



A PRO'S GUIDE TO **WARMING UP ON THE TROMBONE**



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Warm-Up Outline

Stretching

02

Breathing

02

Buzzing

02

Long Tones

04

Slurs

05

Flexibility

09

Range

11

Articulation

12

Scales & Arpeggios

14

Rest

15

Hydration

15

Stretching

It is very important to stretch the body every day before warming up on your brass instrument. Keeping the body flexible and free of tension will allow you to create a sound that is also flexible and free of tension. To start, get blood flowing to the big and small muscles with dynamic movement. Focus on shoulders, neck, hands and arms, torso.

- Shoulder rolls
 - Neck rolls
 - Hand/wrist extensions
 - Torso elongation and rotation
-

Breathing

Begin the day with full, deep breathing. This brings oxygen into the body which will fuel the muscles and organs for the physical demands of playing the trombone. Use a metronome as you do these exercises.

- 6 beats in, 6 beats out
- 4 beats in, 12 beats out
- 2 beats in, 20 beats out
- 1 beat in, 32 beats out

Source: Sheridan/Pilafian, *The Breathing Gym*

Buzzing

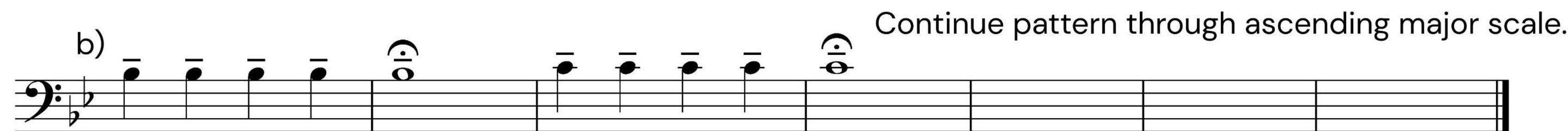
A good buzz is the prerequisite for a good sound. Start with an easy glissy buzz, then work toward centering pitches accurately. Use a piano to check pitch.

Buzz on mouthpiece alone.
Check intonation frequently w/piano or pitch pipe. Continue pattern through descending major scale.

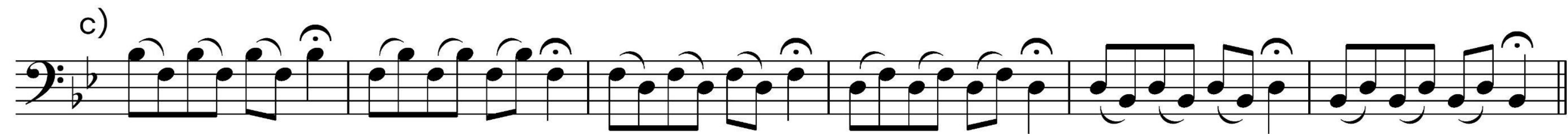
a)



