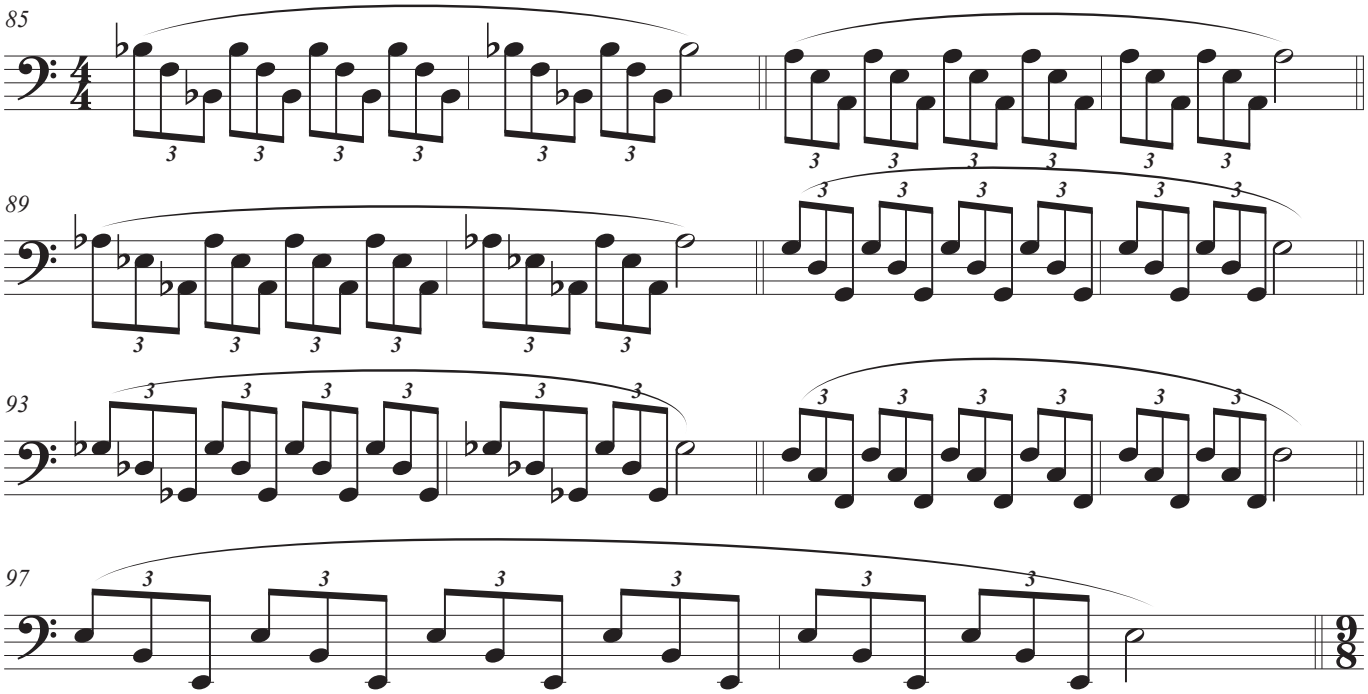
Jan Kagarice

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".

#7

Flexibilities:

Strive for a smooth connection. Rhythmic integrity is paramount.



