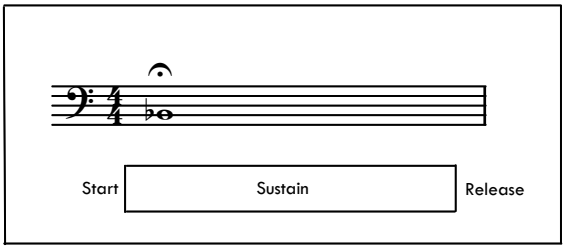
Trombone Warm Up Exercises

Long tones are lines designed to help a player with quality of sound, hand postion, and air flow.

1. Always breathe the same regardless of what is played.
2. Start every note the same (tongue in the same place).
3. Keep the same vowel sound throughout each note.
4. Keep body still after the end of a note.

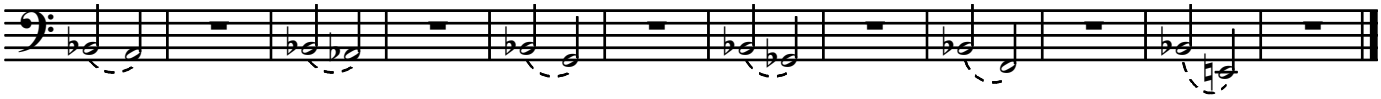


Exercise No. 1 (Long Tones)

Keep body still during the rest as well as while playing.

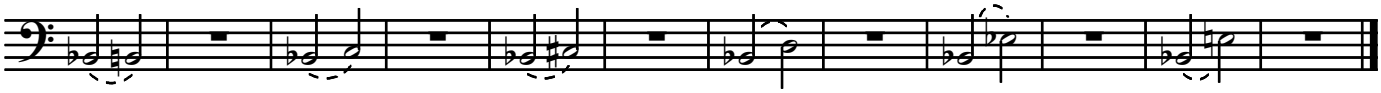
Exercise No. 2 (Descending Intervals)

Keep air flowing through both notes - all the way to the next measure.



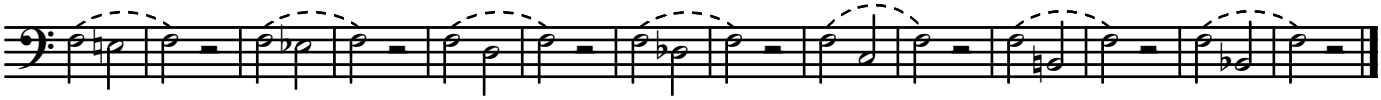
Exercise No. 3 (Ascending Intervals)

What changes? What stays the same?



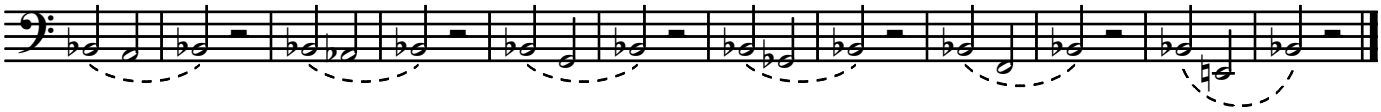
Exercise No. 4 (Long Tone 1A)

Move slide from the elbow, keep shoulders still and wrist straight.



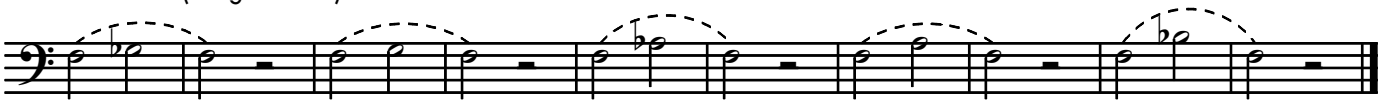
Exercise No. 5 (Long Tone 1B)

Adjust aperture for lower note and keep air flowing through all 3 notes.

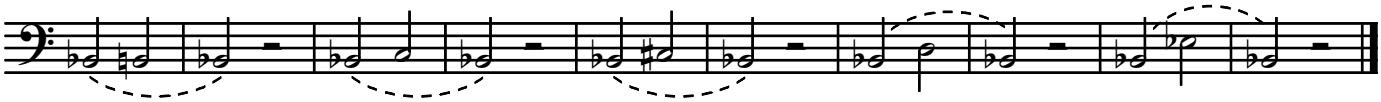


Exercise No. 6 (Longtone 1C)

Adjust aperture for higher note and keep a fast air streamflowing through all 3 notes.



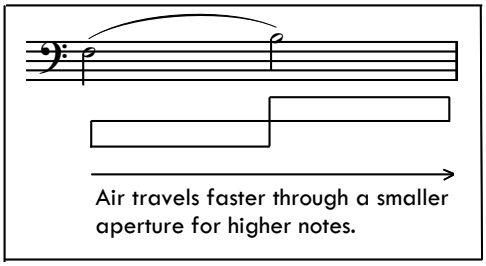
Exercise No. 7 (Longtone 1D)



Trombone Warm Up Exercises

A lip slur is smoothly connecting two or more notes of the same valve combination with air only. The notes under a slur marking are not to begin with the tongue.

