Warm-up *with Sean Reusch*

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Just as a pilot goes through a checklist prior to flying a jet, your warm-up is a wonderful time to go through a checklist of really important things that allow you to play your best. Focus on things such as posture, relaxation, a clear mind, as well as 4 basic things used to play trombone – Wind, Embouchure, Tongue, and Slide. It is also a great time to focus on the 3 T's – *TIME, TONE, and TUNING.*

The Breath

We are all great breathers - let your breath be natural! Strive for relaxed, steady, and quiet breaths. Suck air in from your lips and blow out from your lips. Make sure the transition from *in to out* and *out to in* is very smooth.

1. Breathe in and out 3 times as relaxed as possible – similar to a yawn.
2. Hold a sheet of paper with your arm fully extended. Gently blow a sheet of paper the following ways - 5 times each (quarter note =60).
   Be sure to use a metronome!

3. Sit balanced and bring your horn to your face. Gently blow air through your trombone several times.

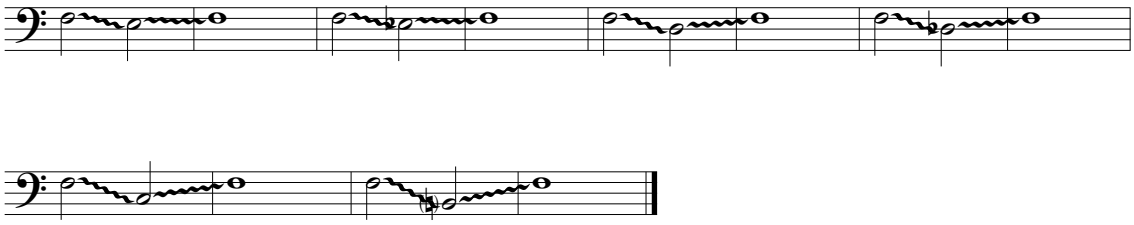
Before Playing the Trombone

Imagine the most beautiful sound ***BEFORE*** you play! Listening to amazing trombone players makes this significantly easier. Focus on the end product - not all of the individual components of playing.

"The best players play with a very specific idea of what they want to sound like and a very general idea of how they do it. However, most players play with a very general idea of what they want to sound like and a very specific idea of how they *THINK* they do it." John Rommel

Begin each note with an air attack (no tongue). Blow steady air and make the notes very smeary. Focus on a relaxed slide and always strive to play with a beautiful tone! If you aren't happy with your tone, try singing and buzzing then play on your trombone. Quarter note = 70

1.



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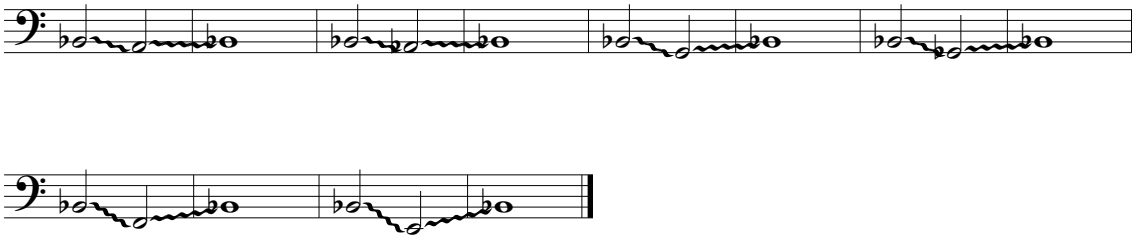

