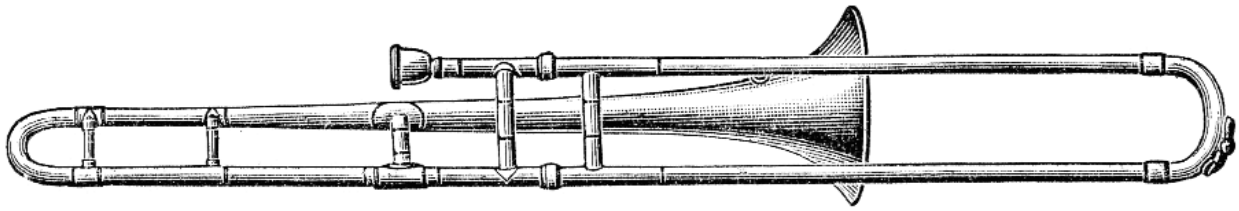
Daily Tenor Trombone Warmup Routine

Dr. Carli Castillon



The following is a curated compilation of warmup routines that I use varying from original exercises to borrowed materials from existing books. For more, go to carlicastillon.com

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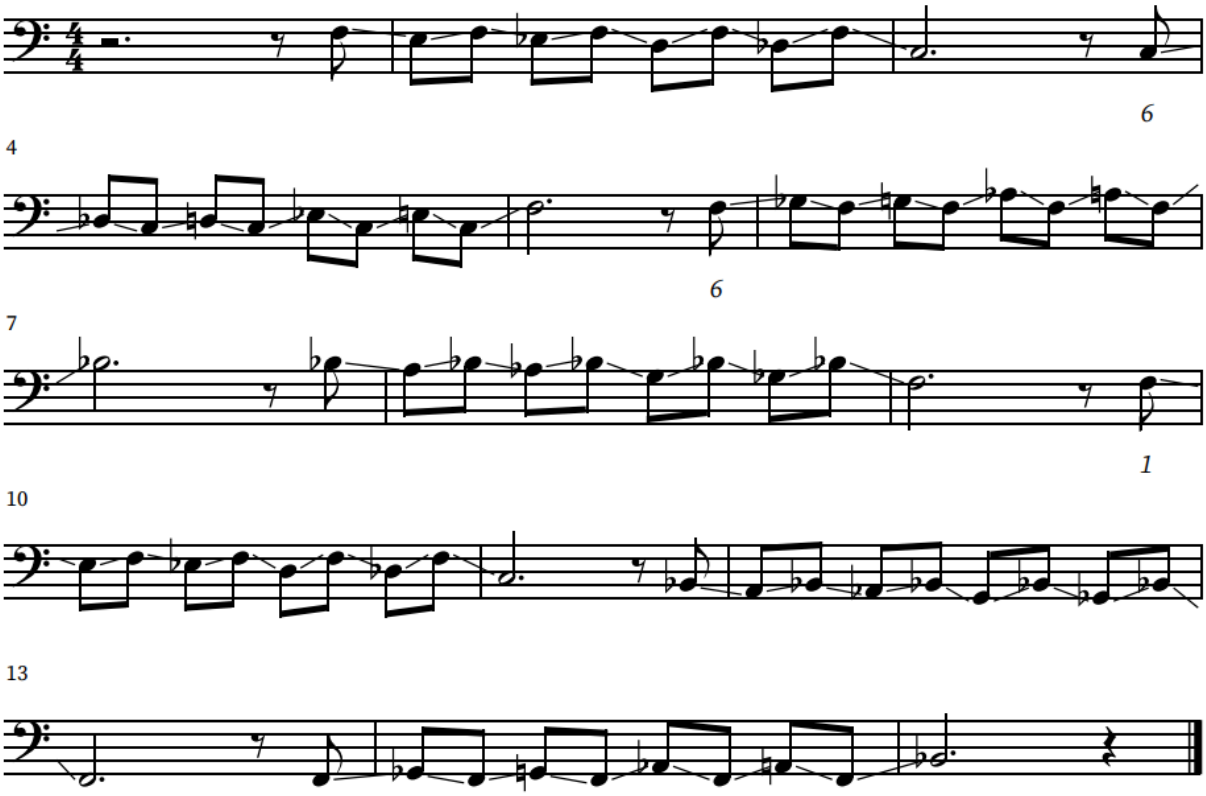
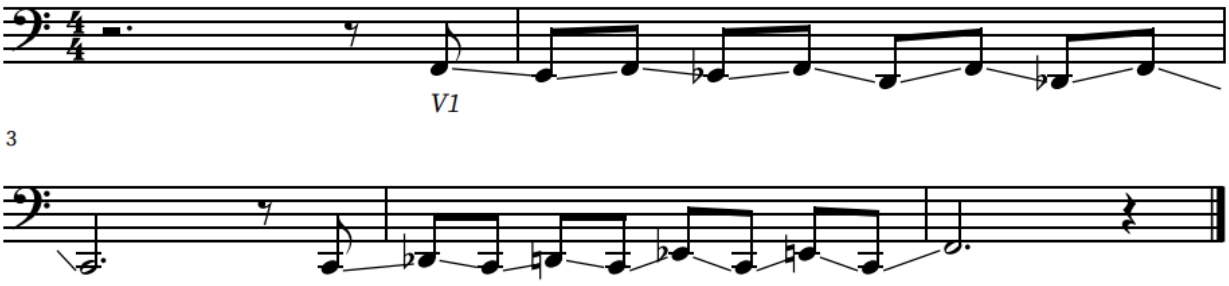
Smears

Like every good bagel starts with schmear, so should a good day of trombone playing. Take these smears without a met or tongue (gliss) with the goal of a constant airstream & smooth sound. Tip: increase your air as the horn increases in length. Alteration: try this exercise with a flutter tongue!



If playing on a horn with an F-attachment, continue into this register:



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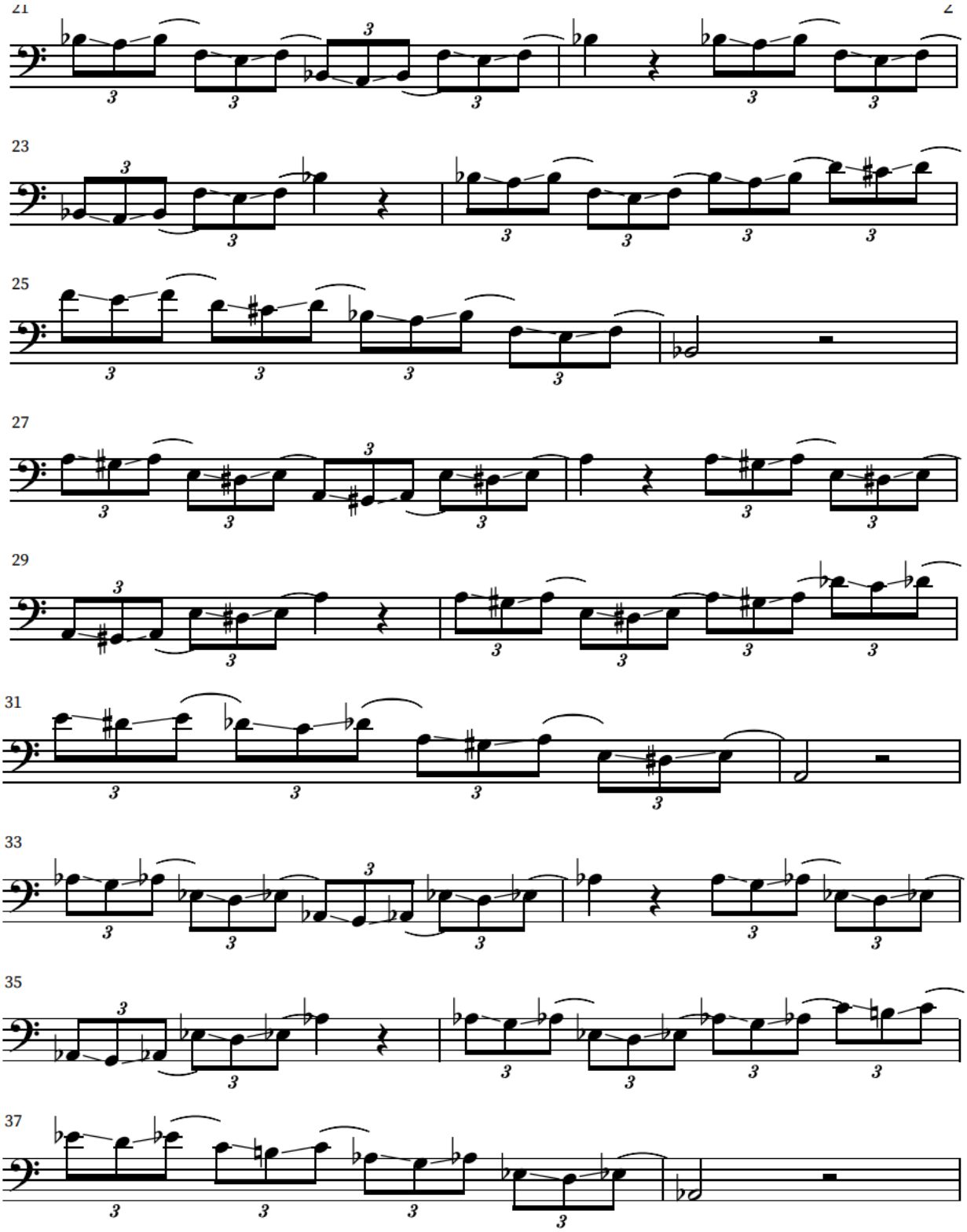
Smears cont'd.



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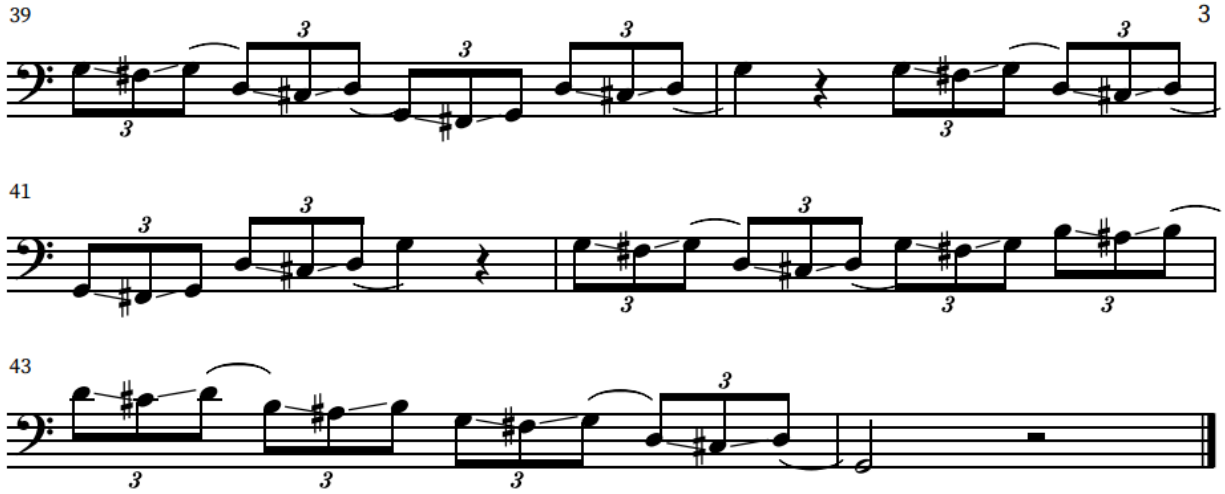
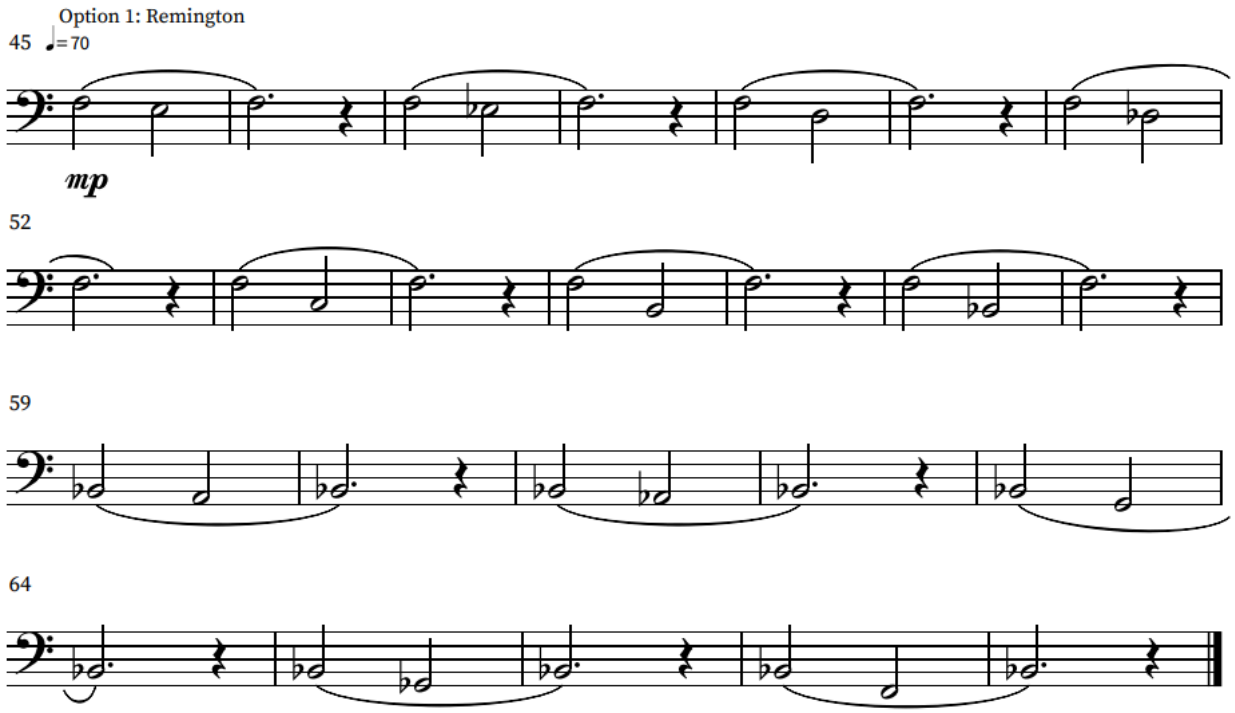