1. Keep air flowing to the end of the very last note.
2. The aperture gets smaller for higher notes.
3. The air speed increases for higher notes.



Exercise No. 8

1st 2nd 3rd

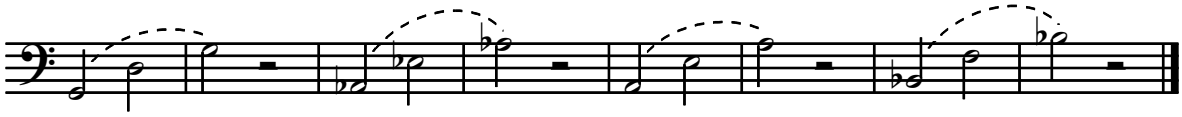
4th 5th 6th 7th...or...T2nd

Exercise No. 9

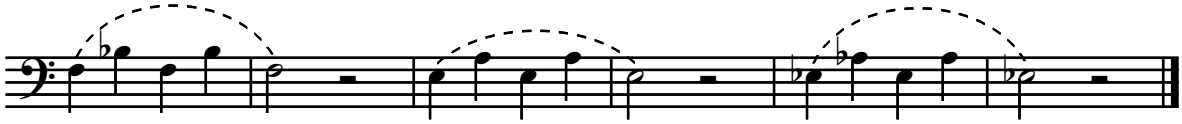
Exercise No. 10

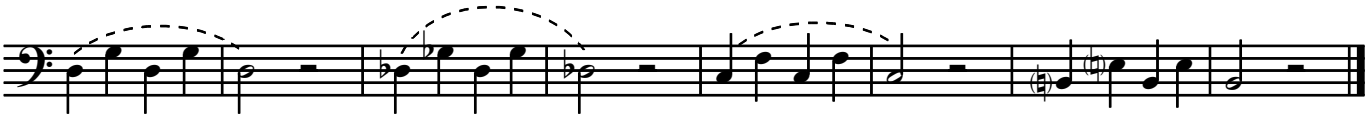
Exercise No. 11

Exercise No. 12

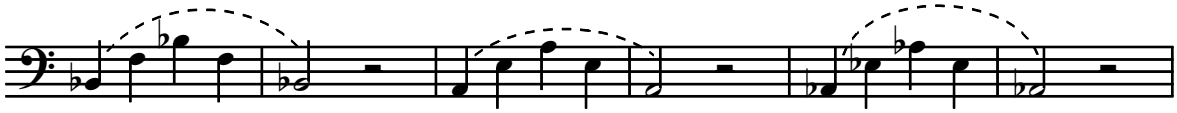


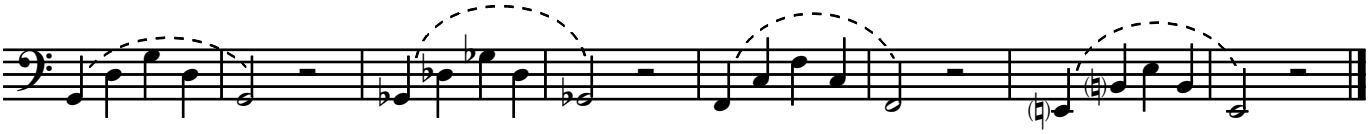
Exercise No. 13



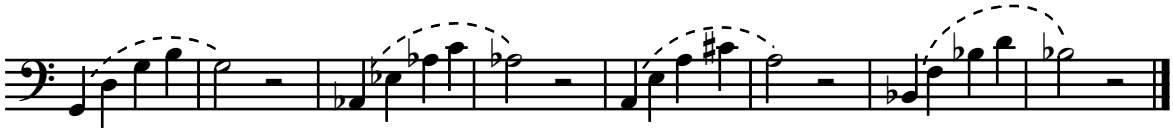
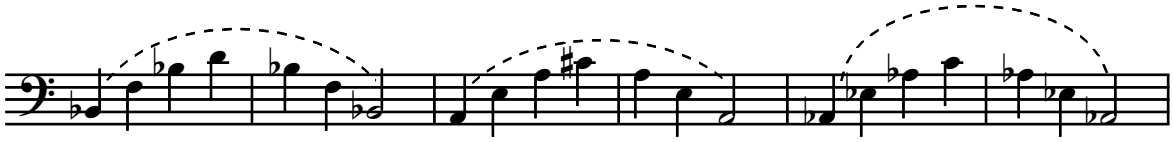
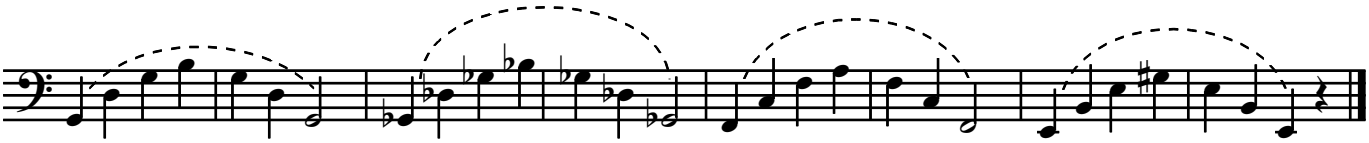


Exercise No. 14





Exercise No. 15



Exercise No. 16