

The 5 Minute Trombone Workout - Round 3

1. Doing The Splits

Here we go again! Let's give you something to really test your chops... The notes in **blue** are descending (moving lower) and the notes in **orange** are ascending.

Focus: Open, warm airflow for a beautiful tone whether you're playing high or low. Try to imagine how the upcoming notes will *feel* and *sound* before you play them.

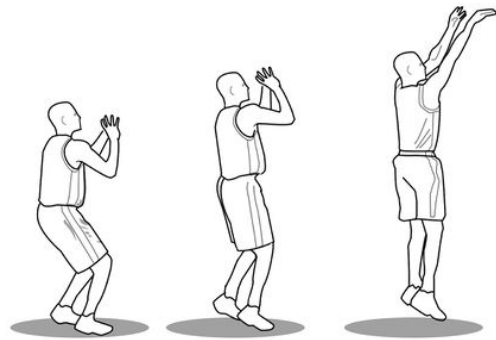
F	E	F	F	G	F	F	D	F
F	A	F	F	C	F	F	Bb	F
F	Bb	F	F	C	F	C	F	F

Challenge: Combine the descending and ascending leaps into a single, continuous musical line (e.g. F-E-F-G-F-D-F-A-F-C etc.) but DON'T RUSH!

2. Nothing But Net!

Now we're going to be shooting hoops with PERFECT form. Here's the plan:

1. Stand with feet shoulder-width apart.
2. Knees slightly relaxed, not locked.
3. Shoulders relaxed, sitting down and back.
4. Head upright, in vertical alignment with the rest of your torso.
5. Bring your instrument to your face, NOT your face to your instrument.



Focus: Aim for perfect *lip-slurs* (you only get to tongue the first note of each pair), moving seamlessly from a controlled low note to a controlled higher one. If both notes are clear beautiful with no crackling sounds in between then that's a swish!

Floater	Low Bb → F	Free-Throw	Low Bb → High Bb
Three-Pointer	Low Bb → High D	Half-Court Shot	Low Bb → High F

Challenge: The best shooters in basketball are said to be members of the *50-40-90 Club*. Those numbers represent at least 50% overall shooting accuracy, 40% from beyond the 3-point line and 90% from the free-throw line. That's in the context of a basketball game with five other players trying to prevent you scoring, however, so their percentages would be much higher in a training situation with no defenders.

YOUR goal is to complete 10 of each lip-slur per day and keep track of your percentages. At the end of two weeks, anyone who joins our *100-70-40 Club* for Floaters, Free-Throws and Three-Pointers is truly a shooting master.



PRO TIP: Remember not to ram the mouthpiece back against your lips as you increase your range! This makes high notes easier when you're fatigued, but we're training for a great sound and greater range **WITHOUT** cheating.

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Psst.... Having trouble with those high notes?

Your body needs to provide your instrument with fast airflow and tense lips (back against teeth for a high buzz), but you can help it out with a bit of imagination!

1. Imagine how it would sound to play the high notes with an amazing sound.
2. Imagine how it felt when you played the high notes well in class or at home.
3. Try again with that sound and feeling in mind!

If you get in the habit of *visualising* high notes and phrases in this way you are helping engage the correct muscles with less thought and concern. But it takes...

Practice!