

Building Basics

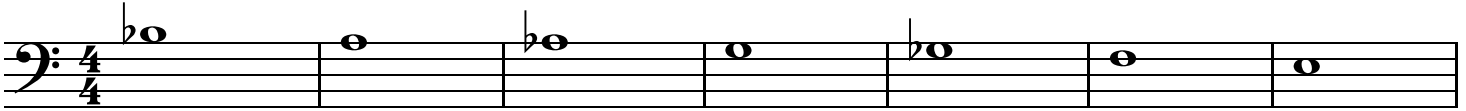
A technique routine for intermediate players.

Total time: 30 minutes per day

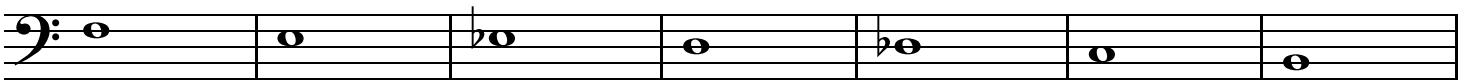
IF YOU DO THIS EVERY DAY YOU'LL IMPROVE VERY QUICKLY.

Compiled by Alex Knutrud

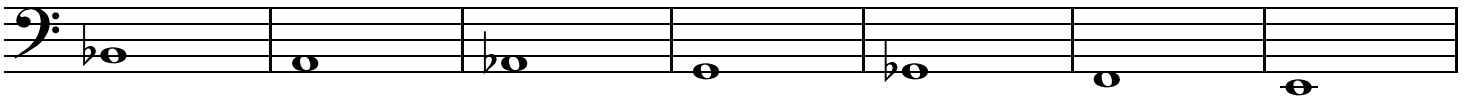
A Emory Remington Long Tones: Play each as still as possible. Don't Push the sound. Don't zone out. Ask yourself, "can I make this sound better if I relax a little?"



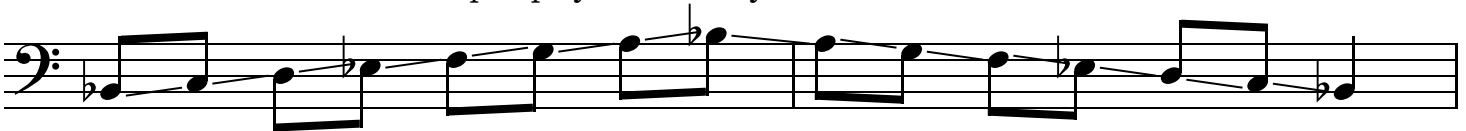
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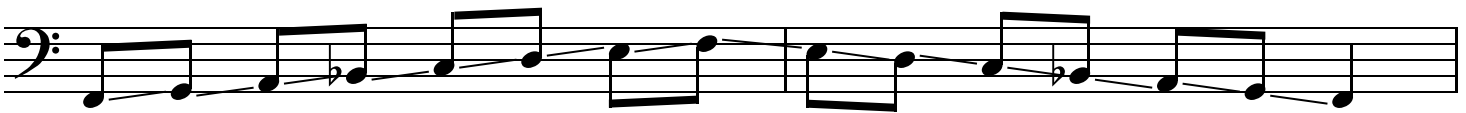
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B Gliss Scale Bb: Metronome at 40. NO TONGUE YET. Try and make it soupy and warm, but make sure your slide is moving with accuracy. If you have a drone app, put it on a Bb and turn the volume up to play with it. Play this 4 times.



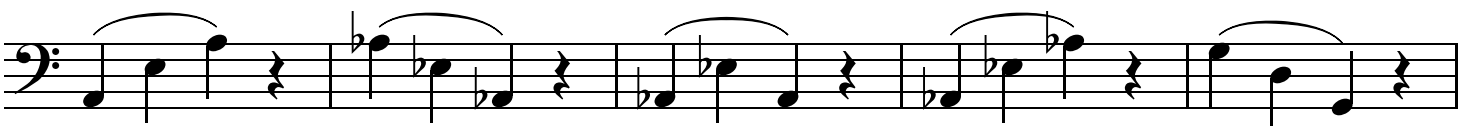
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C 3 Note Lip Slur Patterns: Metronome at 72. Keep the air moving, and try not to move your embouchure much here. Think of warm air as you dive down, and colder air as you climb up.