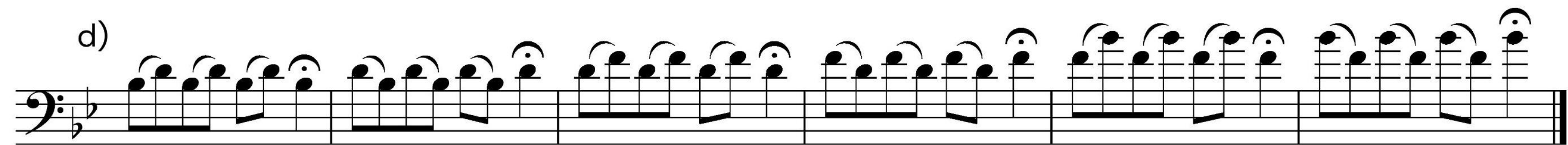
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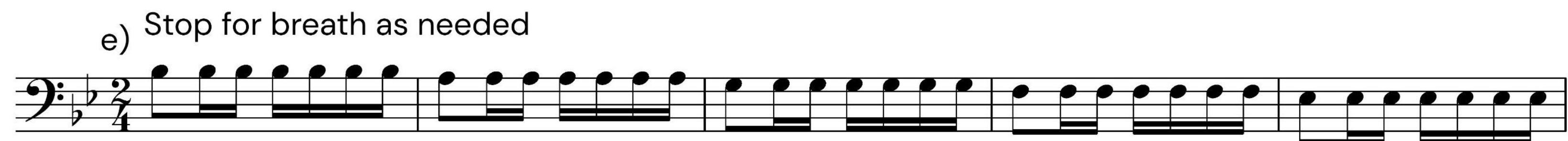
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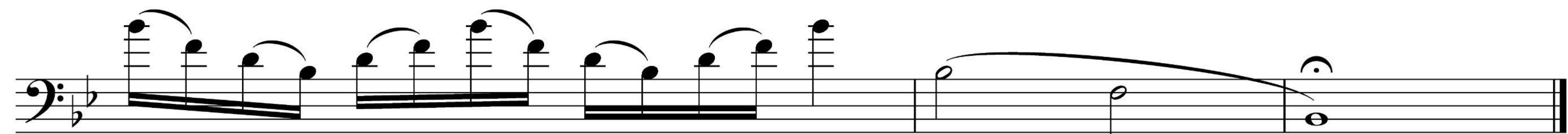
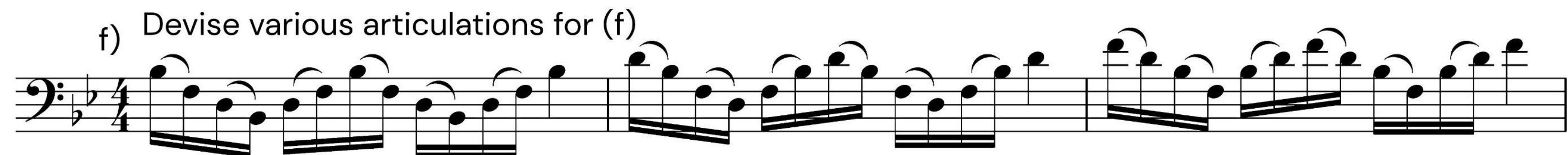
d)



e) Stop for breath as needed



f) Devise various articulations for (f)



Long Tones

Focus on quality of sound with long tones. Project the sound as much as possible with minimum effort. Ask yourself: what kind of sound am I trying to make? Is this the sound I want? Why do I want this sound? Play this in a mezzo-piano to a mezzo-forte dynamic. Use a metronome set to quarter note = 60-66 bpm.

Source: Emory Remington, *Daily Routines for Trombone*

Full, relaxed breath.
Resonant, unforced sound.
Breathe every 2 measures.

sim.

The musical score consists of six staves of music in bass clef, 2/4 time, with a key signature of two flats (Bb and Eb). The first staff begins with a dynamic marking of *mf-f* and contains eight measures of half notes: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, and Bb2. The second staff contains four measures of half notes: Bb2, Bb2, Bb2, and Bb2, followed by a double bar line and four measures of half notes: Bb2, Bb2, Bb2, and Bb2. The third staff contains eight measures of half notes: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, and Bb2. The fourth staff contains four measures of half notes: Bb2, Bb2, Bb2, and Bb2, followed by a double bar line and four measures of half notes: Bb2, Bb2, Bb2, and Bb2. The fifth staff contains four measures of half notes: Bb2, Bb2, Bb2, and Bb2, followed by a double bar line and four measures of half notes: Bb2, Bb2, Bb2, and Bb2. The sixth staff contains eight measures of half notes: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, and Bb2, with a final measure marked with a fermata and the instruction "(Fake it!)".

