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When compiling these materials, I wanted to make sure to present them in a manner as useful as possible. I hope I achieved that by dividing the exercises into the following categories:

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I often, but not always, practice my fundamentals in this order. Additionally, I often, but not always, do this in my initial practice session every day. I am primarily a performer by trade, and so the physical demands on my playing can vary and, accordingly, so does my fundamental routine. I budget to spend about an hour on these activities daily, but I have no expectation that you do the exact same. You should do what works for you, your playing goals, and your body.

Morgenstern - Trombone Exercise Library Project

Flex 8B
Mixed Rhythms

The musical score consists of seven staves of bass clef notation. The first staff begins with a 3/4 time signature, a key signature of one flat (B-flat), and a measure with a '2' above it. The subsequent staves contain various rhythmic exercises, including slurs and triplets (marked with '3'). The exercises involve eighth and sixteenth notes, often with accidentals (sharps and flats) and a mix of natural and flat key signatures.



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ArtiFlex 4A
Dance Mulder, Dance!

The image displays a musical score for a trombone exercise. It consists of seven staves of music in bass clef, 4/4 time. The first staff begins with a '2' above the staff, indicating a second ending. The music features a series of eighth-note patterns, often grouped with slurs and marked with 'flutter' above them. The key signature has one flat (B-flat). The exercise concludes with a final staff showing a few more notes.



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Articulation 5C
Harmonic Minor Scale Pattern

2



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HR Melody 3

Inspired by Marco Bordogni

2
dolce



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FlexiValve 5
Tell Will

The musical score consists of nine staves of music in bass clef, 3/8 time. The first staff begins with a dynamic marking of **2**. The piece is composed of a series of eighth-note triplets, with some staves containing slurs over groups of triplets. The key signature is one flat (Bb). The final staff concludes with a triplet of eighth notes.



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Low Range Melody 2A

Inspired by Marco Bordogni

2

2

2

2



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About The Author



Hailed by the *International Trombone Association Journal* for his “rhythmically driving, technically flawless, and unfailingly dynamic and exciting” playing, Bass Trombonist Ilan Morgenstern is a unique voice in his field.

A native of Rehovot, Israel, Morgenstern is currently the Bass Trombonist of the Vancouver Symphony. Morgenstern has also been a member of the San Antonio Symphony, Houston Grand Opera Orchestra, Jacksonville Symphony and Kansas City Symphony, and in addition has performed with the Philadelphia Orchestra, Atlanta Symphony, Dallas Symphony, Utah Symphony, Houston Symphony, Detroit Symphony, Virginia Symphony, New Israeli Opera, and the Israel Philharmonic.

Morgenstern's concerto performances have included engagements with the San Antonio Symphony, United States “Pershing's Own” Army Orchestra, Millennium Orchestra (Seoul, Korea), Jeju Symphony Orchestra (Jeju, Korea), and the National Repertory Orchestra. In addition, Morgenstern has won numerous awards for his playing including the Jeju International Brass and Percussion Competition,

Zellmer-Minnesota Orchestra Competition, National Repertory Orchestra's Concerto Competition, and the Lewis Van Haney Bass Trombone Philharmonic Prize.

Labeled a “must buy” in the *International Trombone Association Journal*, Morgenstern's debut recording project *It's Alive!! New Music for Bass Trombone*, a collaboration with composer [Robert Denham](#) and pianist [David Gilliland](#), was released in May of 2016. To learn more about Ilan Morgenstern, including news, sample recordings, and purchase information for his book and CD, please visit www.ilanmorgenstern.com.