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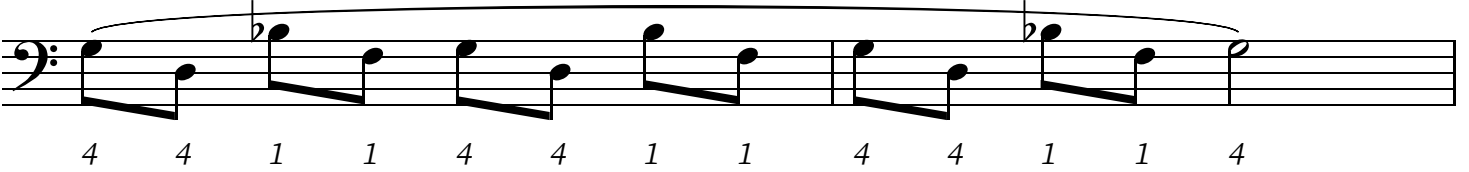


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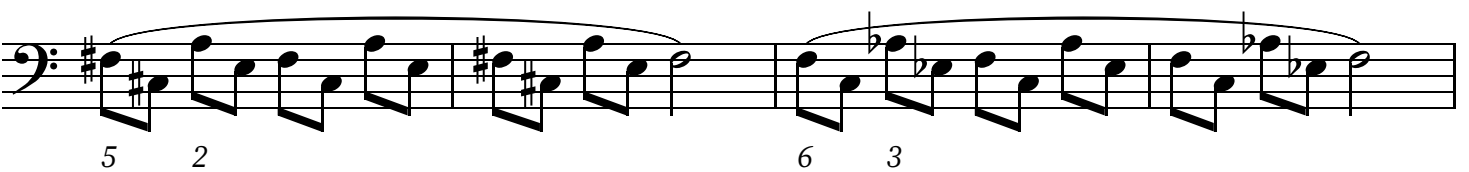


D Hexagon Slurs: Metronome at 60. These are a little faster. Keep the air flowing, and notice the slide pattern. Keep your right arm from getting tight! NO TONGUE.

47



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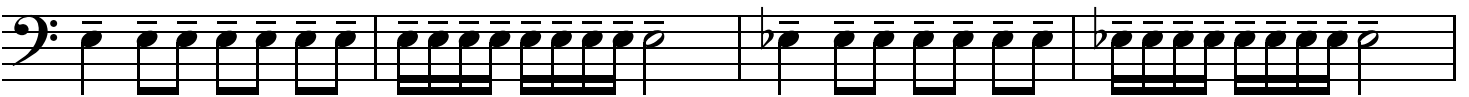


E Tongue Blaster: Metronome at 72. Keep the air flowing around the tongue. Don't completely stop the air with the tongue, let the tongue 'dance' on the air stream. Think 'Dah'.

53



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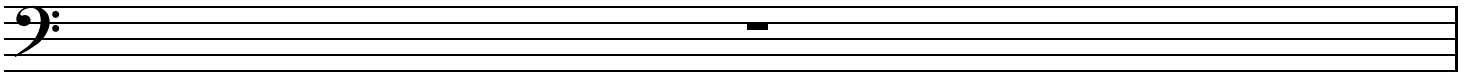
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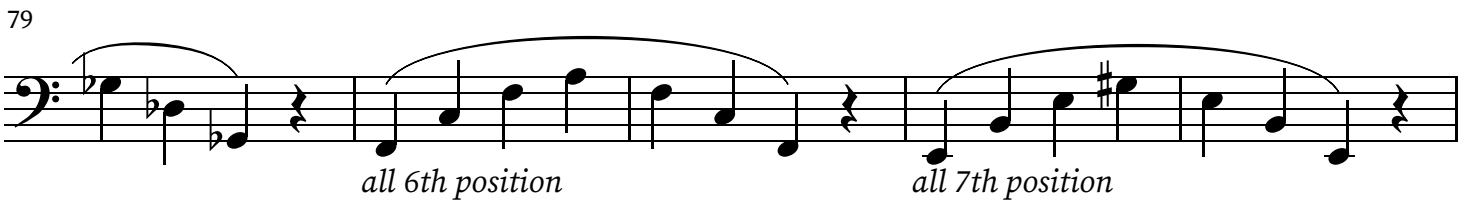
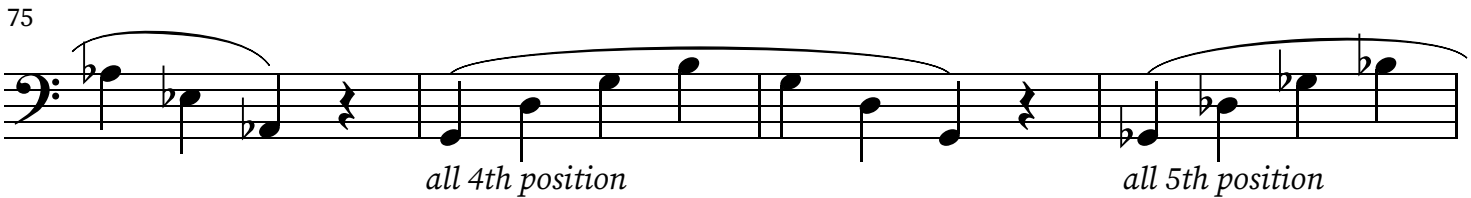