Three staves of musical notation for a bassoon exercise in B-flat major, 4/4 time. The first staff contains a whole note scale from B-flat to B. The second staff contains a whole note scale from B to B-flat. The third staff contains a whole note scale from B-flat to B. The exercise is divided into three measures by double bar lines. The first measure is marked with a breath mark (//) and the instruction 'Breathe as often as necessary'. The second measure is marked with a breath mark (//). The third measure is marked with a breath mark (//). The exercise is numbered (8) at the bottom left.

Slurs

Start with slow slurs. Focus on really connecting the notes by filling the space between the notes with pure sound. Use a metronome.

Source: Emory Remington, *Warm-Up Studies*

Full, relaxed breath beautiful sound.
Play in eleven positions

Allegretto

f

sim.

w/ F-valve engaged

Four note slurs (continue with five, six note slurs as desired)

sim.

etc.

Source: Arnold Jacobs, *Song and Wind*

Slow

mf

Slowly

p *ff* sim.

Slowly

mf *> p* sim.

long

IV ♩ = 114

Exercise IV, Op. 114, by Emory Remington, is a chromatic scale exercise in the right hand, spanning eight staves. The tempo is marked as ♩ = 114. The exercise is divided into two sections: the first four staves are in C major, and the last four staves are in C minor. Each staff contains two measures of the scale, with a fermata over the final note of each measure.

V ♩ = 70

Exercise V, Op. 70, by Emory Remington, is a chromatic scale exercise in the right hand, spanning three staves. The tempo is marked as ♩ = 70. The exercise is divided into two sections: the first two staves are in C major, and the third staff is in C minor. Each staff contains two measures of the scale, with a fermata over the final note of each measure.

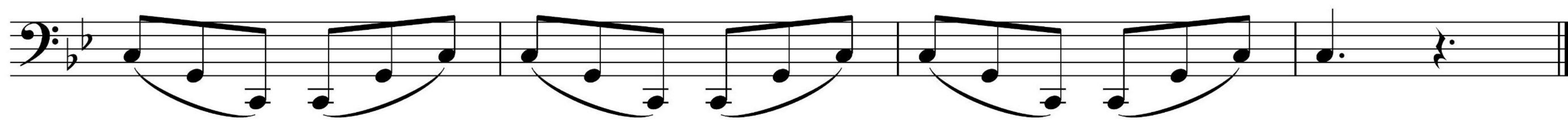
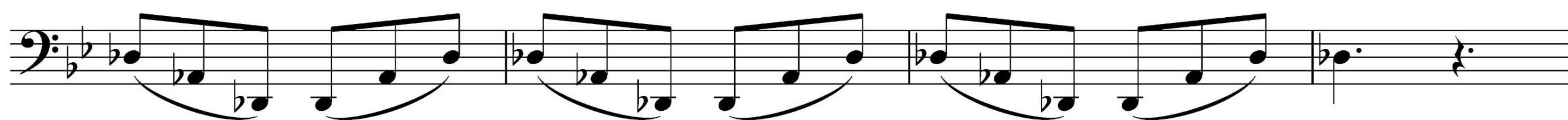
Flexibility

Increase the complexity of your slur patterns by increasing speed. Expand the range of slurs into the upper and lower registers. Remember to stay as relaxed as possible and keep the air flowing freely and fully as the exercises get more intense.

