Daily Mouthpiece Buzzing Routine
for Trombone and Euphonium B.C., Level 3

1. Descending Long Notes \( \frac{1}{4} \) = 60-80

2. Descending Arpeggios \( \frac{1}{4} \) = 60-80

3. "Remington" Half Notes \( \frac{1}{4} \) = 60-80

4. Ascending "Remington" Half Notes \( \frac{1}{4} \) = 60-80

5. Range Extension Glisses \( \frac{1}{4} \) = 60-80
6. Upper Range Extension \( \frac{3}{2} \) = 60-80

7. Descending Glisses \( \frac{3}{2} \) = 60-80

8. Descending Scales \( \frac{3}{2} \) = 60-80