

# Trombone

## The Daily Ritual

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Compiled from the teachings of Mike Kris, Conrad Herwig, Charles Stacy, and Joseph Arban, as well as original methods.

### AIR

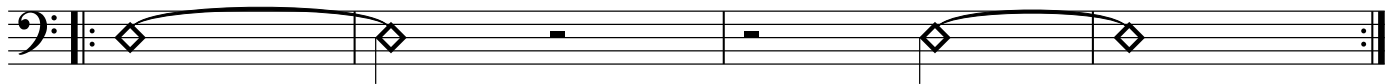
*Breathe slowly and deeply through the mouth for the entire 6 beats. Hold the air in only by keeping your lungs expanded. Avoid constricting the throat or chest to withhold the air. Blow out through a slightly firm embouchure for the entire 6 beats. Remain relaxed the entire exercise. Repeat this 6 times.*

♩ = 60

Breathe In

Hold

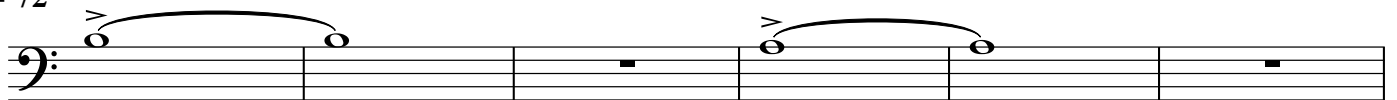
Blow Out



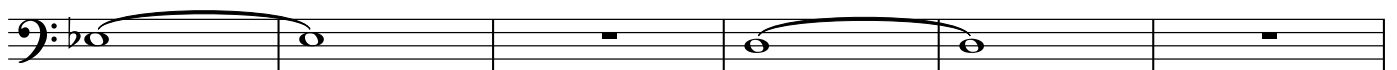
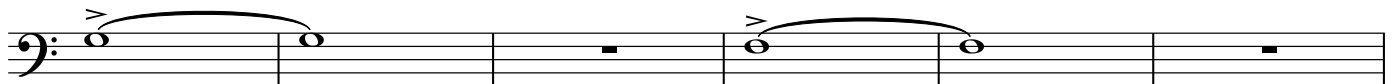
### BUZZING 1

*Play these notes on the mouthpiece alone along with a reference pitch (piano, tuner, etc.). Begin each note by placing your tongue at the gumline and blowing it out of the way as if you were flicking a seed off of your lips. Be sure to keep the mouthpiece pressure on your face light and strive for a relaxed and full buzz. Avoid too much air pressure and the resulting chest constriction.*

♩ = 72



*mp*



**BUZZING 2**

Buzz these using the mouthpiece alone along with a reference pitch. Use a light articulation for first pitch in each group keep the mouthpiece pressure light against the face. Take in full, deep breaths and remain relaxed through the entire exercise. As the exercise becomes more familiar, strive for a full buzz throughout the gliss and great intonation.

♩ = 72

mf

**BUZZING 3**

Start by playing each pitch on the horn while holding the mouthpiece loose in the horn. Gradually remove the mouthpiece while playing until you are buzzing on the mouthpiece alone. Gradually reinsert the mouthpiece back into the horn while keeping the buzz constant through the duration of the pitch.

Be sure to maintain a light pressure on the face.