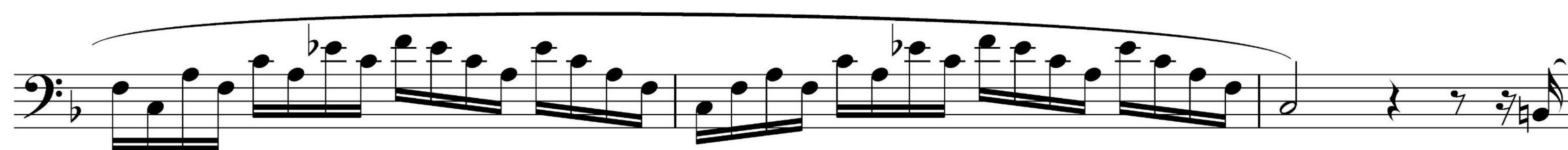
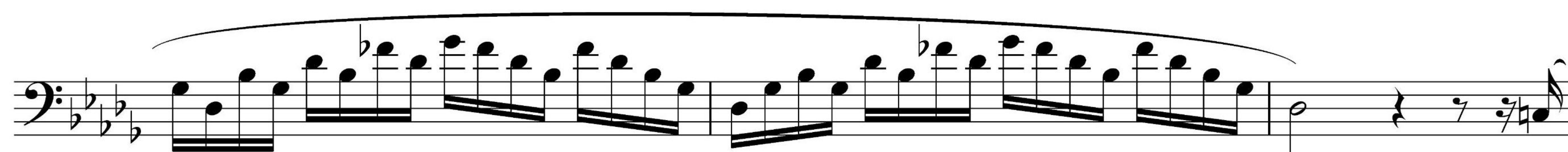
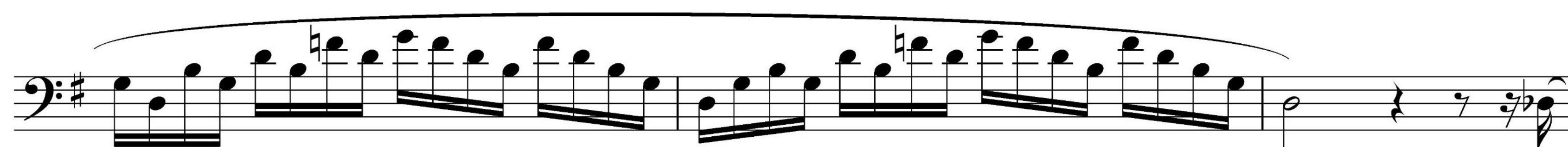
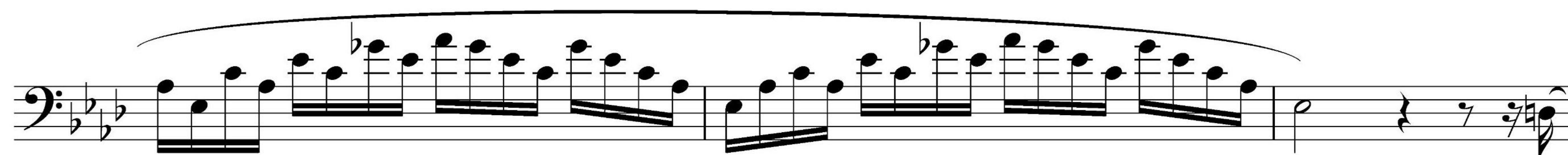
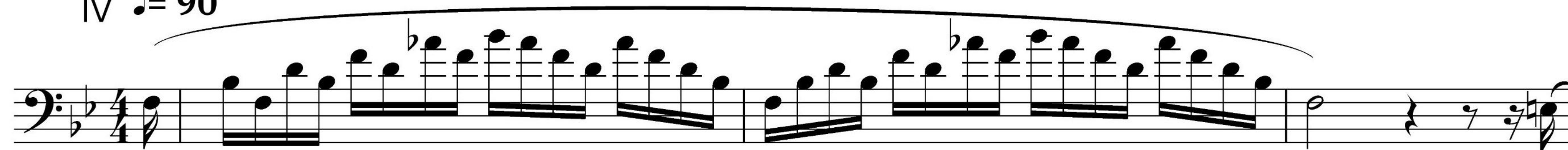
Source: Robert Marsteller, *Basic Routines*

$\text{♩} = 112$

The exercise consists of ten staves of music in bass clef, 6/8 time, and key of B-flat major. Each staff contains six measures. The final measure of each staff is a whole note followed by a quarter rest. The exercise progresses through various slur patterns, including eighth notes, sixteenth notes, and triplets, moving across the staff to expand the range of slurs.



