

# First Position

## Warm-Up/Calibration Method

### Section 1.1: Warm-up

Like any great athlete, a well designed warm-up for trombonists is essential to preventing injury and setting ourselves up to practice at our highest level. A warm-up should be simple, focussed, and mindful. This warm-up focusses on glissing in patterns to cover our standard daily used tessiturras. It should take about 15-20 minutes (including 4 short breaks).

Buzz purely then play

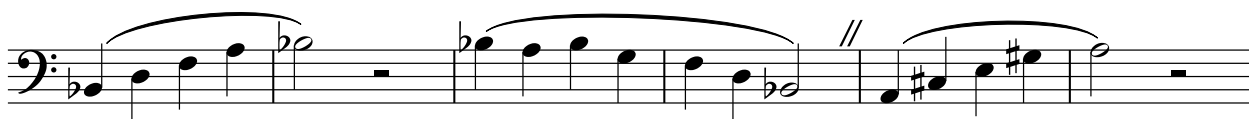


Buzz purely then play



### Section 1.2: Comfort Register Connection

Somewhere inbetween glissing and slurring. Use a rapid-filled river of wind on which to sing



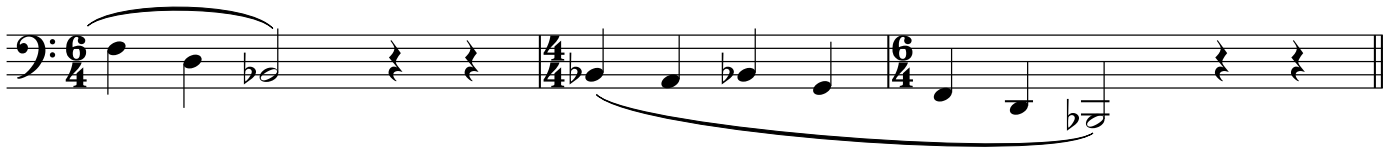
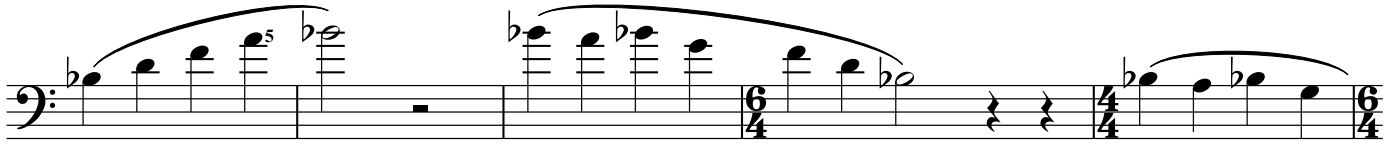
Two staves of musical notation in bass clef. The first staff contains two measures of music with a slur and a fermata over the first measure, followed by a double bar line and two more measures with a slur and a fermata over the second measure. The second staff contains two measures with a slur and a fermata over the first measure, followed by a double bar line and two more measures with a slur and a fermata over the second measure. A '6' is written above the first measure of each staff.

### Section 1.3: 2 Octave Expansion Exercises

Seven staves of musical notation in bass clef, each containing two measures of music. The first measure of each staff has a slur and a fermata. The second measure has a slur and a fermata. The staves are arranged in a sequence of two, three, and two staves. The time signatures are 4/4, 6/4, 4/4, 6/4, 4/4, 6/4, and 4/4. The notes are: Staff 1: C4, D4, E4, F4; Staff 2: G4, A4, B4, C5; Staff 3: D5, E5, F5, G5; Staff 4: A5, B5, C6, D6; Staff 5: E6, F6, G6, A6; Staff 6: B6, C7, D7, E7; Staff 7: F7, G7, A7, B7.

## Section 1.4: 3 Octave Upper Register Builders

The musical score consists of eight staves of music in bass clef, featuring various rhythmic patterns and intervallic exercises. The key signature is one flat (B-flat). The time signature changes between 6/4 and 4/4. The exercises include ascending and descending scales, arpeggios, and specific intervallic patterns. Some exercises are marked with fingerings (3, 5) and a trill (F3).



## Section 1.5: 1 Octave Low Register Cool Down Stretches

This exercise is meant to stretch your chops out and cool them down after our Warm-up.

While this Warm-up is not designed to be strenuous, it is important to cool down before moving on to further work for the day. In this exercise, we also focus on doing "As Much As We Need, and As Little As We Can" in terms of embouchure movement. Some movement and shifting is necessary in this register, however in the pursuit of doing as little as we can, consistency in tone color and core will be achieved. Overall, if it sounds right it is right.

