Daily Routine for Tenor Trombone, Level 2

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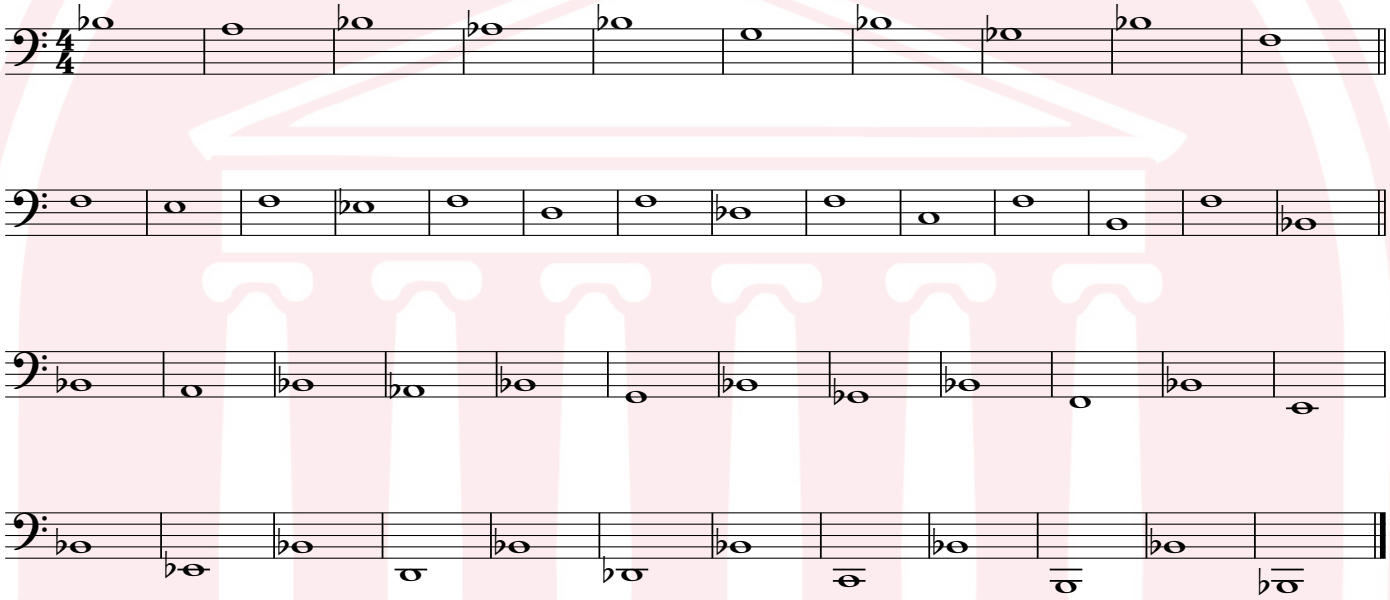
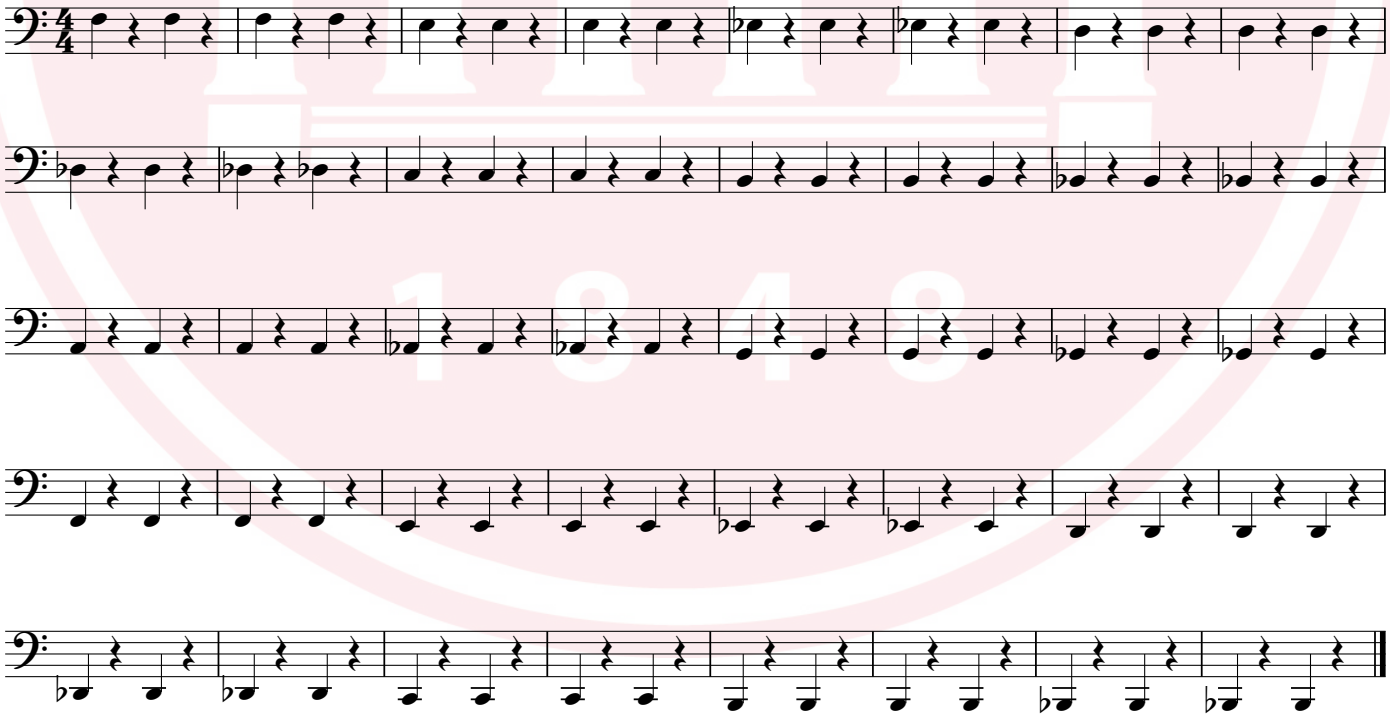
This routine should be preceded by appropriate breathing and buzzing exercises.

