

The “Basic 4” Warm-Up

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Goals: To warm-up quickly and refresh some fundamentals.

This is meant to be a relatively quick warm-up before a rehearsal or at the start of a daily routine. It isn't a complete routine in itself. View your practice session this way: the lower layers provide a solid foundation for the upper layers...

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| Music! | | |
| Solos, Etudes, Excerpts, Improvising, Sight-reading, Duets, Ensembles... | | |
| Simple Tunes: Smooth, Detached, etc. | Lip Slurs: Slow, Fast, Melodies | Tone & Technique: Scales, Long Tones, etc. |
| The Basic 4: (1)Wind/Sound, (2)Flow, (3)Basic Lip Slurs, (4)Basic Scales | | |

General Comments:

1. A warm-up is for both mind and body. Focus on the goal (your sound), more than the mechanics.
2. This routine is best suited for a high school or older player with an F-attachment.
3. The “question” sentences are meant to provoke thought.
4. If you're pressed for time, try to briefly visit each of the Basic 4.

Comments about #1 “Wind and Sound”

1. Resonance is simply the most vibration for the least effort.
2. Take a full breath when buzzing; allow a generous amount of relaxed air to flow past the lips, setting them in vibration. Don't overly control the pitch, just seek a full, easy buzz.
3. Get a rich, vibrant sound throughout each gliss. Listen for good intonation in 6th position!

Comments about #2 “Flow”

1. Think like a musician. Play with musical direction. Don't analyze as you play, just listen to that great sound in your imagination and copy it.
2. Move the slide as quickly as you would for a clean legato.
3. In lessons, the teacher and student can alternate with the student echoing the teacher.
4. Sing every day! Be sure to sing starting notes or even whole patterns. You can do this as you are removing or replacing the mouthpiece.
5. If a piano is handy, play simple tonic and dominant chords as you buzz or sing.
6. If you want, you can extend these patterns higher or lower.

Comments about #3 “Basic Lip Slurs”

1. Don't try to play too quickly. Listen for a relaxed, beautiful tone.
2. If you opt to use 7th position, make sure you're in tune out there.
3. Feel free to substitute other slur patterns or add patterns ranging higher and lower.


Comments about #4 “Basic Scales”

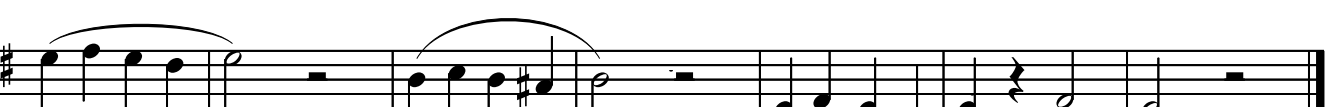
1. Use lower tempo markings if needed. Quality is more important than speed.
2. Many problems arise from an inaccurate slide. Listen carefully (taping yourself and playing back at ½ speed reveals a lot).
3. On the detached scales, play with lightness and bounce. Allow some space between the notes without becoming pecky. On legato scales, keep it completely smooth and even.
4. Listen to the note beginnings: watch out for “twah” especially in the high range.
5. Listen to the note endings: watch out for “tut” (end notes with “tah” allowing a little taper, or “ring”).
6. More on note endings: watch out for mini-glisses especially on longer slide leaps.
7. Alternate which scales are legato. Sometimes do the legato scales without tonguing.
8. Substitute other scales (minor, chromatic, etc) from time to time.


The "Basic 4" Warm-Up (p.2)

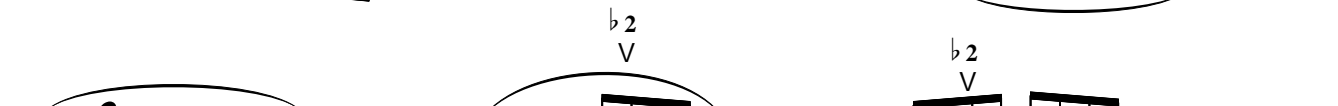
#2 Flow

Play each twice: 1x - buzz/sing, 2x play without tonguing (glisses or natural slurs).

A. 

B. 


A. 


B. 

The sound should be...


The slide movement should be...


#3 Basic Lip Slurs

A. 

B. 

Continue down to 6th or 7th position.

6th ... 

5th ... 

Continue up to 1st position.

The "Basic 4" Warm-Up (p.4)

Tenor Trombone

$\text{♩} = \text{c. } 80$

B.

#5 #4 #4 #5 6 $b2$ V (◡)

6 $b3$ V (◡)

$b2$ V (◡)

$b4$ $b4$ 1 V (◡)

higher?

"Pedal Coda"

Slowly

lower?

