Daily Routine and Scales for Tenor Trombone, Level 1

Note: This routine should be preceded by breathing and mouthpiece buzzing exercises.

1. Long Tones \( \text{~d~} \) 60-120

2. Lip Slurs \( \text{~d~} \) 60-120

3. Lip Slurs \( \text{~d~} \) 60-120

4. Tonguing \( \text{~d~} \) 60-120 *Try using different scales for this exercise, not just B-flat.
5. Scales \( \frac{\text{d}}{\text{b}} = 60-120 \)

B-flat

A-flat

C

E-flat

F (Two Octaves!)

D-flat

G

G-flat

D

A

E

B

Chromatic (Two Octaves!)