IV ♩ = 90



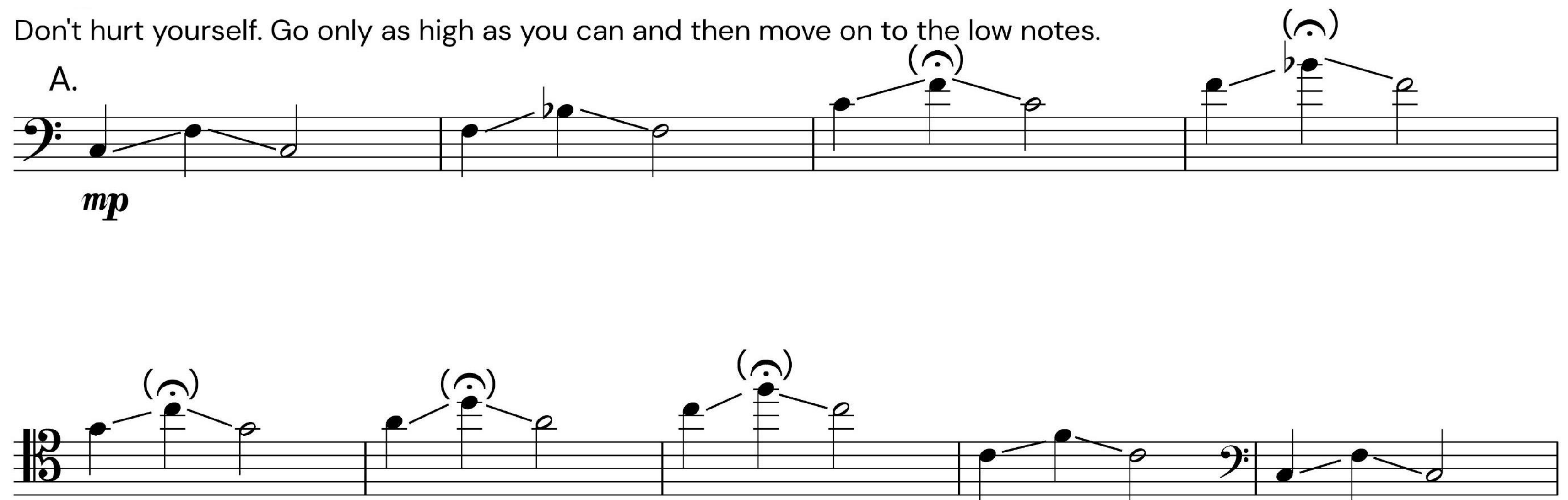
Range

Start in the middle of the register and slowly work in either direction to expand the range. Avoid playing too high too fast. Each day can look different; you can ascend or descend in whatever direction you might need that day.

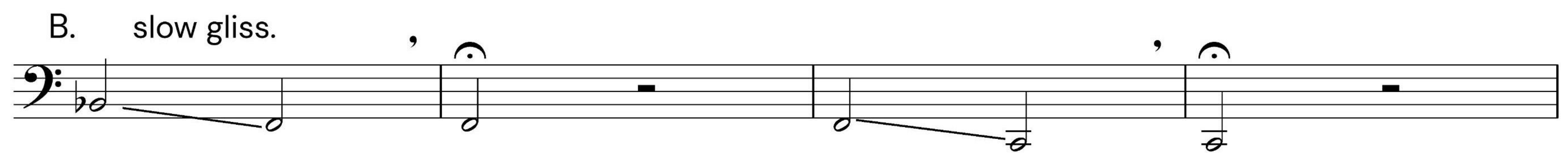
Source: Brad Edwards, *Lip Slurs*

Don't hurt yourself. Go only as high as you can and then move on to the low notes.