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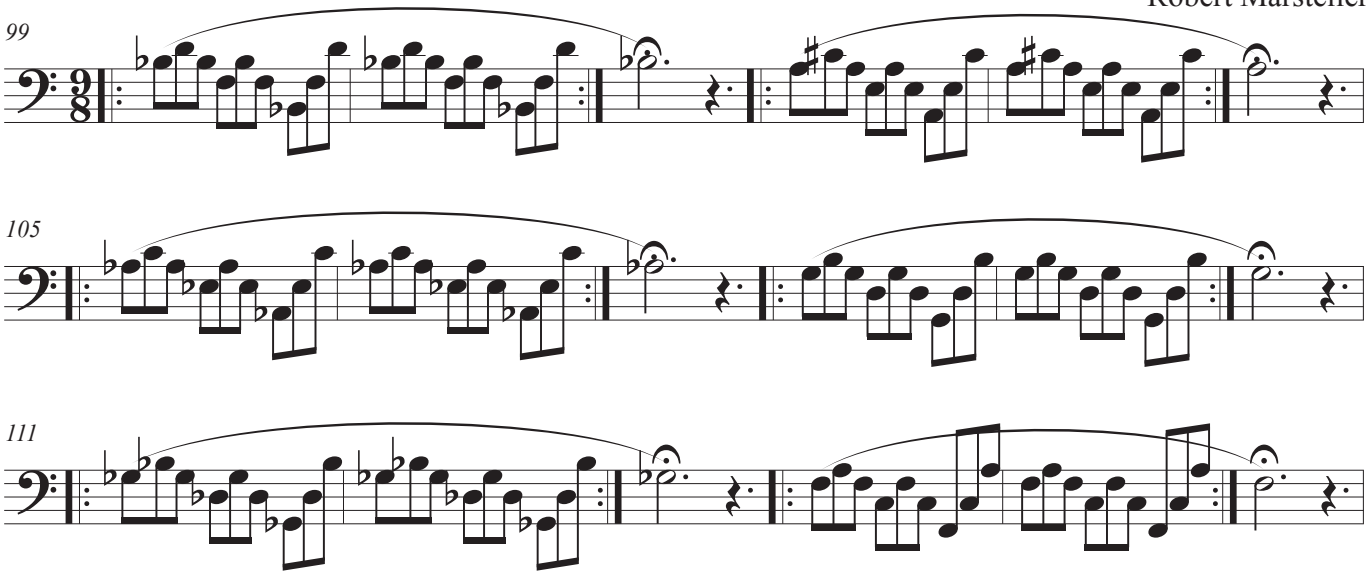
Robert Marsteller



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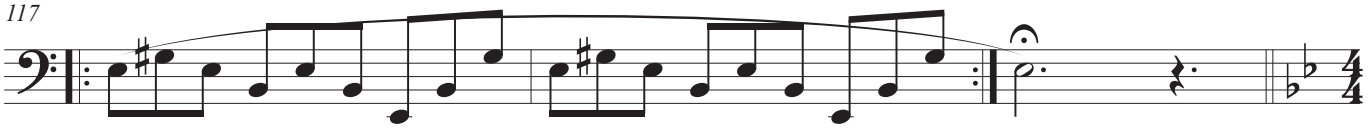
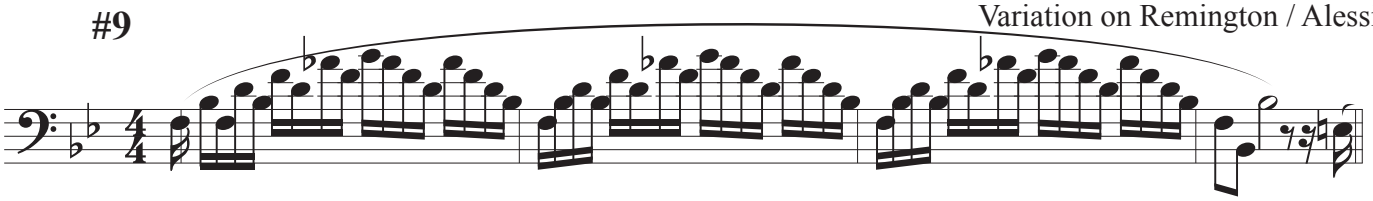


#9 Variation on Remington / Alessi



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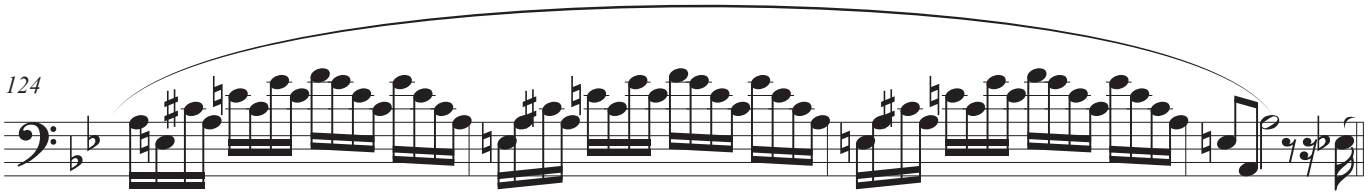

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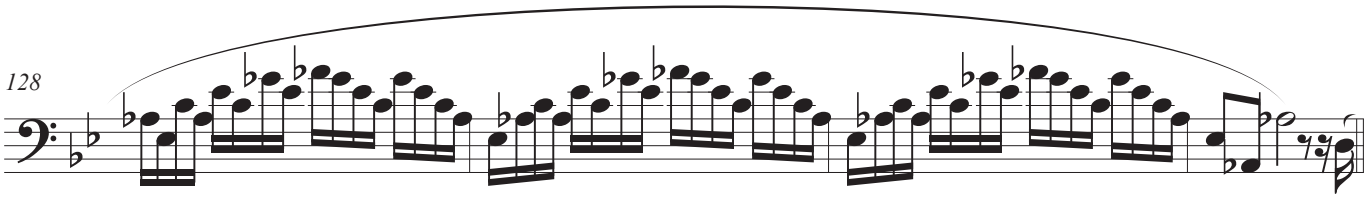