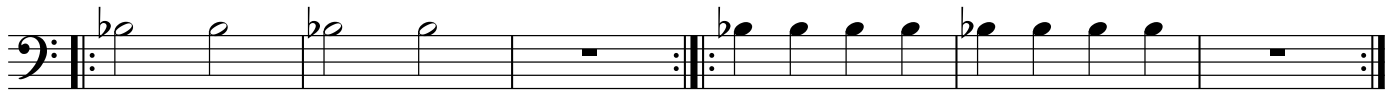
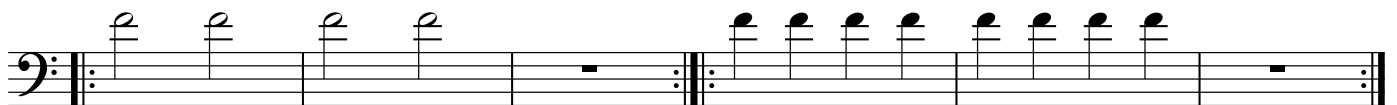
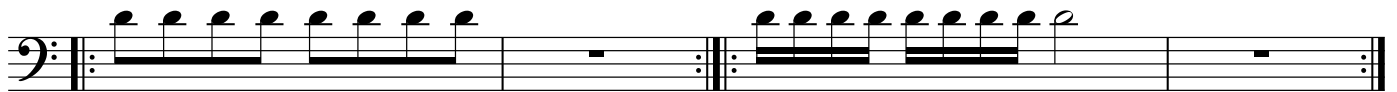
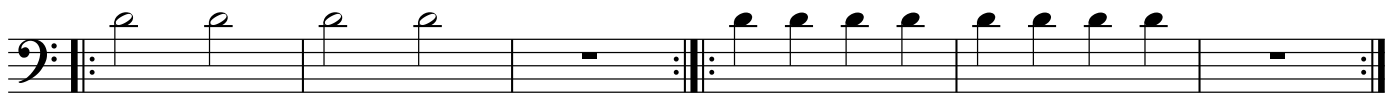
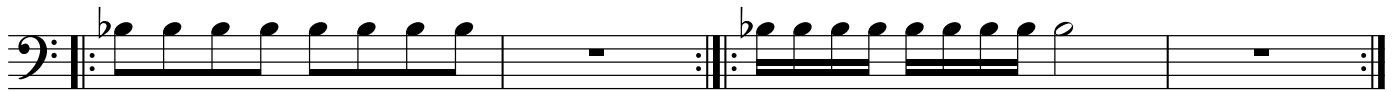
♩ = 72

mf

**ARTICULATION 1**

*Begin by placing the tip of the tongue at the gumline and lightly blowing it out of the way to create a defined beginning to each pitch. For each successive pitch, simply move the tip of the tongue back into place at the gumline and allow a slight pressure to build up behind the tongue. Avoid letting the pressure build up in the throat or the chest. Keep the tongue and air light and relaxed but focused. Repeat each section as needed until it is comfortable.*

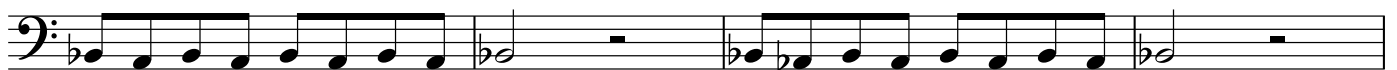
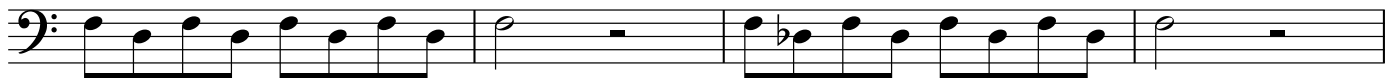
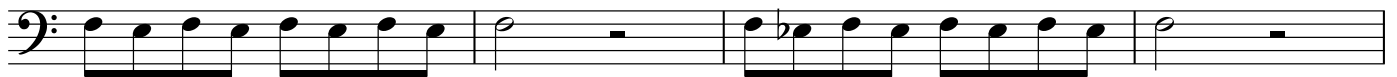
♩ = 100

*mp*

**SLIDE 1**

Move the slide exactly in time with each pitch allowing the wrist to be relaxed but not loose. The action of moving the slide should be thought of as throwing and catching as opposed to pushing and pulling. Be sure to make the slide movements quick and precise allowing each pitch to sound for its entire length. Keep the mouthpiece pressure and tongue light and relaxed throughout the entire exercise.

♩ = 100

*mp*

**FLEXIBILITY 1**

*Begin each group with a light articulation and strive to keep the mouthpiece pressure on the face light. Allow the pitches to change with minimal effort and blow all the way through each group. Avoid moving the jaw excessively in order to change the pitch especially as the tempo increases.*

♩ = 88

7 6 5 4 3 2 1