Daily Routine for Tenor Trombone, Level 2

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

1. Long Tones \( \frac{1}{4} = 60-120 \)

2. Separated Quarter Notes \( \frac{1}{4} = 60-120 \)
Daily Routine for Tenor Trombone, Level 2 (Everett)

3. Legato Tonguing \( \frac{d}{\text{beat}} = 100-120 \)

4. Lip Slurs \( \frac{d}{\text{beat}} = 60-120 \)

5. Lip Slurs \( \frac{d}{\text{beat}} = 100-120+ \)
6. Lip Slurs \( \frac{q}{\text{q}} = 100-120+ \\

\begin{align*}
1 & & 2 & & 3 & & 4 \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\end{align*}

7. Legato Tonguing/Tuning \( \frac{q}{\text{q}} = 60-120 \\

\begin{align*}
1 & - & 2 & - 3 & - 2 & - 1 & \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} & & \text{\textcolor{red}{b}b} \\
\end{align*}
8. Lip Slurs $\quad \frac{\ddot{a}}{\ddot{a}} = 100-120+$

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

9. Tonguing Speed: Single Tonguing $\quad \frac{\ddot{a}}{\ddot{a}} = 100-150+$

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

10. Tonguing Speed: Multiple Tonguing $\quad \frac{\ddot{a}}{\ddot{a}} = 140-250+$
11. Upper Range Extension: Harmonic Series Slurs \( \Delta = 60-120 \)

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.
12. Low Range/F-Attachment Tuning and Placement \( \frac{\text{\textdagger}}{\text{\textdagger}} = 60-90 \\

13. Low Range Extension: Pedal Tones \( \frac{\text{\textdagger}}{\text{\textdagger}} = 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.