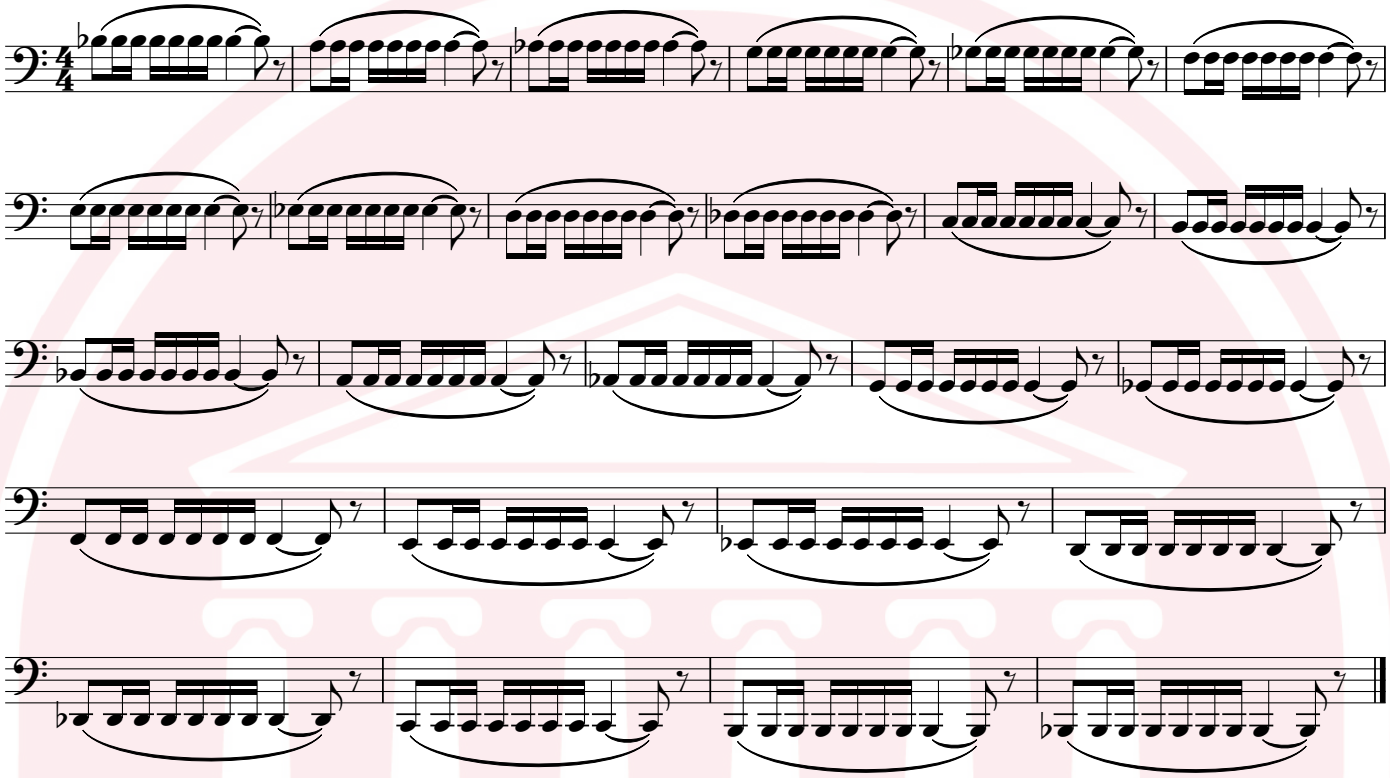
1. Long Tones ♩ = 60-120



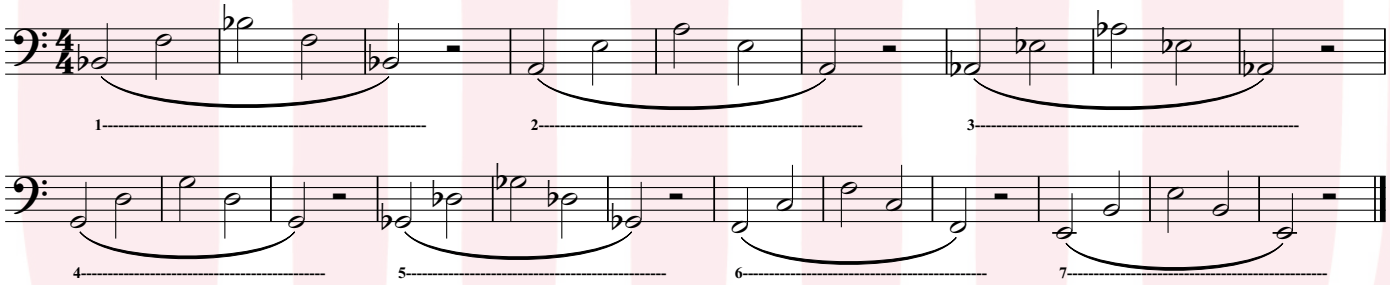
2. Separated Quarter Notes ♩ = 60-120



