Daily Routine and Scales for Tenor Trombone, Level 1

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

1. Long Tones $\frac{\text{quarter notes}}{} = 60-120$

2. Lip Slurs $\frac{\text{quarter notes}}{} = 60-120$

3. Lip Slurs $\frac{\text{quarter notes}}{} = 60-120$

4. Tonguing $\frac{\text{quarter notes}}{} = 60-120$ *Try using different scales for this exercise, not just B-flat.
5. Scales $\frac{1}{4}.h = 60-120$

B-flat

A-flat

C

E-flat

F (Two Octaves!)

D-flat

G

G-flat

D

A

E

B

Chromatic (Two Octaves!)