Continue down to 6th and back up

Long Tones

Choose one of the following for a varied week of long tones:



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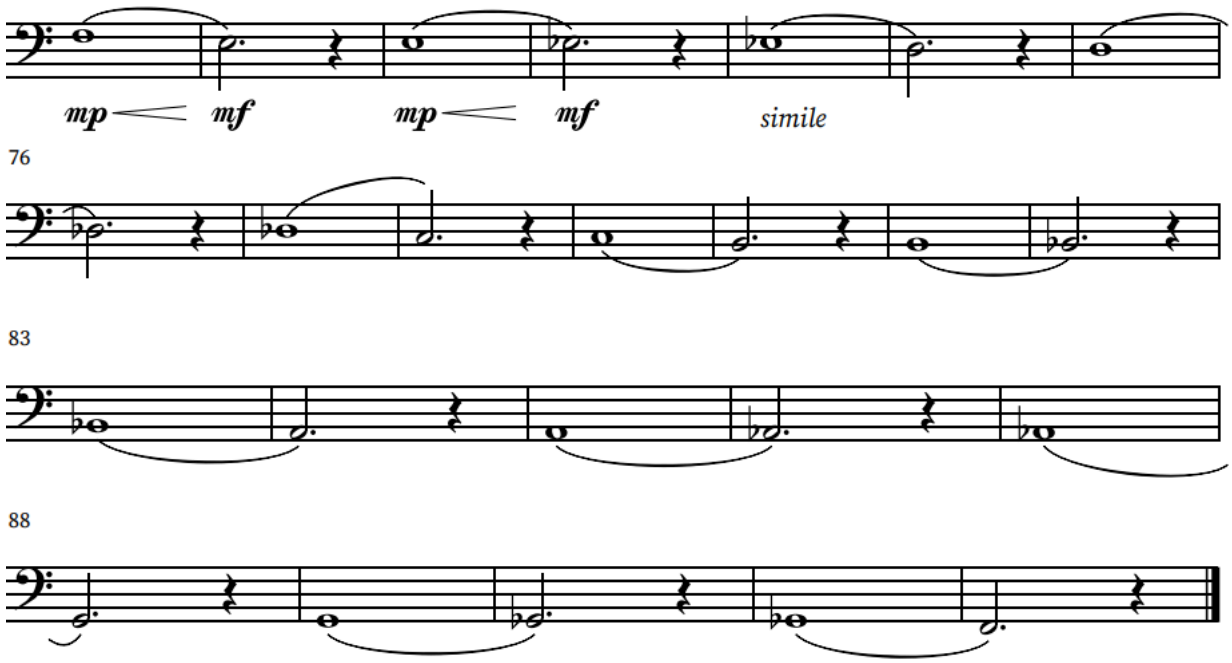
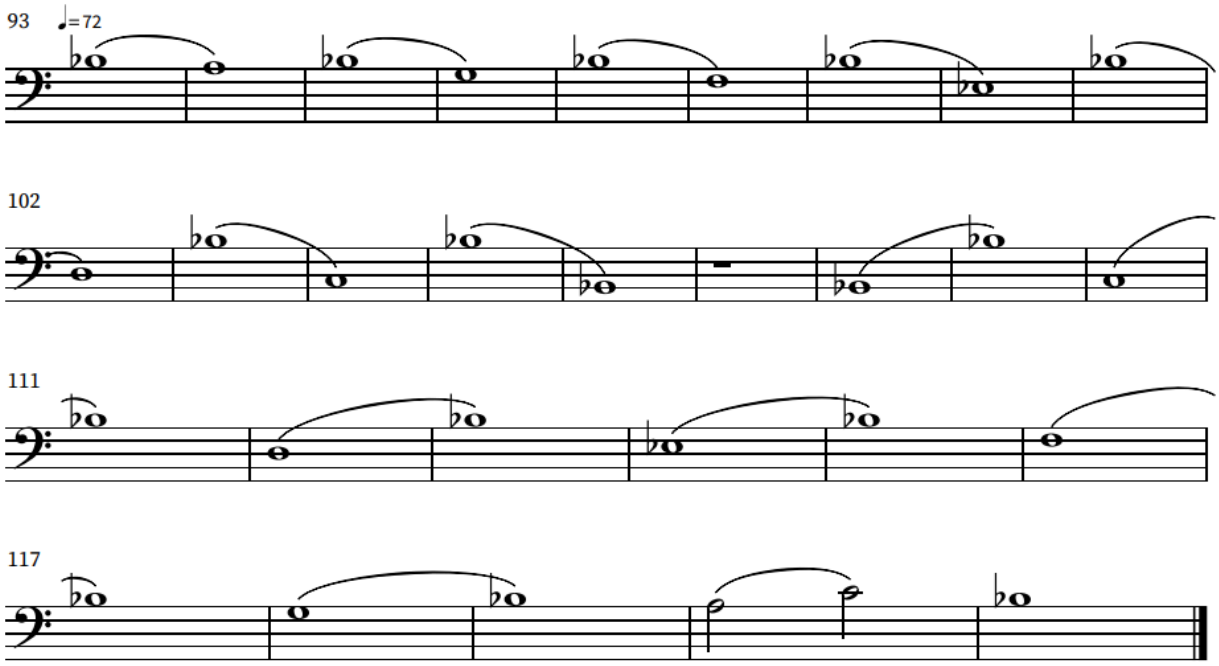
Option 2: Compressed Remington



Option 3: Scales
Utilize the following pattern with a different major or minor scale each time