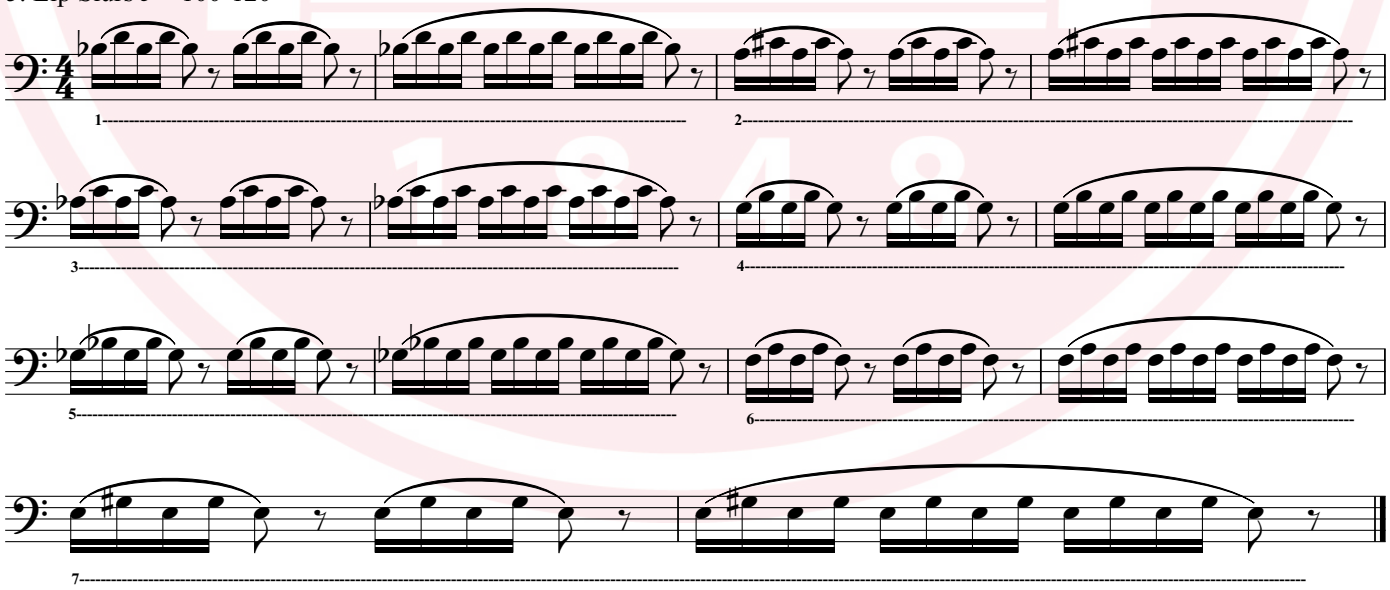
3. Legato Tonguing ♩ = 100-120



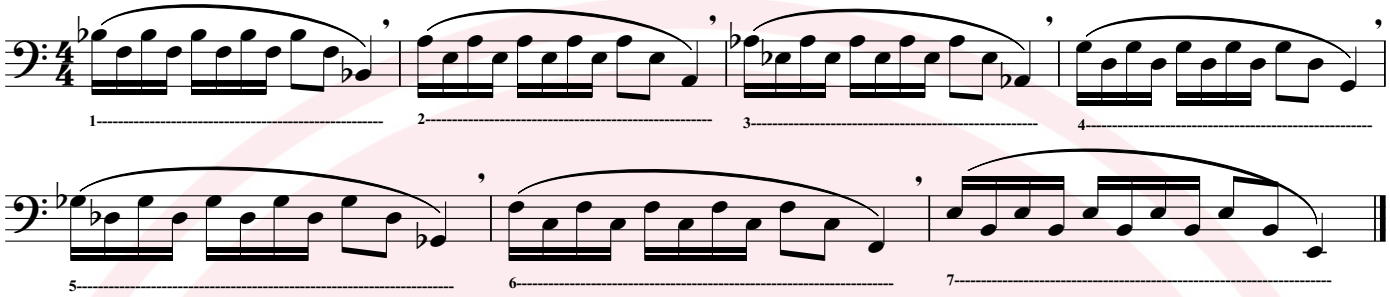