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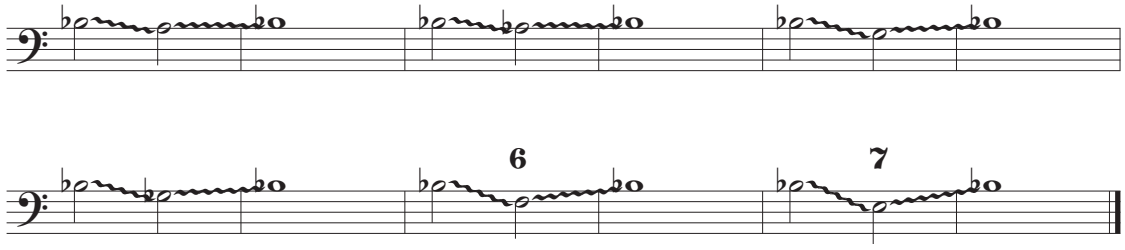
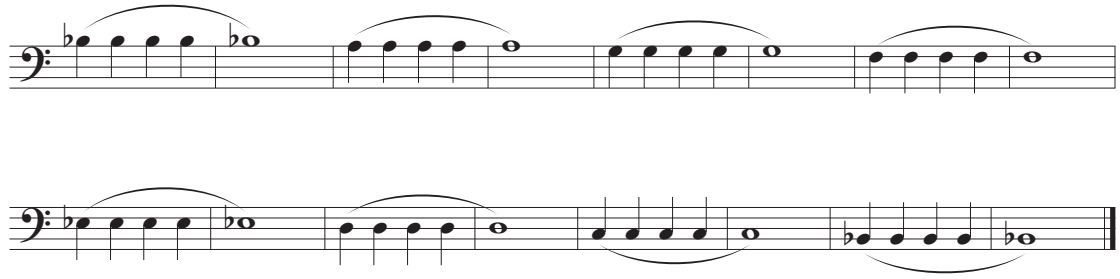
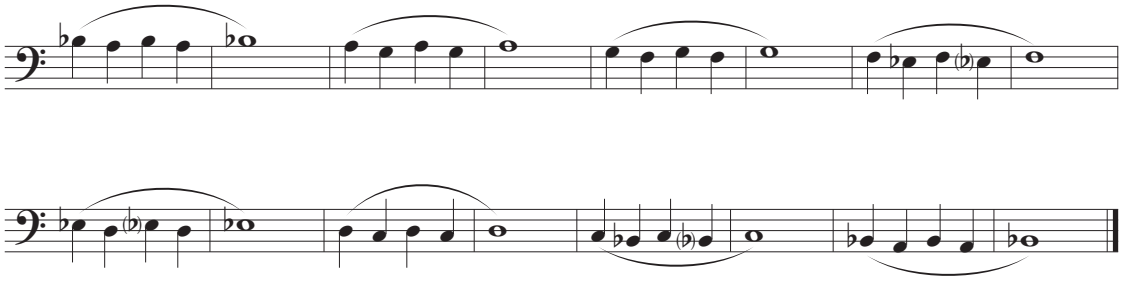


Add your tongue. Focus on blowing and a very light tongue.
Say the syllables, “Tah Dah Dah Dah Daaaaahhhhhhh”, for this exercise.

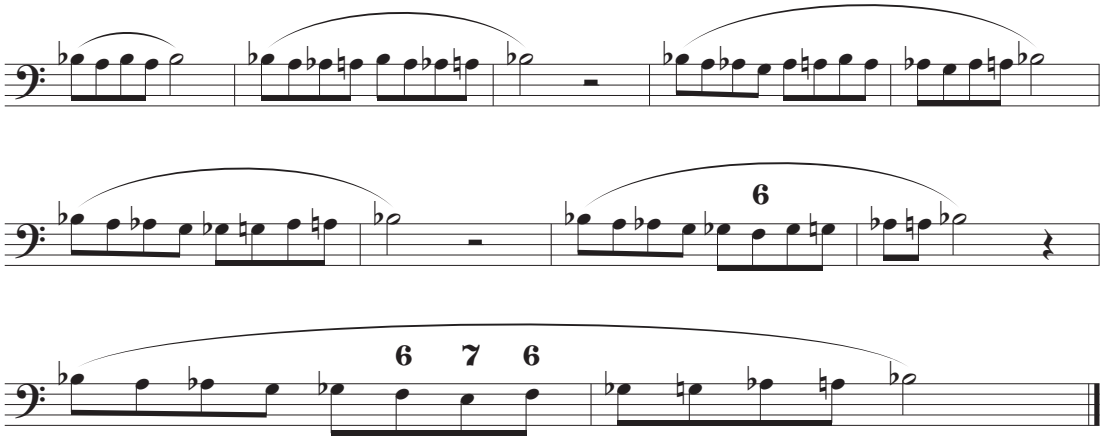


Add your slide. ***Move your slide very rhythmical.*** Be sure to blow and tongue exactly how you did in the previous exercise. (Tah Dah Dah Dah Daaaaahhhh)



Add speed. Be sure your tongue and slide are precise with one another.