Use a cello drone for option 3

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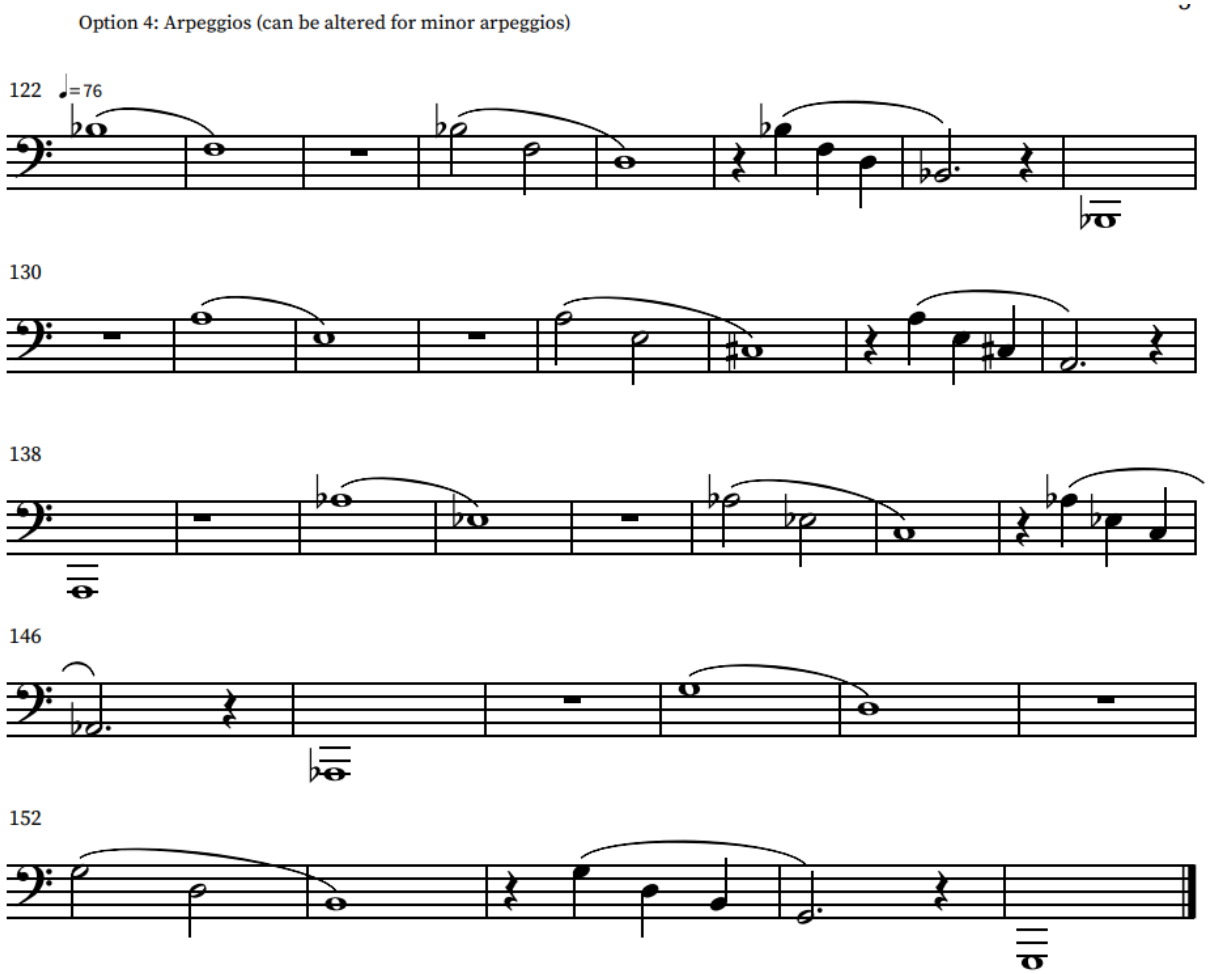

Continue through the keys as seen fit

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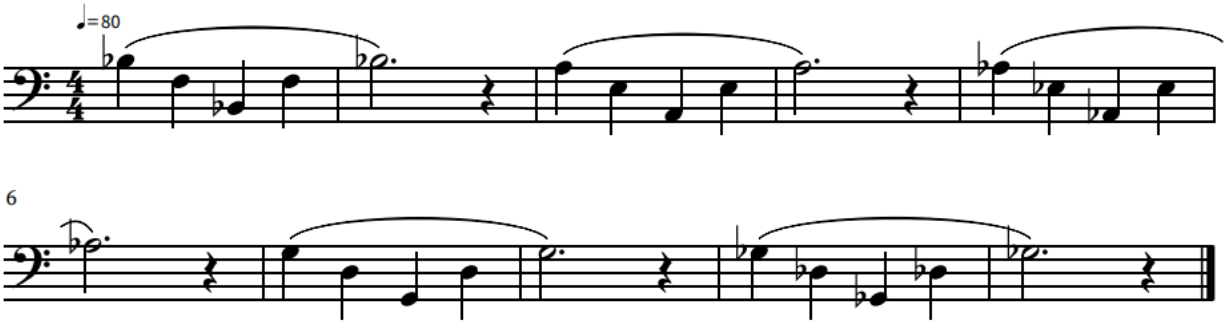
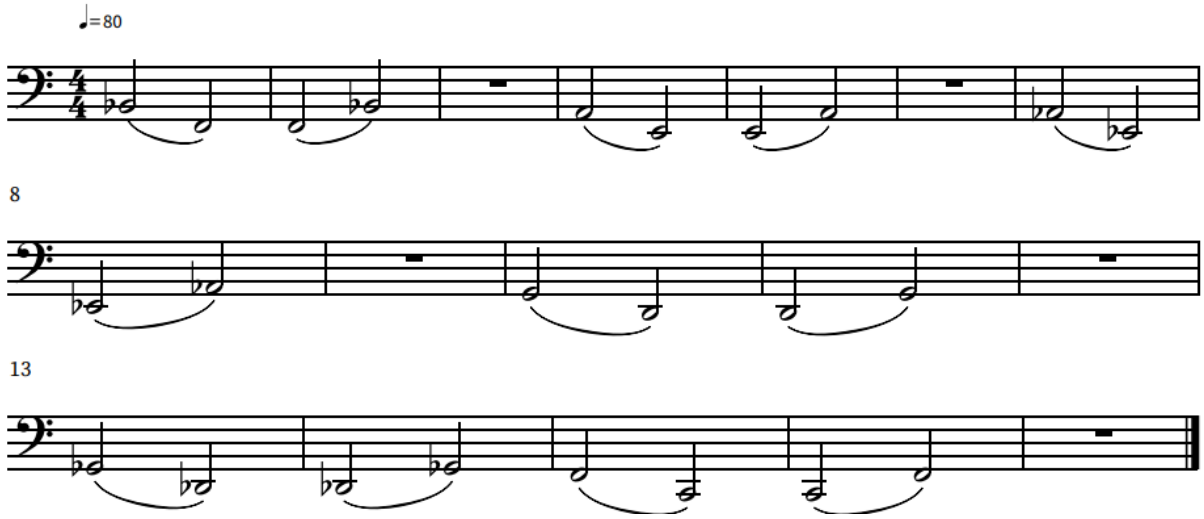
Lip Slurs

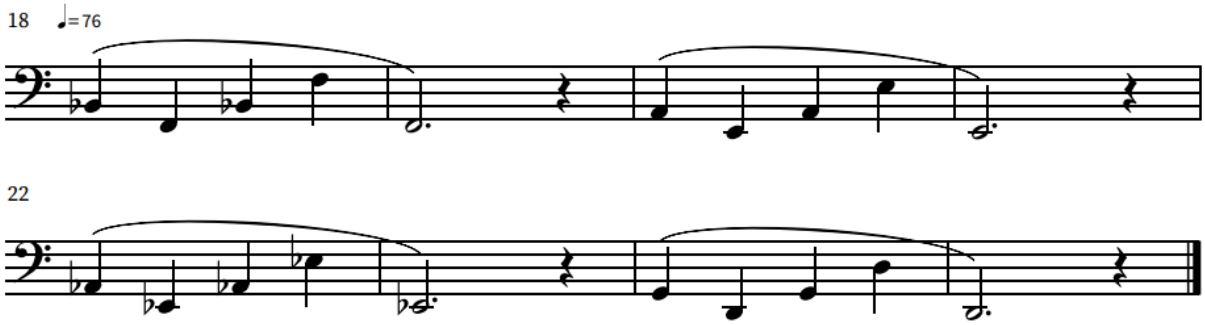


Continue down to 7th and go back up. Alteration: Invert the pattern

Slurs into the trigger register:



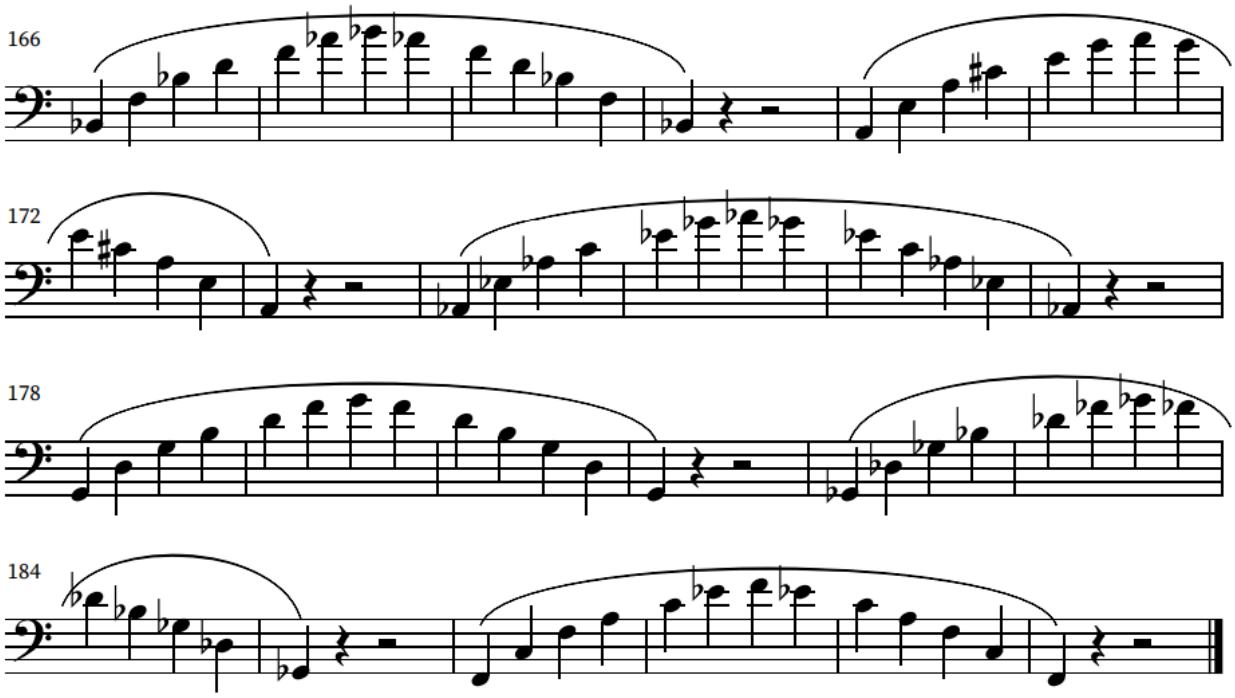
Octave incorporation:



Down to 6th and back up

Daily Tenor Trombone Warmup Routine

Slurs for range building:
Slow, out of time



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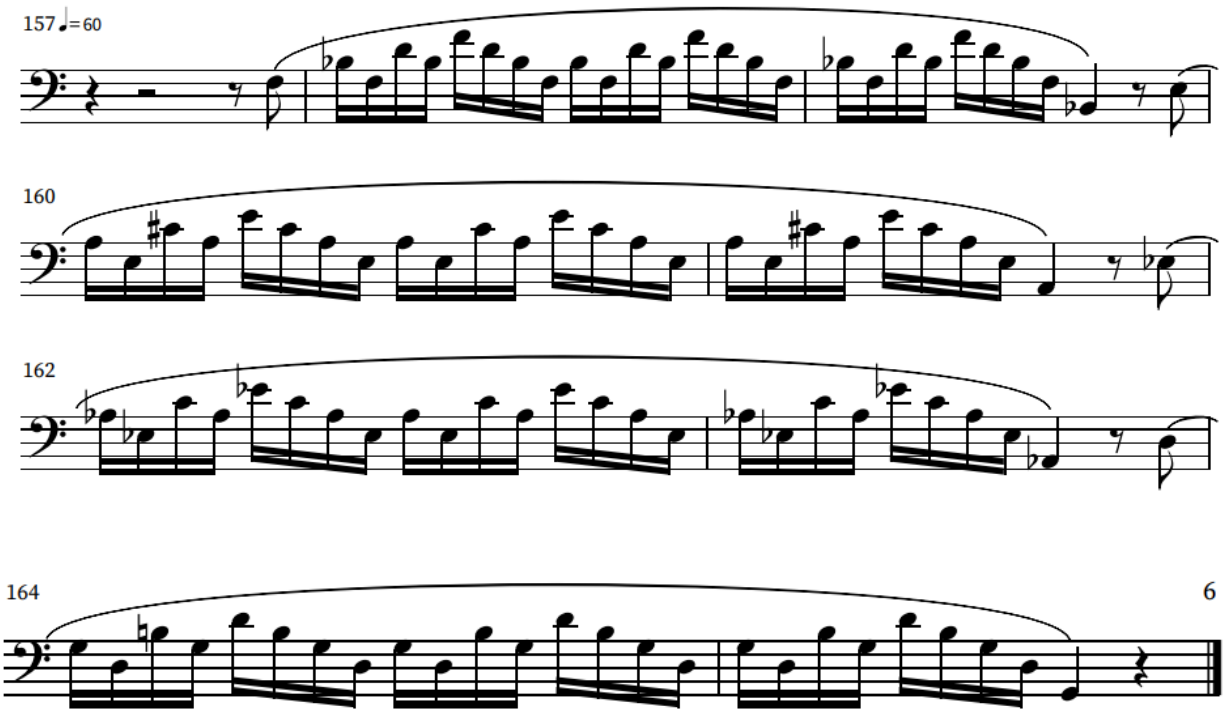
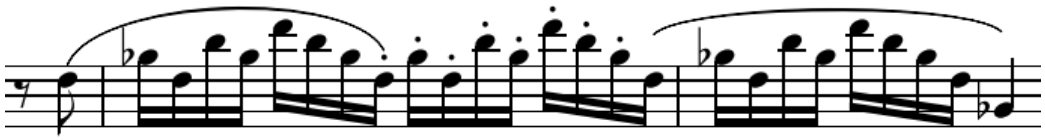
Flexibility

Remington Lip Slurs



Continue down to 7th position and back up. Alteration: “Lip slur sandwich”- do beats 1&2 slurred, beats 3&4 tongued, and the following two beats slurred. See example below