4. Lip Slurs ♩ = 60-120



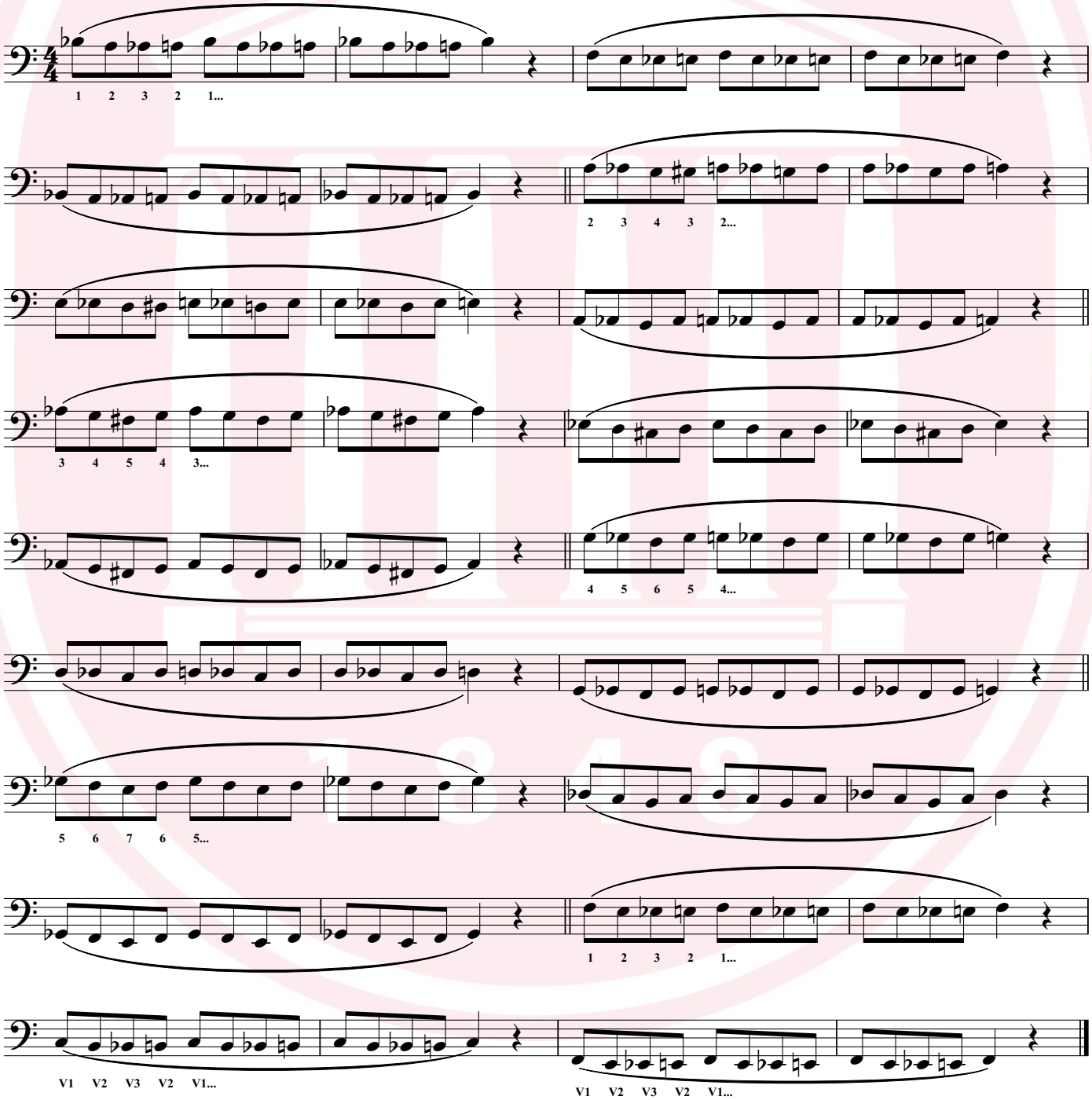
5. Lip Slurs ♩ = 100-120+



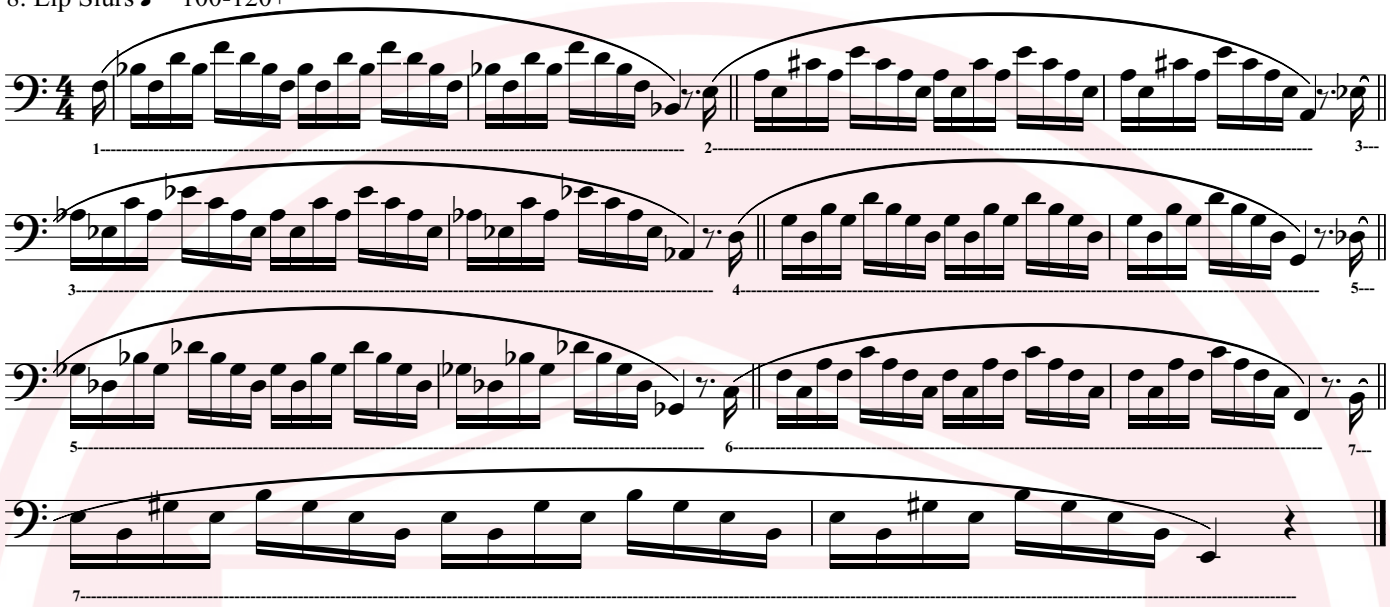
