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A Guide to Daily Maintenance

6

Intermediate

Nathan Dishman

A

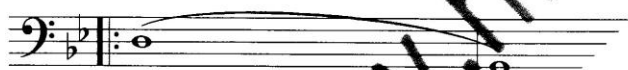
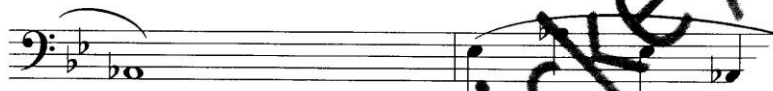
Long Tones

Mouthpiece Buzzing

1x- Play/record

2x- buzz with recording/use gliss.

Compare the waveform to the
example in Appendix 2



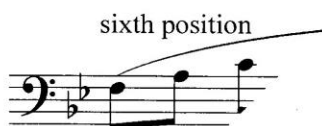
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Flexibility

C

♩ = 60



sc



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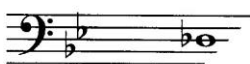
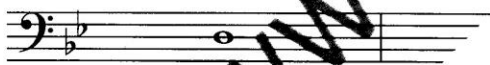
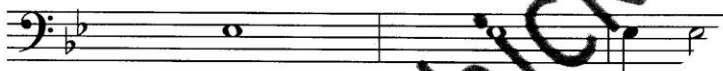
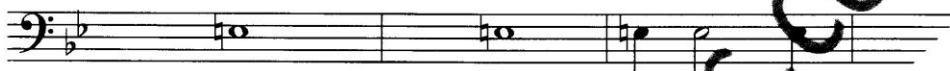
A Guide to Daily Maintenance

Advanced

Nathan Dishman

A

Long Tones

 $\bullet = 72$ 

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Advanced Flexibility

A

Record/Listen at half speed

$\text{♩} = 72$

optional rest



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Intonation

C

Play/record long tones

Slowly with metronome

Four staves of musical notation for exercise C. The first staff begins with a *ff* dynamic marking. Each staff contains four measures of long tones, with the pitch rising stepwise from B-flat to C. The final measure of each staff contains a fermata. A large diagonal watermark 'www.hickeys.com' is overlaid across the staves.

C1

Play with recorded example from above

Four staves of musical notation for exercise C1. The first staff begins with a *f* dynamic marking. The notation includes quarter notes, eighth notes, and a slur over a pair of eighth notes, indicating a more complex rhythmic pattern than the long tones in exercise C. The final measure of each staff contains a fermata. A large diagonal watermark 'www.hickeys.com' is overlaid across the staves.

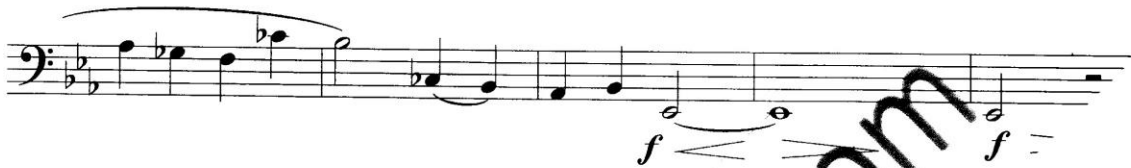
Orchestral Excerpts

B

Bass
Record

♩ = 52

Schumann, Symphony No. 3



Trombone II
Record



Trombone I
Record



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Part II

OTHER MAINTENANCE RESOURCE MATERIALS

The trombonist is encouraged to try other daily routines and warm-up exercises currently on the market. The hope is that the player will find a set of exercises that works most efficiently. Part II of the *Guide to Daily Maintenance for Trombone* provides a description of selected texts that are currently available for purchase. In addition, several exercises, thoughts, and ideas have been included from professionals from around the country. The collection of much of this information took place at the Alessi Seminar V, held in August of 2007 in Albuquerque, New Mexico.

PUBLISHED MATERIALS

Davis, Michael. *15 Minute Warm-Up Routine*. New York City: Hip-Bond Music, 1997.