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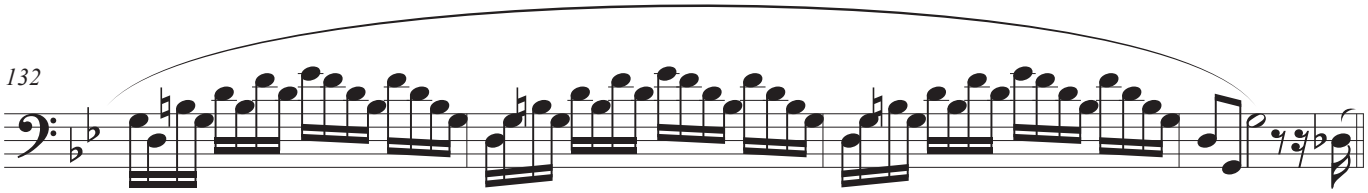

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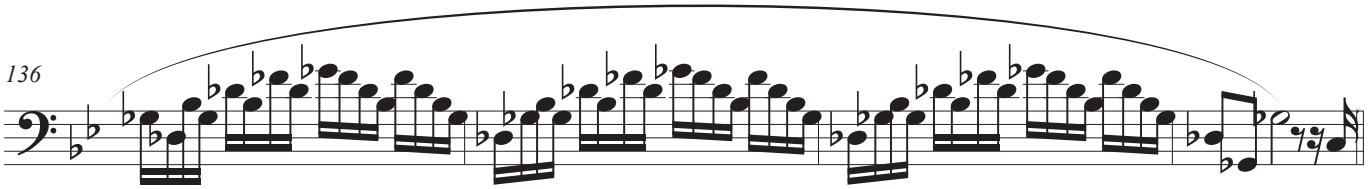

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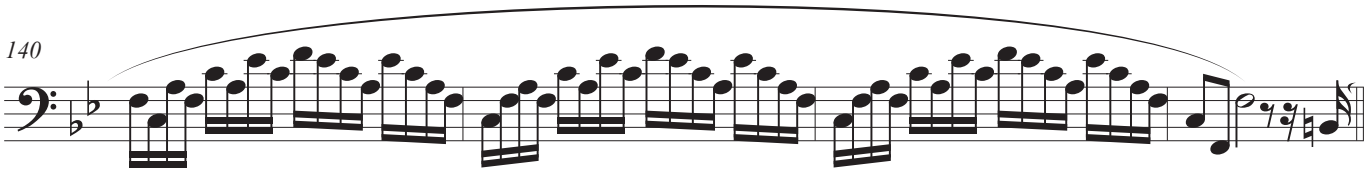

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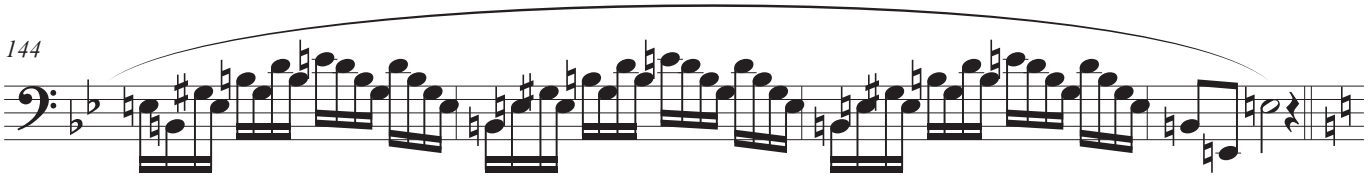