6. Lip Slurs ♩ = 100-120+



7. Legato Tonguing/Tuning ♩ = 60-120

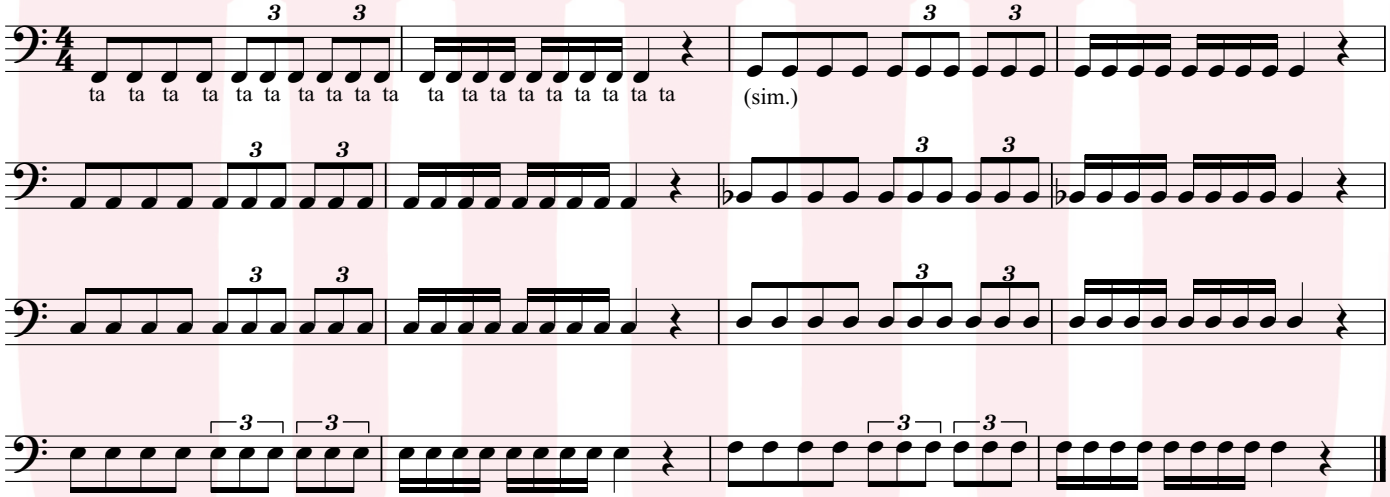


8. Lip Slurs ♩ = 100-120+