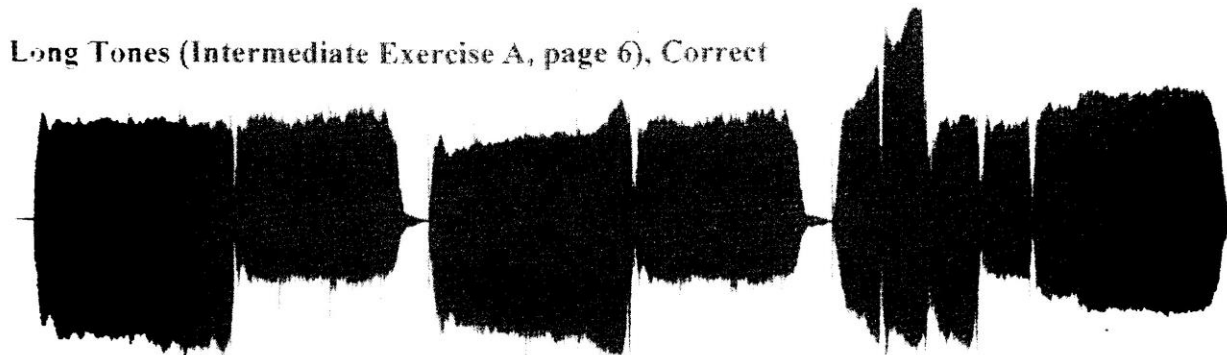
The appealing characteristic of this book is the accompaniment CD. Each accompanying track contains a synthesized techno-like style that would be enjoyable for younger students. Tempo markings are given for each exercise. Unless these exercises are played without the accompaniment, the player is locked into performing each exercise only at the tempo on the CD. This leaves no room for an exercise to be adapted to a player's capabilities. Each exercise progresses through all seven positions without a break between positions. This approach would be beneficial for a player looking to improve endurance. A slight pause does occur between each exercise and each track. Performance Keys are listed at the top of each page before each exercise and contain important thoughts for that exercise such as "bold/full-bodied," "liquid-creamy," and

Appendix 2

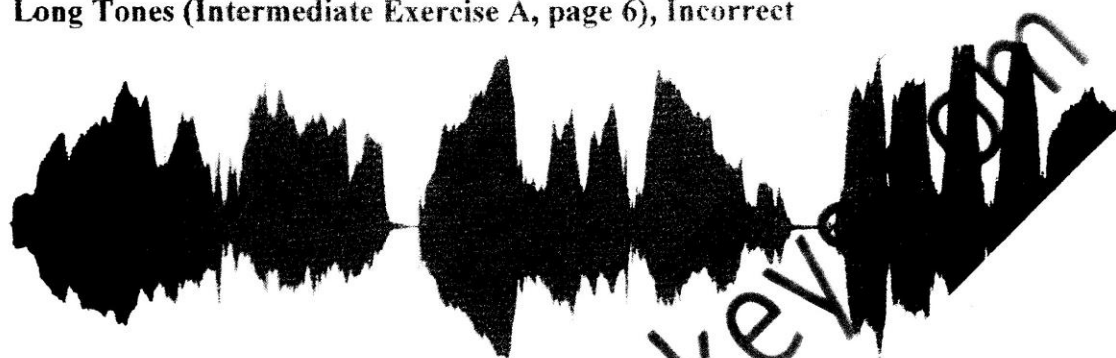
WAVEFORMS OF PROPER SOUND SHAPES

76

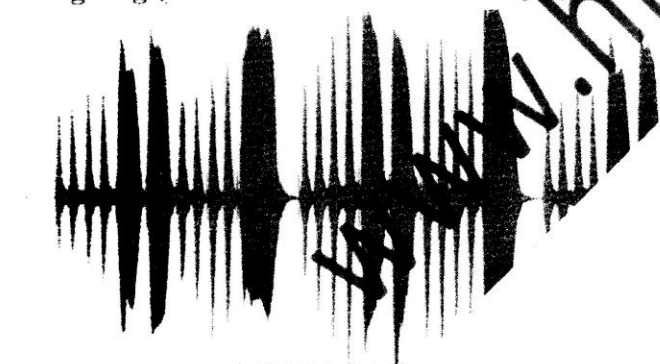
Long Tones (Intermediate Exercise A, page 6), Correct



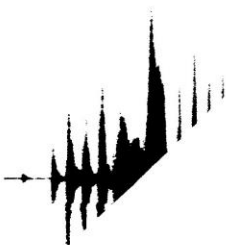
Long Tones (Intermediate Exercise A, page 6), Incorrect



Tonguing (Intermediate Exercise A, page 17), Correct



Tonguing (Intermediate F



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