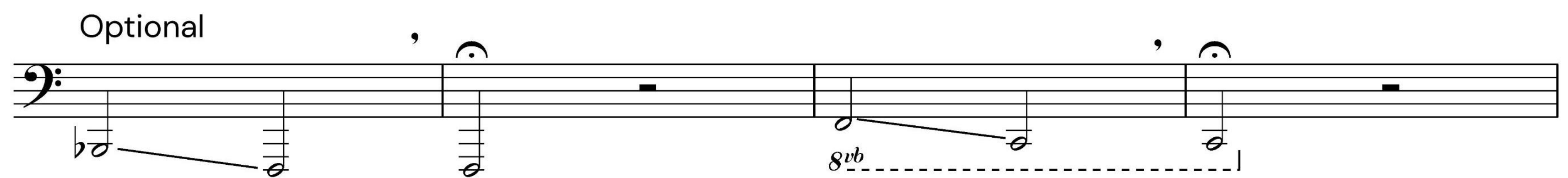
A.



B. slow gliss.

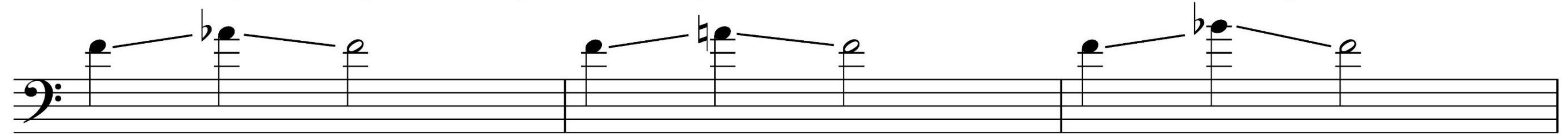


Optional



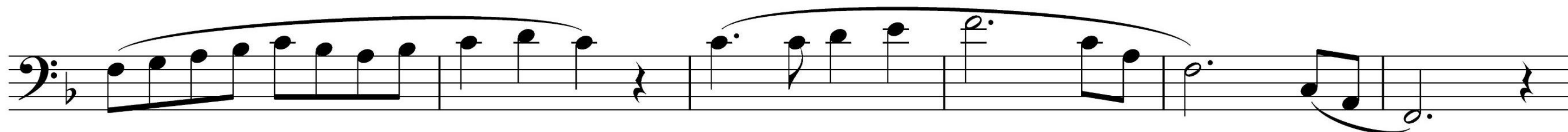
What if I can't hit the highest notes?

Don't worry. Work up to the highest notes you can hit and then move on. Something like this...



What if I want to play something melodic?

No problem. Here's a melodic pattern that ascends.