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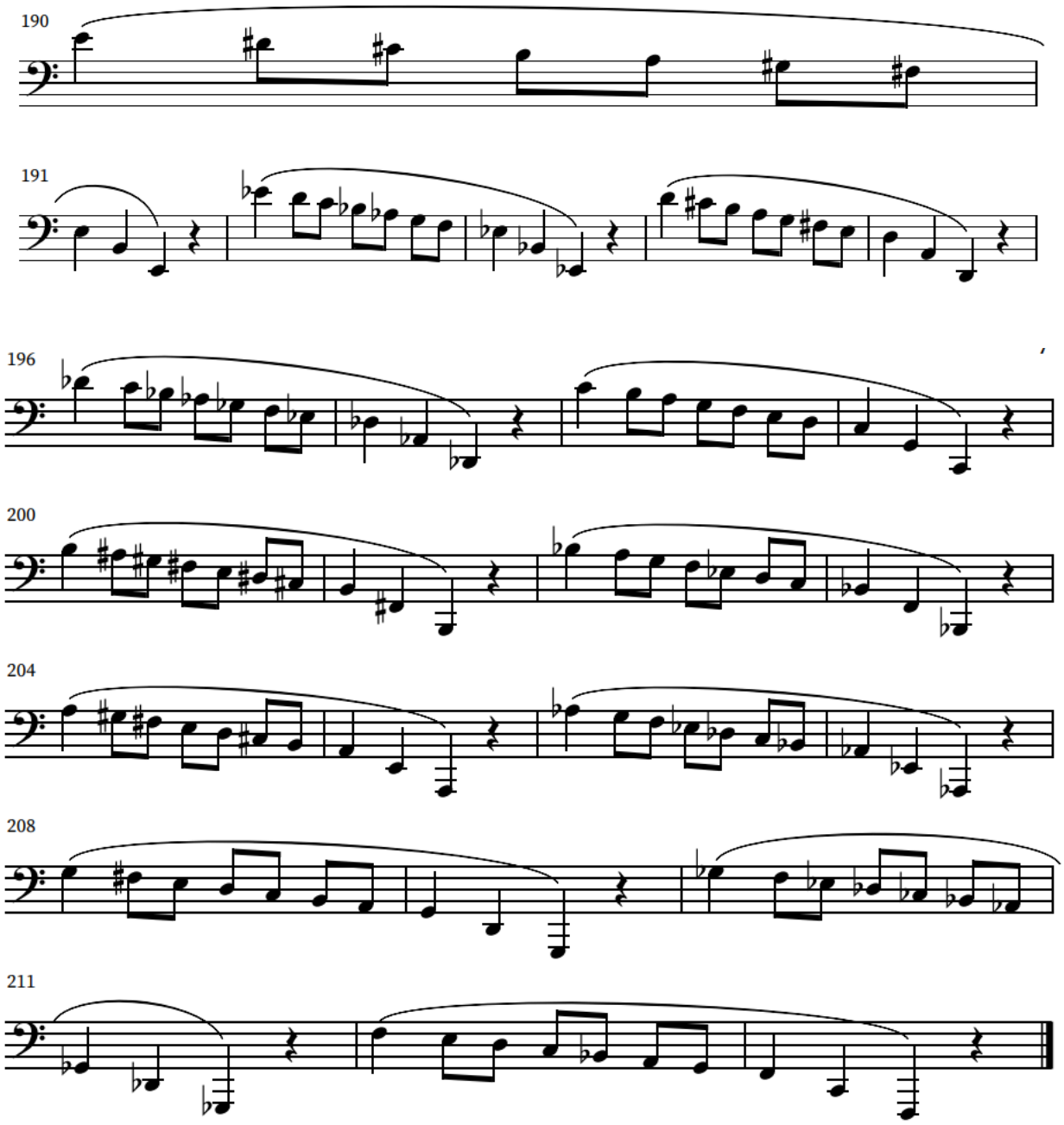
Descending Scales

Warm down to warm up:

Descending scales. Slow, out of time



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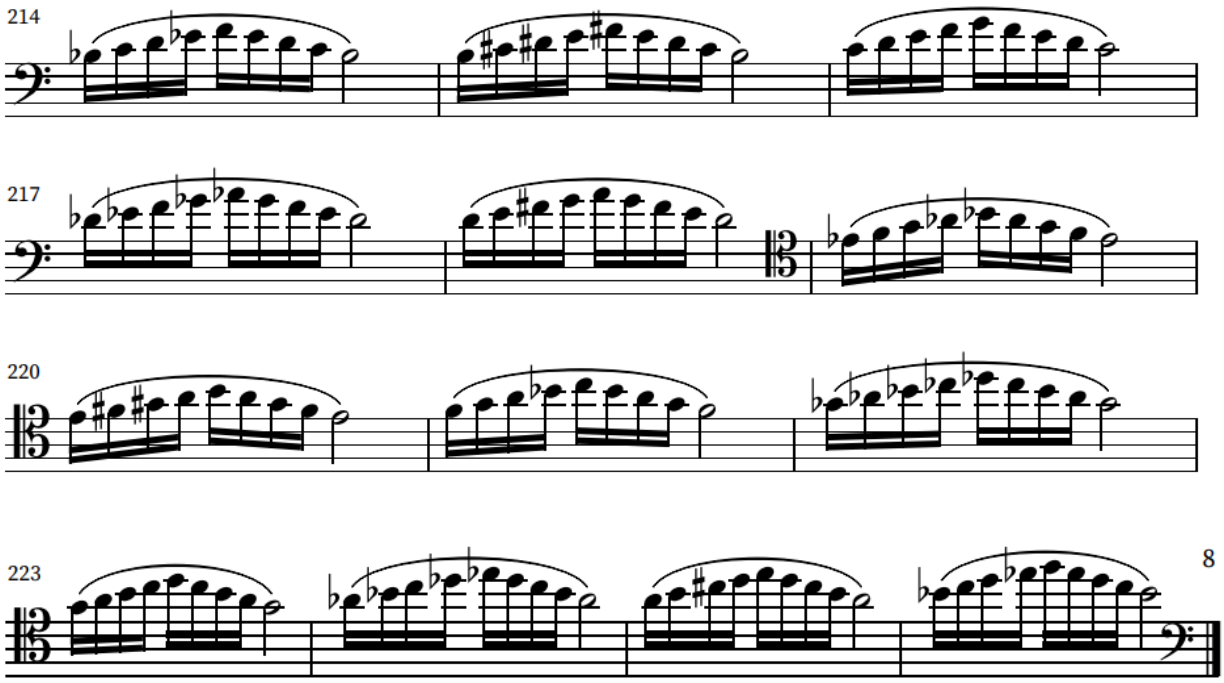
Upper Register

