

The 5 Minute Low Brass Workout - Round 2

1. Higher, higher, higher jumps

So the 5 Minute Workout in your Primer Pack was too easy? Get ready for Round 2!

Focus: Confident sound and clear starts to notes, especially on the biggest leaps. Try to imagine how the upcoming notes will feel and sound before you get to them.

Bb C Bb Bb D Bb Bb Eb Bb

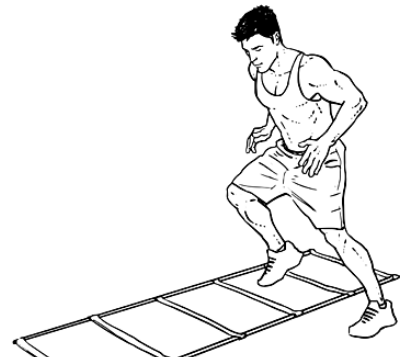
Bb F Bb Bb G Bb Bb A Bb

Bb High Bb F D Bb

Challenge: Apply the same jumping sequence to other major scales you've learned (e.g. C Major with the notes C-D-E-F-G-A-B-C).

2. Hop, Skip & Jump... and Flip!

Good luck making it through these tricky combinations of steps and leaps without stumbling! The middle note of each set should sound the highest, after which you reverse and head back down again.



Focus: Getting each note to sound as bright and clear as the one before it (fast, light “too” or “tah” tonguing). Continuous airflow is just as important as the tonguing!

Triple-Jump: C D E G A G E D C

Parkour Run: C Eb F G Bb G F Eb C

Challenge: Gradually increase your tempo until you can play each pattern three times in a row without stopping (i.e. in a single breath!) with 100% accuracy.

3. BONUS EXERCISE: 2-Minute Warm-Down Stretches

This is a great exercise with which to finish any practice session. It assists with embouchure (i.e. lip muscle) recovery and relaxation after intense musical exercise. Slow, deep breathing is the best technique we have for calming our body's various systems so the benefits of these musical stretches are numerous!

Focus: Keeping your jaw relaxed (as if mid-yawn) and as still as possible while changing notes.

Step 1. Glissando (move the slide without tonguing after the first note) from Bb – A – Bb on your trombone, nice and slowly. Now play the exact same thing using the mouthpiece only. Finally, play the same pattern again on your trombone but without moving to 2nd position for A. Simply use your embouchure (lips) to change pitch!

Step 2. Glissando from Bb – Ab – Bb on your trombone. Buzz it, listening carefully to your pitch. Play it again with an open, relaxed sound and no slide movement.

Step 3. Bb – G (4th) – Bb... same process!

Step 4. Bb – Gb (5th) – Bb...

Step 5. Bb – F (6th) – Bb...

Step 6. Bb – E (7th) – Bb...



CHALLENGE: Once you've mastered this play/buzz/glissando process you can skip the middle step altogether. Try to maintain a full, open sound at *all* times, especially when 'ghosting' the lower notes without moving the slide.