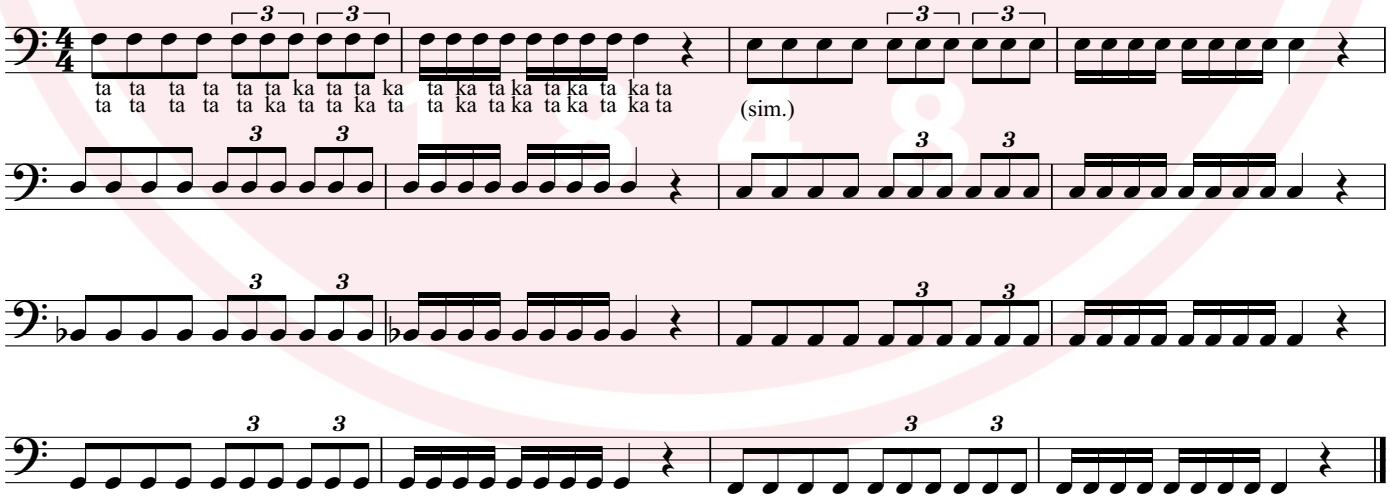
It is recommended that exercises 9-10 be played in a different key each day, and in different octaves.