High Range. No tongue, no tension



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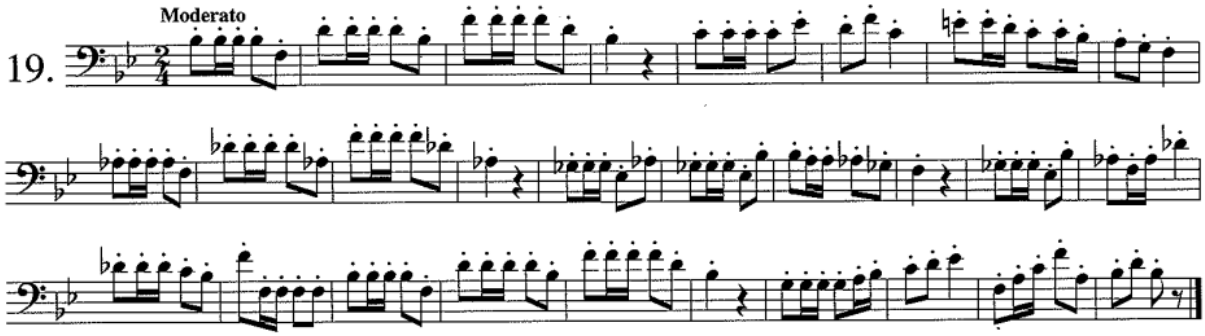
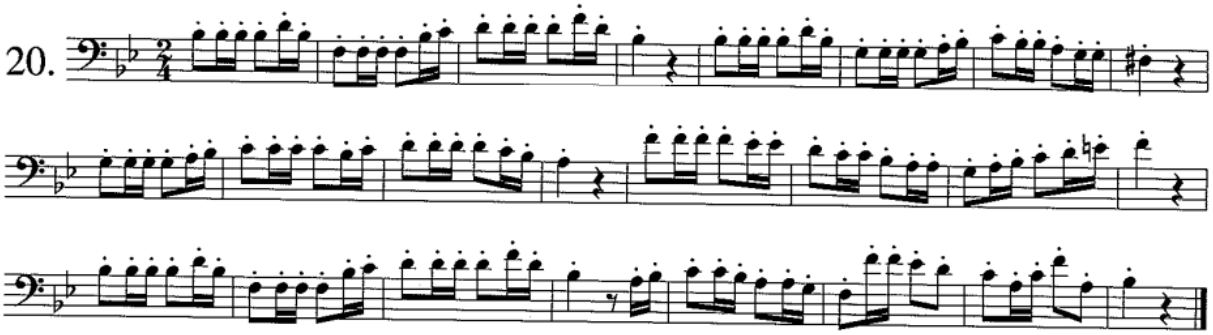
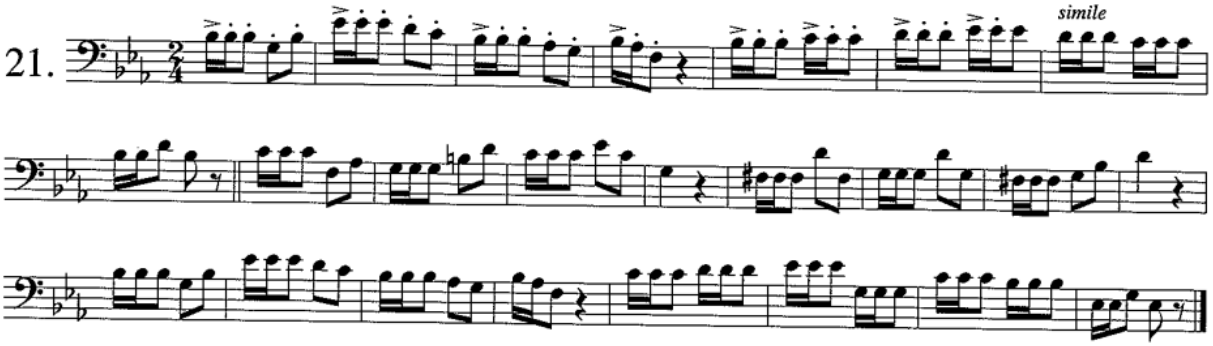
Articulation

Arban. Take the following exercises at a single tongue tempo (80-120bpm) and then increase beyond 120bpm for double tonguing



STUDIES ON DOTTED EIGHTH AND SIXTEENTH NOTES Arban • 35





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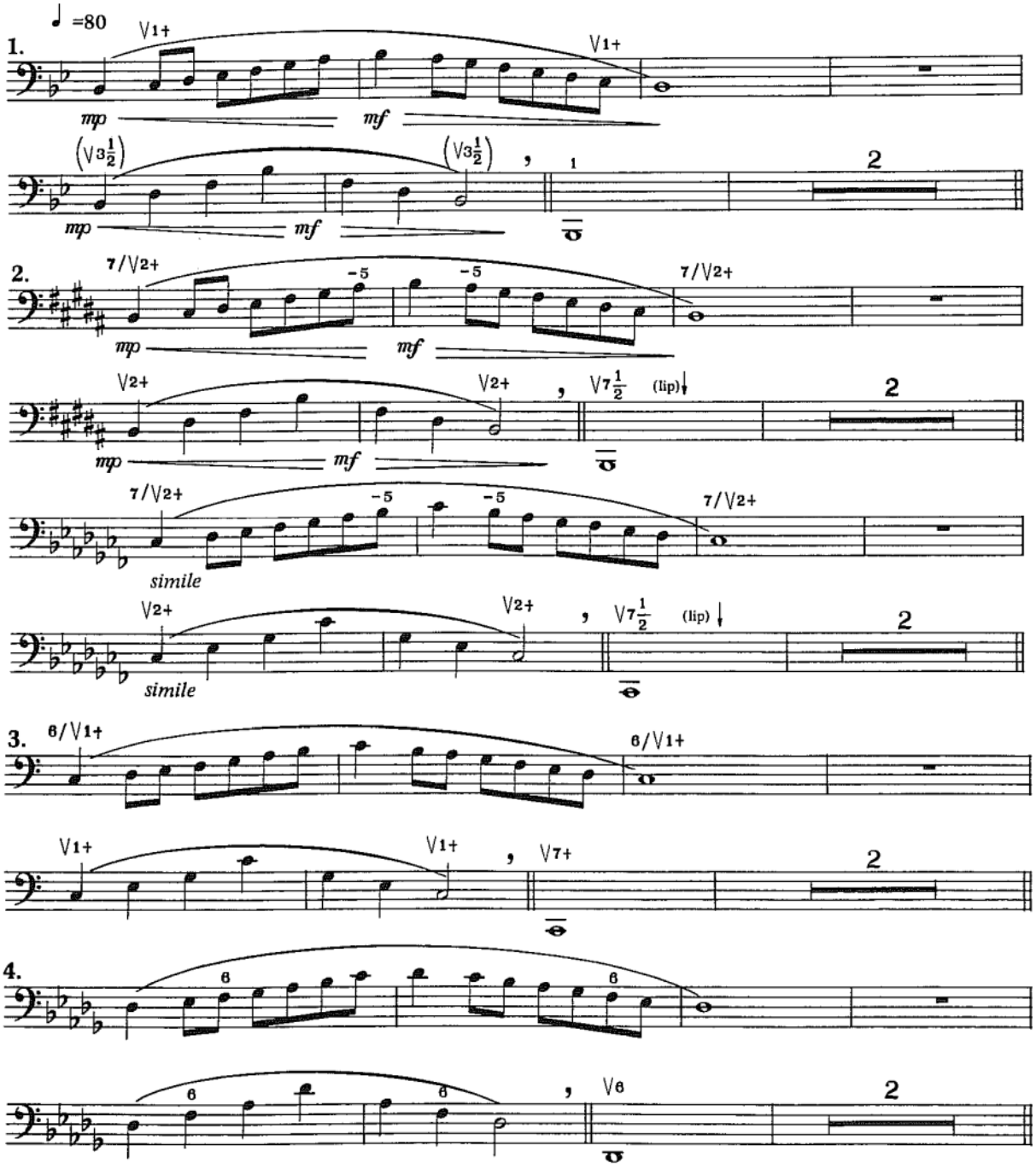
Scales

Adopt the “half steps in adjacent positions” rule. Use the following alternate positions to create the least resistance and smoothest scales. Buddy Baker method.

