

Alto Routine Level 1

I'm a college trombonist and I just bought my first alto. What is this. Help!

Do this everyday for 1 month. Don't play more than 30 min a day of alto for that first month. Remember, this is a different instrument, it's played with a slightly different setup, and your body needs to adjust.

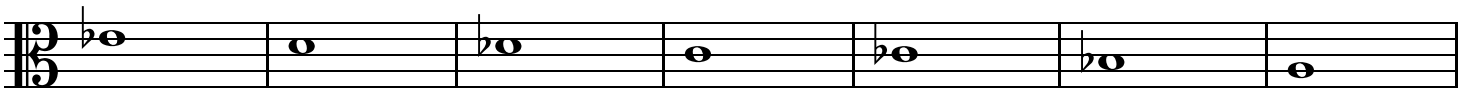
Alex Knutrud

A Long Tones: Don't let your cheeks puff at all. Keep the sustain, but fair thinner air column than you would on tenor.

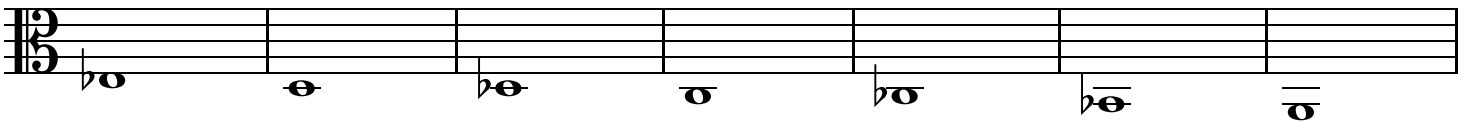


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B Partial Crossings I: Try and keep the corners from moving. A focused stream of air is helpful here.

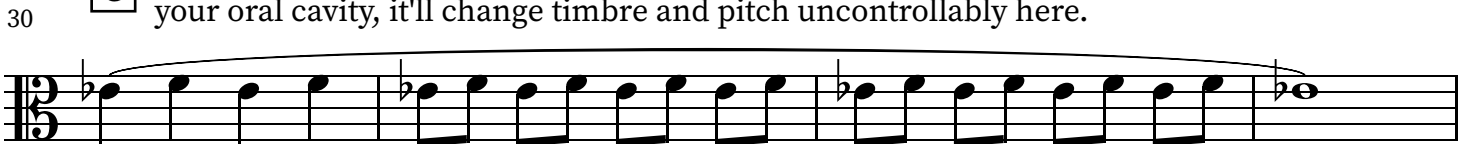
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C PreTrills: Don't go too fast. We want these to feel easy. On tenor, you may be interested in moving your oral cavity, but DON'T. Focus on even focused flow. On alto, if you change your oral cavity, it'll change timbre and pitch uncontrollably here.



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Final Long Tone Stretch: Use these as a 'cool down'. Nice and relaxed.

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