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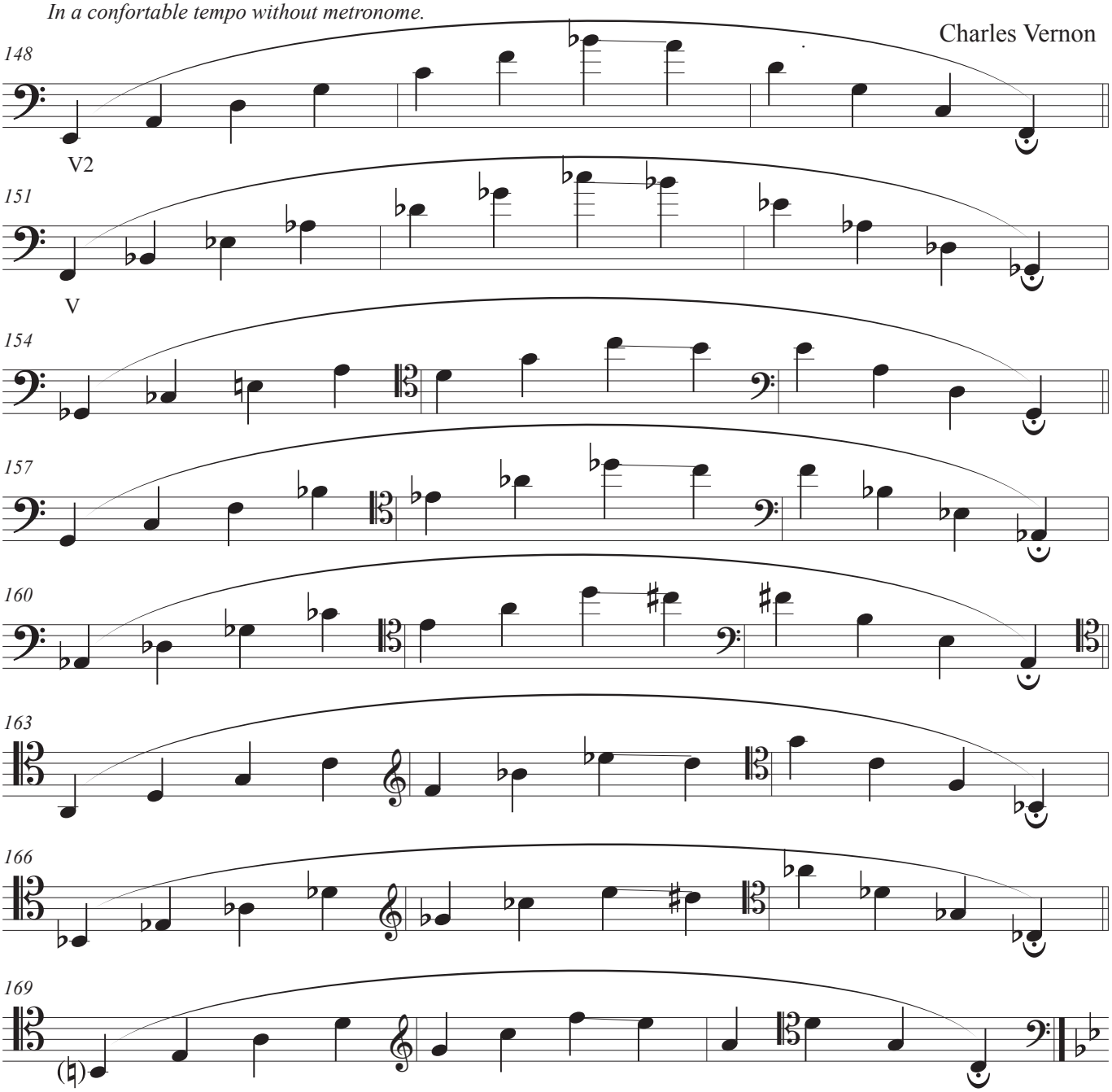
#10

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

In a confortable tempo without metronome.

Charles Vernon

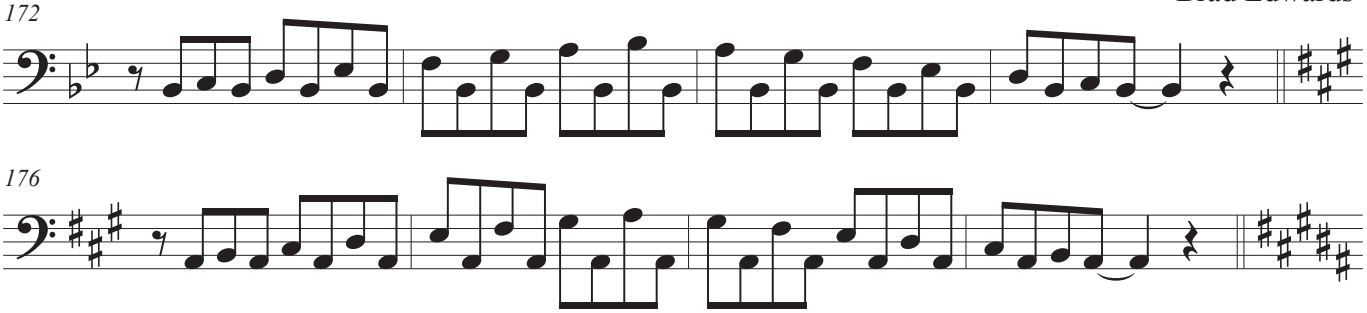


Continue up if comfortable

#11

Intervals: generally, I suggest playing detached notes to work on precise attacks.
I also recommend varying articulations styles and scales or modes.