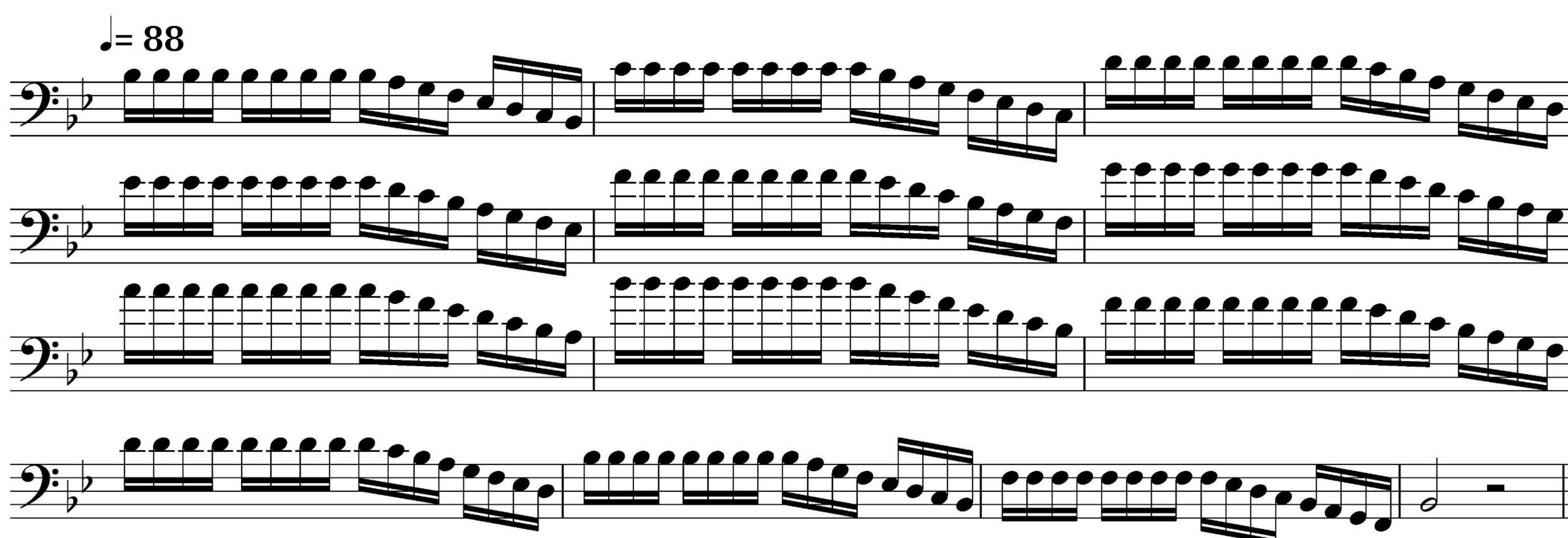
Articulation

Pay attention to the quality of note starts. Strive for a crisp, clear, immediate sound followed by sustained air. Vary your articulations to cover legato, staccato, accent, tenuto, marcato, and any other articulations you might see in music. Also use this as an opportunity to hone slide technique. Use a metronome. Choose different scales every day. Repetition is the mother of skill.

Source: Emory Remington, *Daily Routines for Trombone*



Source: Max Schlossberg, *Daily Drills and Technical Studies for Trombone*



Source: Patrick Sheridan/Sam Pilafian, *The Breathing Gym*

♩ = 88-132



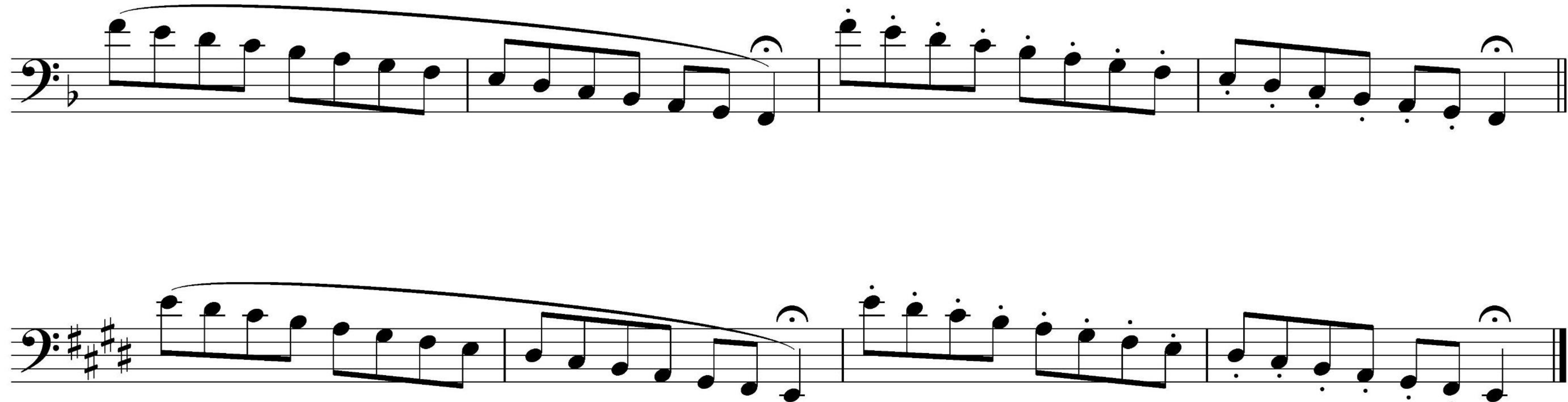
Source: Joseph Alessi, *Warm-Ups*

Continue down chromatically.