9. Tonguing Speed: Single Tonguing ♩ = 100-150+



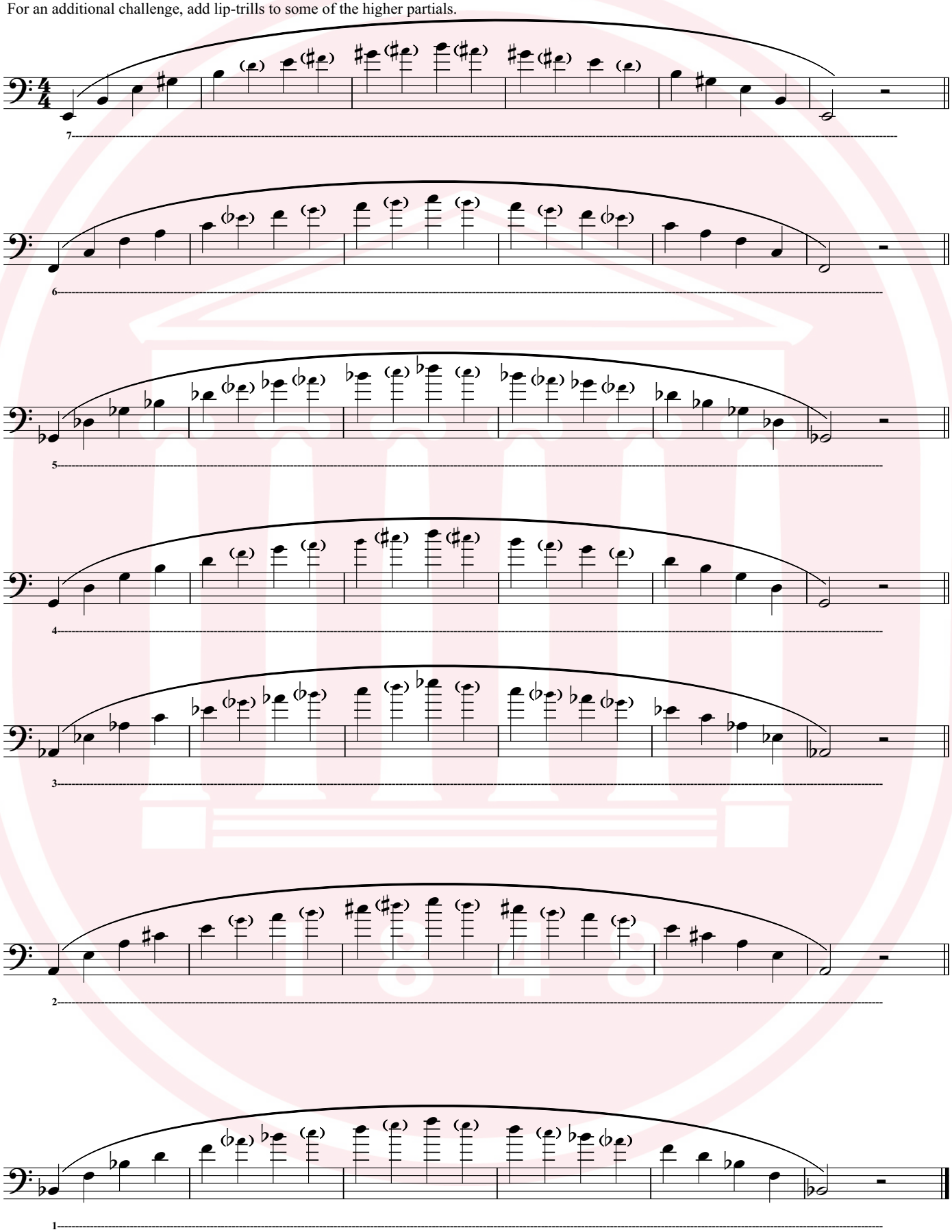
Either of the triple tonguing patterns can be used in exercise 10. Even better, practice *both* patterns!