A. MAJOR SCALES (IONIAN MODE) — MAJOR ARPEGGIOS



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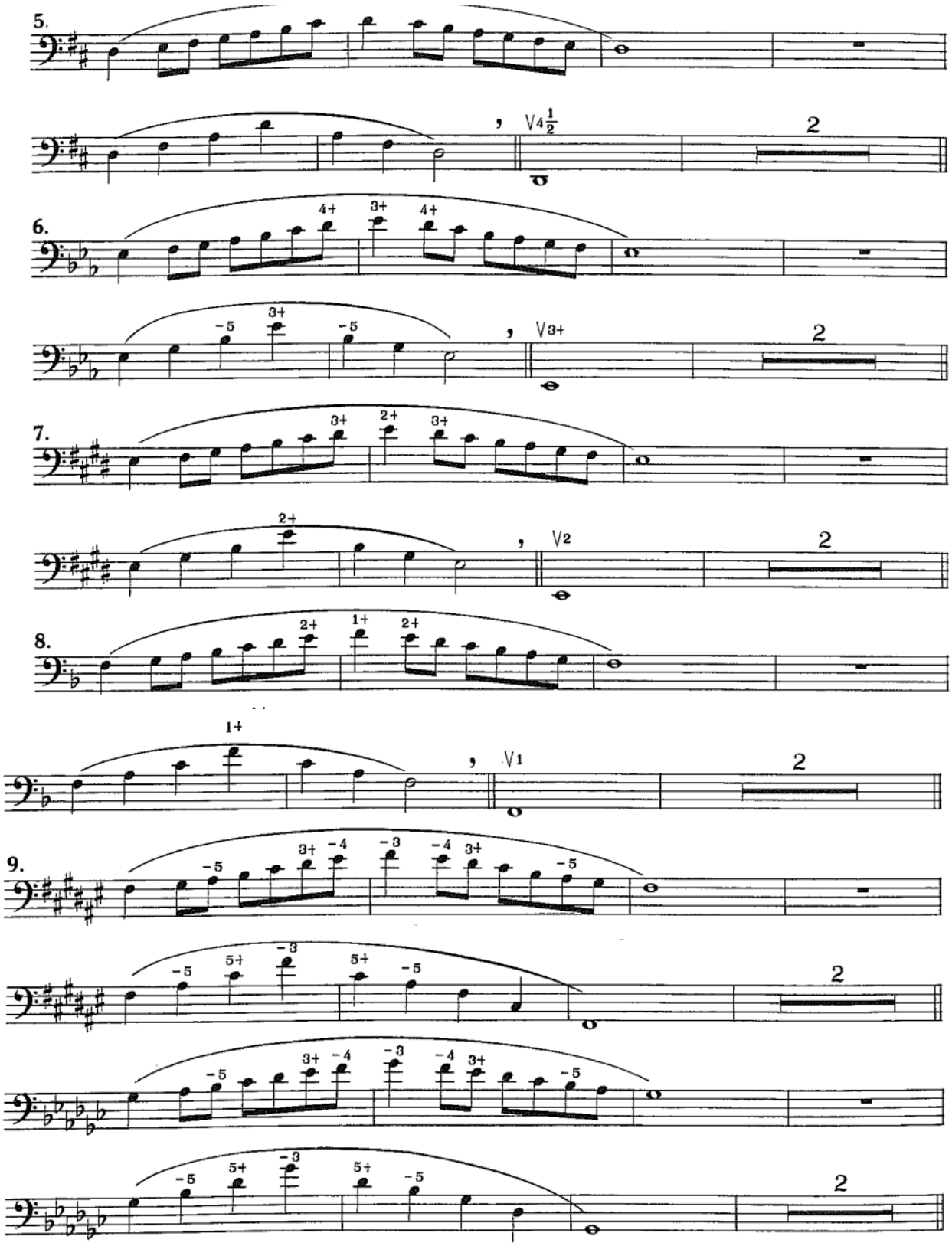

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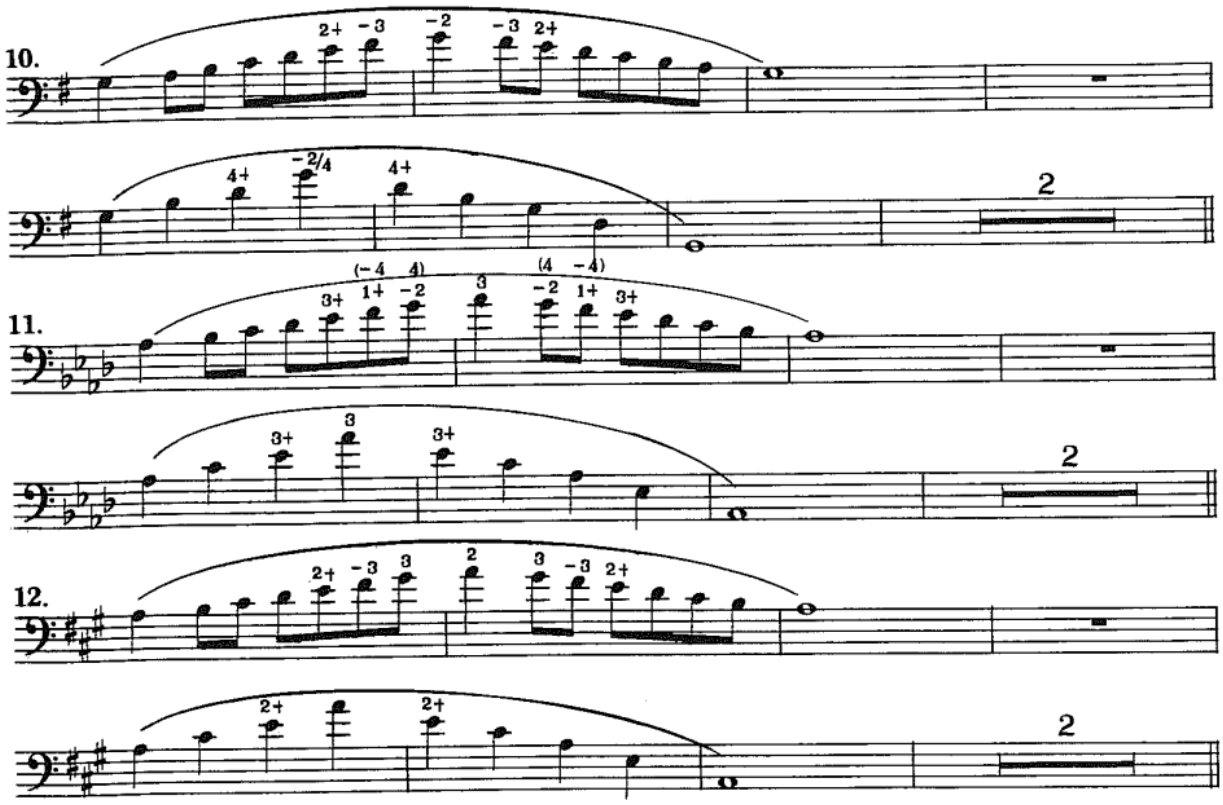

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For more individualized technique and fundamental studies, use the following books:

- Phrasing:
  - “Melodious Etudes”- Marco Bordgogni, arr. Rochut
  - “55 Phrasing Studies”- Jaroslav Cimera
  - “15 Rhythmical Studies”- Marcel Bitsch*
- Technique:
  - “Complete Method for Trombone & Euphonium”- Arban
  - “Tenor Trombone Method”- Buddy Baker
  - “Basic Routine”- Robert Marsteller
  - “Trombone Unlimited”- Megumi Kanda
- Lip Slurs:
  - “Lip Slurs: Progressive Exercises for Building Tone”- Brad Edwards
  - “Lip Slur Melodies”- Brad Edwards
- Clef Studies:
  - “Before Blazhevich”- Brad Edwards
  - “School for Trombone in Clefs”- Vladislav Blazhevich*
- Orchestral:
  - “The One Hundred”- Megumi Kanda

*Signifies advanced studies