Daily Routine for Bass Trombone, Level 2

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

1. Long Tones $= 60-120$

2. Separated Quarter Notes $= 60-120$
3. Legato Tonguing \( \frac{\text{Tempo}}{\text{Crotchet}} \) = 100-120

4. Lip Slurs \( \frac{\text{Tempo}}{\text{Crotchet}} \) = 60-120

5. Lip Slurs \( \frac{\text{Tempo}}{\text{Crotchet}} \) = 100-120+

Daily Routine for Bass Trombone, Level 2 (Everett)
6. Lip Slurs  = 100-120+

7. Legato Tonguing/Tuning  = 60-120  Note: Slur markings have been removed to reduce crowding, but a legato articulation is preferred.
Daily Routine for Bass Trombone, Level 2 (Everett)

8. Lip Slurs \( \text{\( \downarrow \)} = 100-120+ \\

9. Tonguing Speed: Single Tonguing \( \downarrow = 100-150+ \\

Note: It is recommended that exercises 9-10 be played in a different key each day, and in different octaves. F Major is used here only as an example.

10. Tonguing Speed: Multiple Tonguing \( \downarrow = 140-250+ \\

Note: Either of the triple tonguing patterns can be used in exercise 10. Even better, practice both patterns!
Note: 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 can add higher notes than written here and/or the "in-between" partials if you wish.

Daily Routine for Bass Trombone, Level 2 (Everett)
12. Low Range/F-, Gb,- and (combined) D-Attachment Tuning and Placement\(\uparrow\) = 60-90

13. Low Range Extension: Pedal Tones \(\uparrow\) = 60-90

Note: 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.