

# TROMBONE WARM UP

CLIVE ALLSOPP

BECAUSE WE WARM UP EVERYTIME WE PLAY THE PROCESS CAN BECOME A TURN OFF. TO OVERCOME THIS I FOLLOW THE SAME PITCH PATTERNS BUT CHANGE THE RHYTHM PATTERNS EVERYDAY TO KEEP THE EXERCISE FRESH AND KEEP MY MIND THINKING, AND NOT GOING INTO AUTO PILOT. HERE ARE A FEW EXAMPLES OF RHYTHM CHANGES OVER THE NOTES F AND B FLAT.



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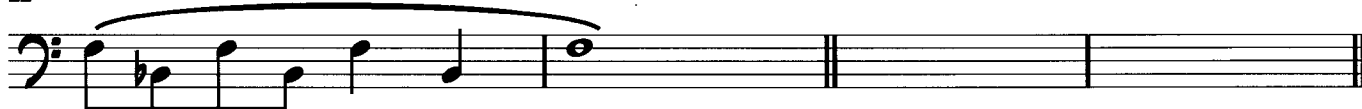


AS YOU CAN SEE EACH OF THESE TWO BAR PHRASES COVERS THE SAME RANGE YET GIVES VARIATION. THEREFORE OVER 5 DAYS PRACTISE YOUR LIPS GET THE SAME WORKOUT WITH MORE INTEREST. I HAVE ALWAYS ENCOURAGED PUPILS TO COMPOSE THEIR RHYTHMS AND THINK OF A NEW ONE EACH DAY.

FOR ME THE MIDDLE PITCH ON THE TROMBONE IS F IN THE BASS STAFF AND I WORK OUT FROM THIS PITCH BOTH UP AND DOWN UNTIL I HAVE COVERED SIX OCTAVES USING DIFFERENT RHYTHM PATTERN EVERYDAY. AT THIS POINT IN MY DAILY ROUTINE I'M READY TO START THE SERIOUS BUSINESS OF LEARNING NEW THINGS TO DO WITH THE INSTRUMENT.

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NOW PLAY THE EXERCISE IN ALL POSITIONS GOING DOWN IN SEMITONES



NOW PLAY THE EXERCISE IN ALL POSITIONS GOING DOWN IN SEMITONES

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NOW PLAY THE EXERCISE IN ALL POSITIONS GOING DOWN IN SEMITONES

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NOW PLAY THE EXERCISE IN ALL POSITIONS GOING DOWN IN SEMITONES

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IF YOU HAVE A PLUG TROMBONE REFRAIN FROM USING IT FOR THE NEXT EXERCISE. USE THE SLIDE POSITIONS FOR THE LOW HARMONICS.

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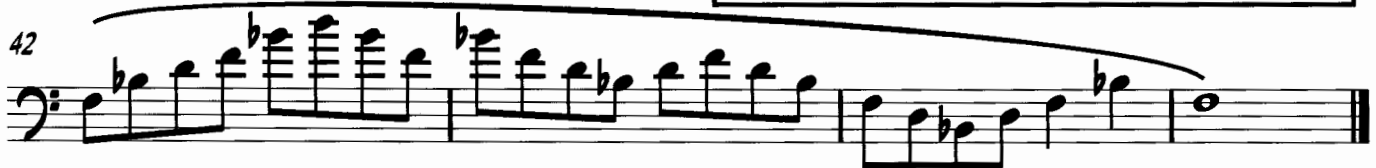


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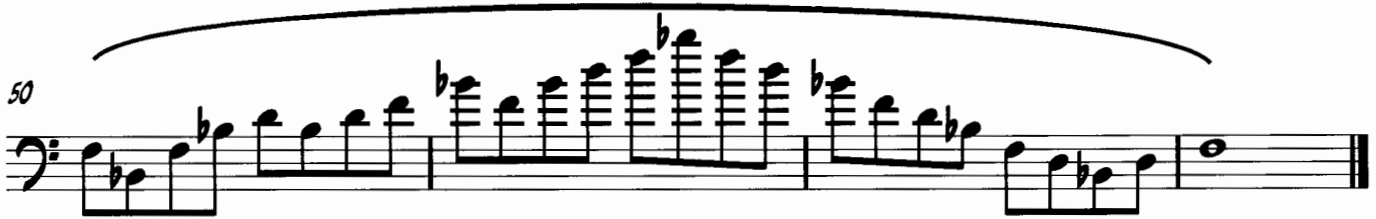
NOW PLAY THE EXERCISE IN ALL POSITIONS GOING DOWN IN SEMITONES

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I DON'T EXPECT YOU TO BE ABLE TO PLAY THE VERY HIGH AND LOW NOTES AT FIRST. SO THE RULE IS : WHEN YOU CANNOT GET A PITCH WITH EASE STOP AND TRY AGAIN TOMORROW.

TO KEEP THE INTEREST COMPOSE YOUR OWN RHYTHM PATTERNS OR LISTEN IN THE BAND ROOM AND USE OTHER PEOPLE IDEAS BUT KEEP THE PITCH PATTERN THE SAME EVERY TRY.

MY WEB SITE I HAVE A SOUND SITE OF ONE OF MY WARM UP DAYS. YOU WILL HEAR THE VARIATION OF RHYTHMS AND SOME WARTS AS ITS NOT A RECORDING SESSION ITS A WARM UP SESSION RECORDED.

HOPE THIS GIVE YOU SOMETHING TO THINK ABOUT.

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