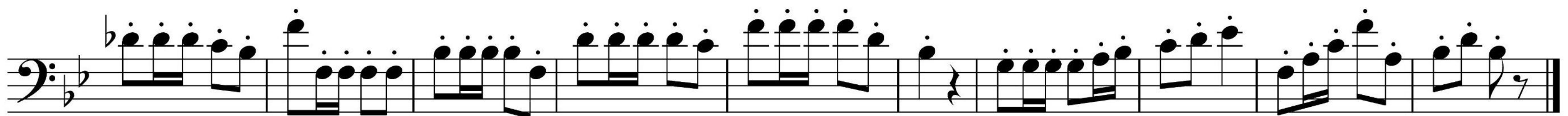
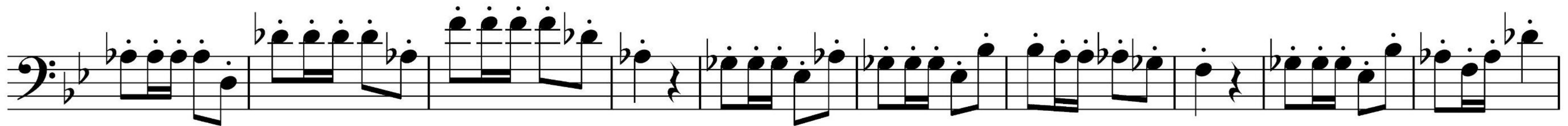
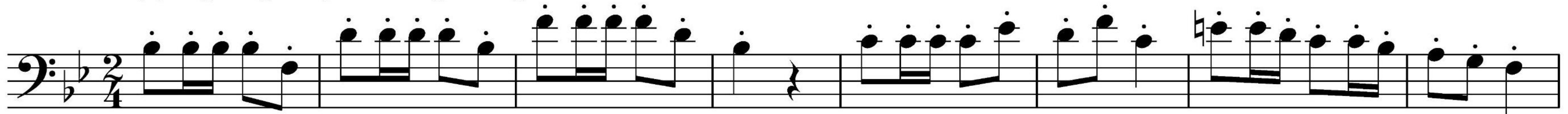
Source: Per Brevig Tones

Perform legato and detached. Tone should stay consistent from top to bottom. Perform each scale in one breath. Continue down to pedal B-flat.



Source: Jean-Baptiste Arban, *Famous Method for Trombone* (ed. Charles Randall and Simone Mantia)

From Arban's Famous Method. Strive for immediate sound with immediate resonance for each note. Another goal is to go for absolute consistency in style and attack. Feel free to add additional exercises in succession without stopping to give your tongue a good workout.



Scales & Arpeggios

Complement your warm-up routine with plenty of scales and arpeggios. Strive for a wide-ranging, healthy, and musical approach to scale patterns. Set a goal of 2–3 octaves, and make sure you cover all 12 major scales and 36 minor scales. Vary the approach with articulations, dynamics, rhythms, and tempi. Once you feel comfortable, challenge yourself by learning scales in 3rds, 4ths, 5ths, 6ths, and 7ths, as well as experimenting with modes, whole tone, octatonic, chromatic, and blues scales. Pay close attention to accurate slide technique as you maneuver these scalar patterns.

Rest

Be sure to incorporate rest into your warm-up routine. Rest in between each exercise for the amount of time that it takes you to do that exercise. It's a good idea to give your chops a 1-2 minute rest after the buzzing patterns before putting the instrument to your face.

Hydration

Drink water! Before, during, and after your warm-up, and throughout the day. Hydration is key to maintaining healthy moisturized lips and mouth cavity, as well as providing oxygen to the body. We use a lot of water when playing brass instruments, and therefore can easily get light-headed, so drinking water will help to replenish those resources. Drinking fluids with electrolytes can also help combat dehydration and dry mouth.