

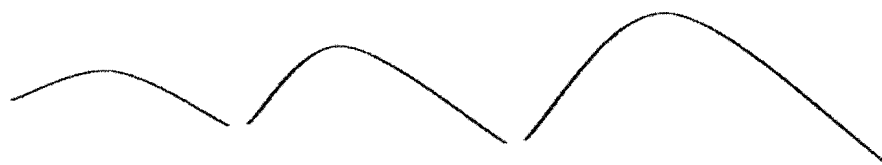
Daily 6-Minute Warm-Up

#1. Mouthpiece Buzzing

Take a deep, easy breath. Start blowing into the mouthpiece with your lips just a little separated so they can't buzz. As you *keep blowing*, gently bring the lips together until they start to buzz a loose, low note. The pitch of the actual note doesn't matter. Keep the air moving the whole time.

Blow Buzz Blow Buzz Blow Buzz

Take deep, relaxed breaths and buzz gentle glissandos (arches). Breathe between each arch. Make each arch a little wider.



#2. Tone and Positions

♩ = 84 Gliss. with full sound, quick slide

If you are doing this with a teacher, have the teacher sustain the arrival notes of the glisses.

Student

Teacher

etc.

#3. Lip Slurs

Order Here: <https://www.trombonezone.org/books/int/>

Ascending Slurs

At each fermata, add four counts of rest.

$\text{♩} = 84$ 6th ... 5th ... 4th ... 3rd ... 2nd ... 1st ...

It's OK if you can't get to the highest notes. Go only as far as you can. Ease off that mouthpiece pressure!

Appendix 1 has more details about tuning adjustments.

Descending Slurs

$\text{♩} = 84$

#4. Rhythmic Articulation

Staccato

Tips: Use little bursts of air. Reduce movement at the embouchure corners and chin.

♩ = 84



Legato

Tips: Move the slide at just the right moment. Keep the slide arm relaxed.

♩ = 84