10. Tonguing Speed: Multiple Tonguing ♩ = 140-250+

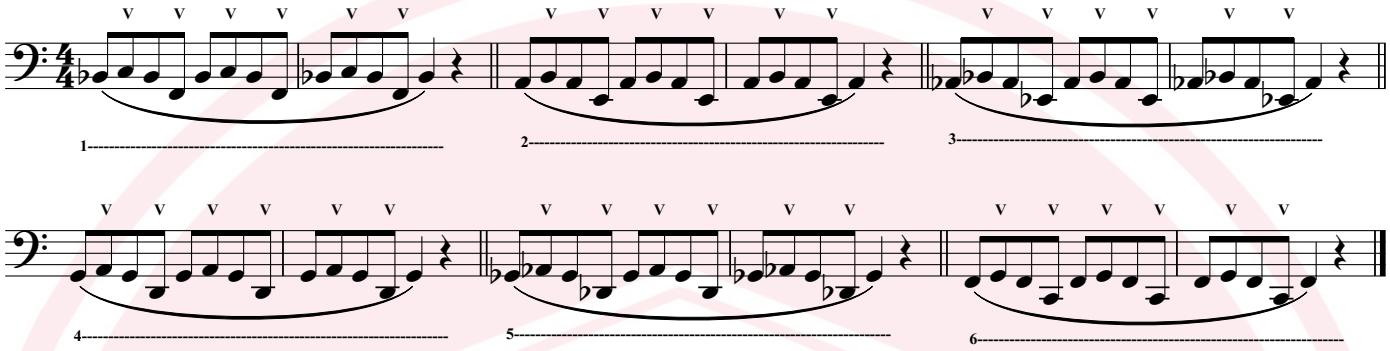


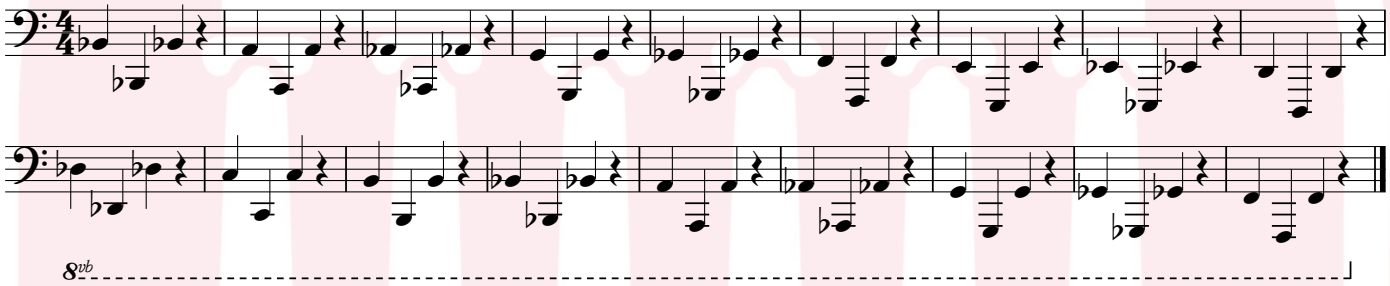
11. Upper Range Extension: Harmonic Series Slurs ♩ = 60-120

If you cannot yet reach the highest notes, go as high as you can, extending past your "comfort zone" but not to the point of pain, and continuing to try and reach higher. You are welcome to attempt higher notes and to include or exclude the "non-chord tones" (smaller, in parentheses) at your discretion. For an additional challenge, add lip-trills to some of the higher partials.



12. Low Range/F-Attachment Tuning and Placement ♩ = 60-90



13.Low Range Extension: Pedal Tones ♩ = 60-90

As with the high range extension exercise, keep trying to reach lower. The lowest notes written here are "false tones" and will not sound very good. Practicing them as an exercise is nevertheless helpful and relaxing.