Daily Routine for Bass Trombone, Level 3

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

1. Long Tones $\frac{\text{dotted}}{\text{tempo}} = 60-120$

2. Separated Quarter Notes $\frac{\text{dotted}}{\text{tempo}} = 60-120$
3. Legato Tonguing $\frac{4}{4}$ = 100-120

4. Lip Slurs $\frac{4}{4}$ = 60-120

5. Lip Slurs $\frac{4}{4}$ = 100-120+
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.
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8. Lip Slurs $\frac{\triangle}{\triangle} = 100-120+$

9. Legato Tonguing/Tuning $\frac{\triangle}{\triangle} = 60-120$

10. Lip Slurs $\frac{\triangle}{\triangle} = 100-120+$
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Note: It is recommended that exercises 11-17 be played in a different key each day, and in different octaves. F Major is used here only as an example.

11. Breath Extension/Volume Control \( \frac{1}{4} \) = 60-120

12. Breath Extension \( \frac{1}{4} \) = 60-120

13. Breath Extension \( \frac{1}{4} \) = 60-120

14. Tonguing Speed: Single Tonguing \( \frac{1}{4} \) = 100-150+
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15. Tonguing Speed: Doodle Tonguing  \( \downarrow \) = 120-185+

16. Tonguing Speed: Multiple Tonguing 1  \( \downarrow \) = 140-250+
17. Tonguing Speed: Multiple Tonguing 2 \( \frac{1}{4} \) = 140-250+

18. Upper Range Extension: Harmonic Series Slurs \( \frac{1}{4} \) = 60-120
19. Upper Range Extension: Harmonic Series Slurs $\frac{\text{b}}{\text{b}} = 60-120$

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20. Lip Trills $\frac{1}{4} = 120-180+$
21. Harmonic Series Slurs/Lip Trills $\mathbf{\downarrow} = 60-120$

22. Lip Slurs $\mathbf{\downarrow} = 80-120+$
23. Upper Range Extension: "Against the Grain 'Rips'" $\frac{\text{q}}{\text{™}}$ = 60-80
Note: Try to have all of the partials sound as you "rip" from one note to the next in each group.

24. Upper Range Extension: Arpeggios $\frac{\text{q}}{\text{™}}$ = 60-90

25. Upper Range Extension: Legato Tonguing $\frac{\text{q}}{\text{™}}$ = 60-120
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26. Upper/Lower Range Extension: Octave Slurs  \( \downarrow = 60-90 \)

27. Low Range/F-Attachment Tuning and Placement  \( \downarrow = 60-90 \)

28. Low Range/F-, Gb-, and (combined) D-Attachment Tuning and Placement  \( \downarrow = 60-90 \)
29. Low Range Extension: Pedal Tones $\frac{1}{8} = 60-90$