Brad Edwards



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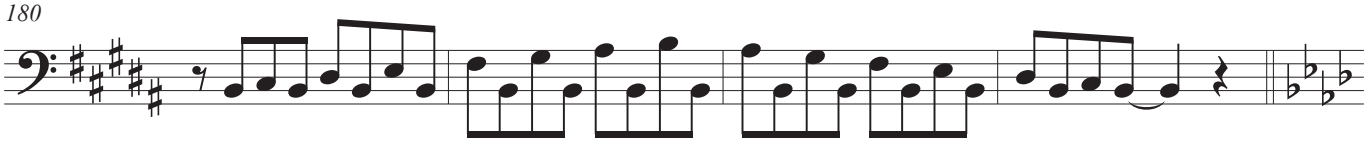

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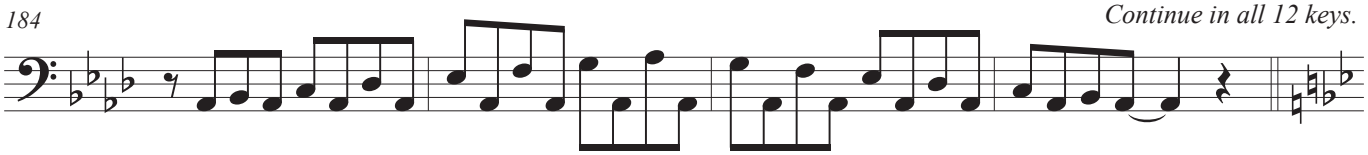


#12

Scales and Articulations:

Aim for clear and clean articulations.

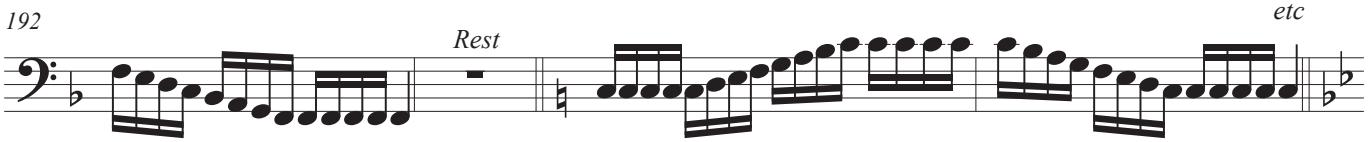
If you have the time, I reccomend doing each key twice, use single tongue and double tongue.

Start very slow gradually speed up as you move through the keys.

Jacques Mauger

188

192



#13

Cool Down:

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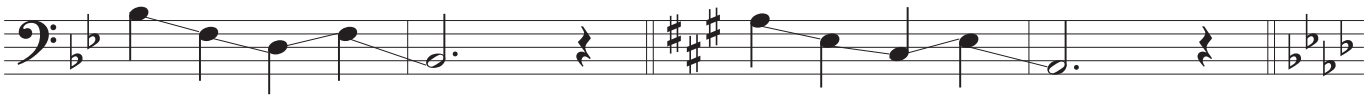

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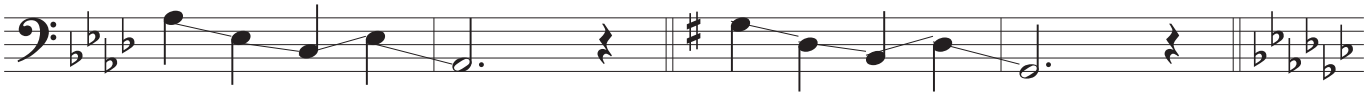

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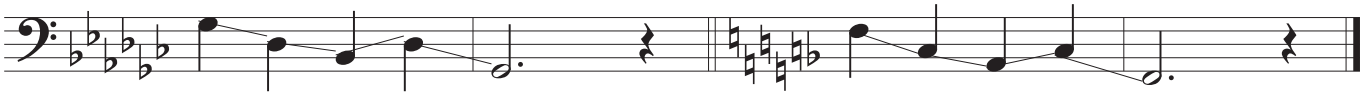

Continue chromatically down to your lowest note.