

# Daily Warm-up Routine

## *Working on the sound*

*Pages 1 - 4*

## *Buzzing & Trombone*

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## *Intervals*

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Now we can concentrate in the way that we are going to take-in air. These are some of the facts that I think when I am taking air:

1. Breathe or take-in air in tempo. Just before I start blowing, I will subdivide the last beat to help with overall control.
2. For this exercise, breathe deeply. Don't think about breathing from your mouth or nose, breathe from inside your body.
3. This exercise should be done with emotion and character

Now we will concentrate on how we will blow air when we are doing these exercises. These are some of the ideas that come to mind:

1. You can do these exercises simulating that you are playing your instrument.
2. I like to use vowels like "Ah" and "Oh" to play my instrument. For this exercise I will use the "Oh" vowel.
3. I Blow hot air.
4. I imagine that I am playing a melody.

## *Breathing Exercises* ♩ = 40-60

***Inhale 5 ♩'s to the point that your lungs are full  
keep Inhaling 5 ♩'s! Then Exhale***

***Inhale 4 ♩'s to the point that your lungs are full  
keep Inhaling 4 ♩'s! Then Exhale***

***Inhale 3 ♩'s to the point that your lungs are full  
keep Inhaling 3 ♩'s! Then Exhale***

***Inhale 4 ♩'s to the point that your lungs are full  
keep Inhaling 4 ♩'s! Then Exhale***

***Inhale 3 ♩'s to the point that your lungs are full  
keep Inhaling 3 ♩'s! Then Exhale***



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I like to cover the whole register of trombone with this exercise

♩ = 40 to 55

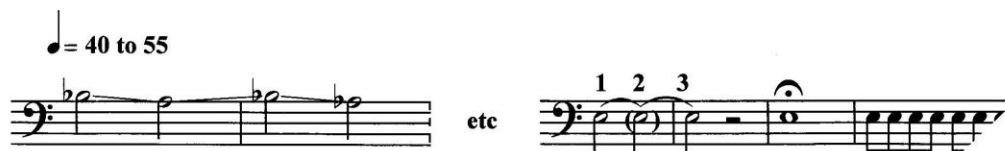


etc



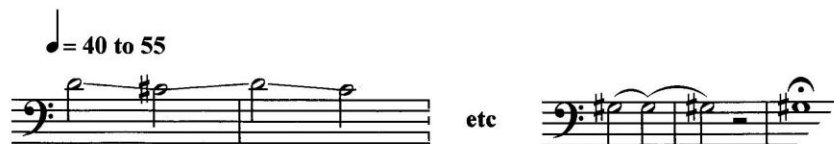
Experiment different variations in the articulated section

♩ = 40 to 55



etc

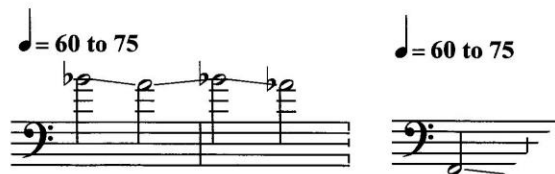
♩ = 40 to 55



etc

Keep playing in all the partials

♩ = 60 to 75



etc



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# Intervals - A1

## Day 3

The image displays musical notation for intervals in bass clef, organized into three groups. The first group consists of two staves with a large slur over the top staff. The second group consists of two staves. The third group consists of two staves. The notation includes various intervals and rhythmic patterns, such as eighth and sixteenth notes, and rests.



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