Now step away from the trombone and rest for 5 minutes. Get a glass of water, check your phone, etc.

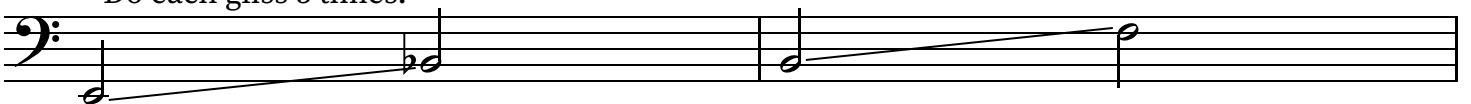
69 Letting your mind wander is an important part of this process. Then, focus back in. Here we go.



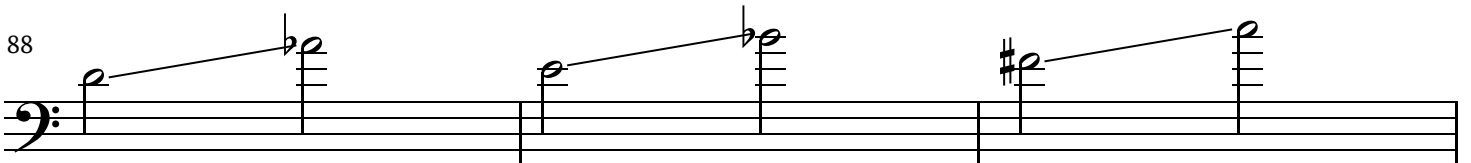
70 **F** 4 Note Slurs: Metronome at 72. These are designed to start building range. Keep the air smooth NO TONGUE. Try to get the same kind of sound on the top and bottom notes of each slur.



84 **G** Power Glisses: Do these slowly. Keep the sound warm. Try and see how slow you can move the slide so that your whole breath is used up from 7th to 1st position each time. Do each gliss 3 times.



BONUS: If you can, here are the extensions. Go slow still, DONT PUSH. Keep your corners on your embouchure locked and tucked! No smiling during these! Again, all 7th-1st position.



H Facial Icebath: Metronome at 72. After all that high playing, this is a great exercise to help cool off and relax the muscles. Do this without pushing, and try to keep everything loose. If you have an F attachment valve, continue lower. 4

91

Musical staff 1: Bass clef, 9 measures of half notes. Dynamic markings: *ff*, *f*, *mf*, *p*, *ff*, *f*, *mf*, *p*, *ff*.

100

Musical staff 2: Bass clef, 8 measures of half notes. Dynamic markings: *f*, *mf*, *p*, *ff*, *f*, *mf*, *p*, *ff*.

108

Musical staff 3: Bass clef, 7 measures of half notes. Dynamic markings: *f*, *mf*, *p*, *ff*, *f*, *mf*, *p*.

115

Musical staff 4: Bass clef, empty staff with a bar line.

Nice job. That was probably a ton of work and concentration you've just finished. Take a second to oil your slide up, and pack the horn up. Drink more water, and give your brain a break!