

# High Range Workout

For high school and college level players and amateurs  
High Range builder for Tenor Trombone

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**A**

4/4

*p*

6

11

and so on,  
up until:

15

**B** 22

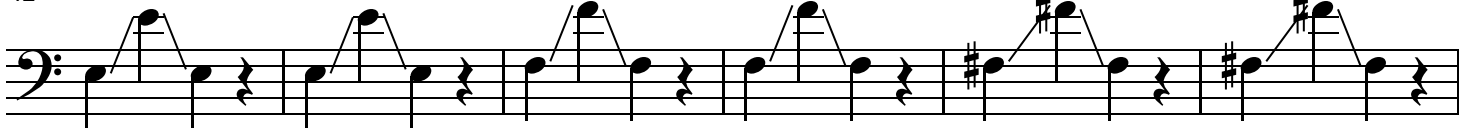
Glissandi: Don't go higher than is comfortable. It'll come with time. Keep the embouchure as still but focused as you can. Opt for constant air in the right shape over strength.

29

35

**C** Horn Rips: Try to keep the flex even. As loose as you can, without letting your corners stop 2 being firm. Only go as high as you can play relaxed with no pushing.

42



(2-7-2)

(1-6-1)

(5-5-5)

48

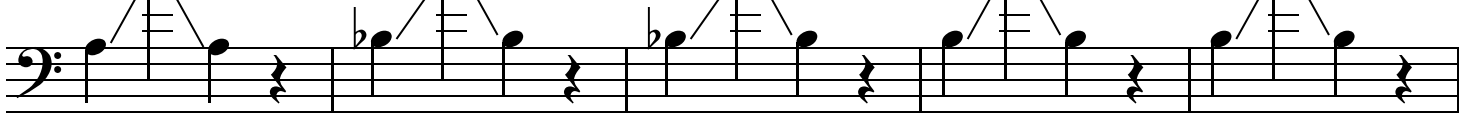


(4-4-4)

(3-7-3)

(2-6-2)

53



(1-5-1)

(4-7-4)

58

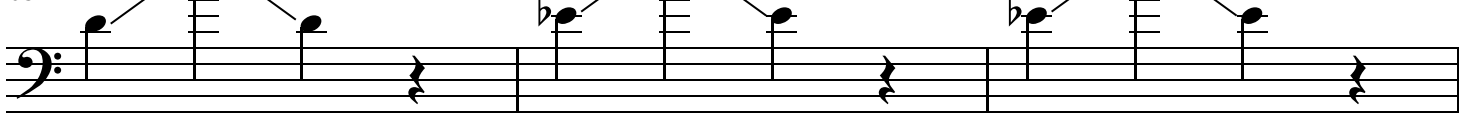


(3-6-3)

(2-5-2)

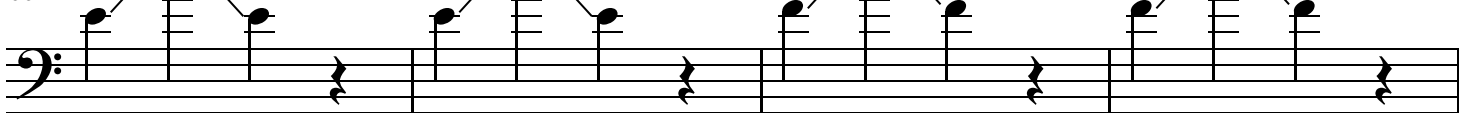
(1-4-1)

63



(3-3-3)

66



(2-7-2)

(1-6-1)

**D** Cool off Slurs: I do these as many times and as slow as I need to begin to let the muscles relax.

Keep your corners firm even descending on these.

70

Go lower if you'd like.