1.



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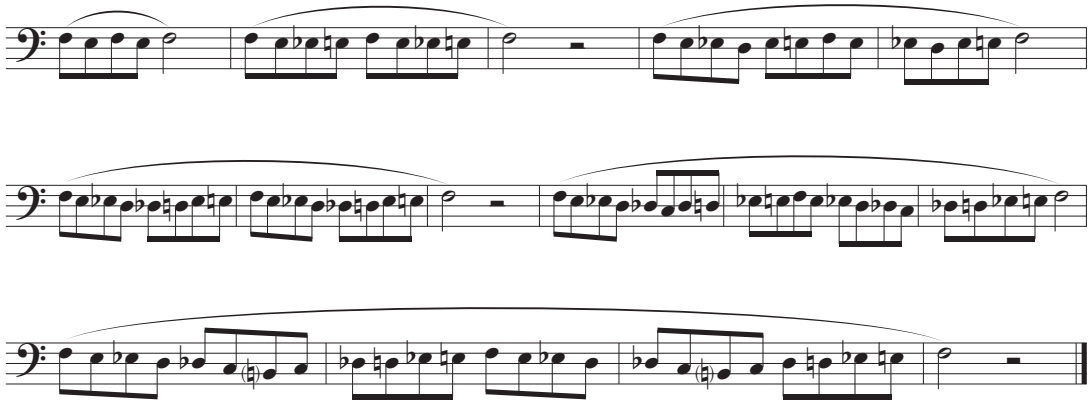
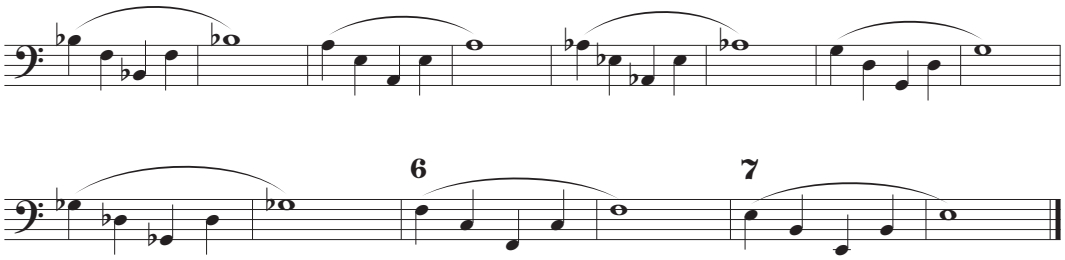


Connection Exercsises (aka Lip Slurs)

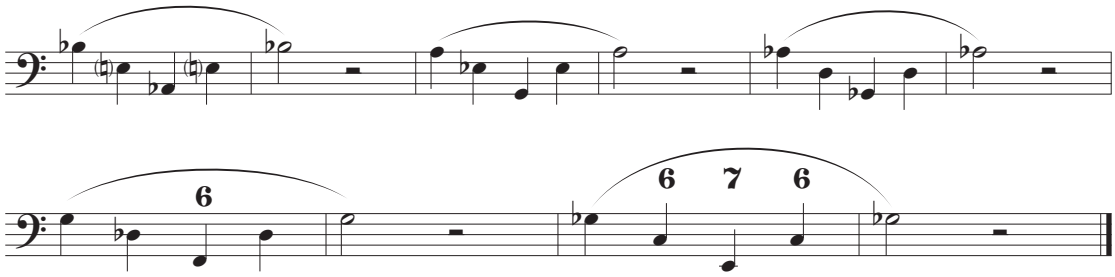
Blow steady air. Tongue only the first note of each phrase. (Quarter note = 72)

1.

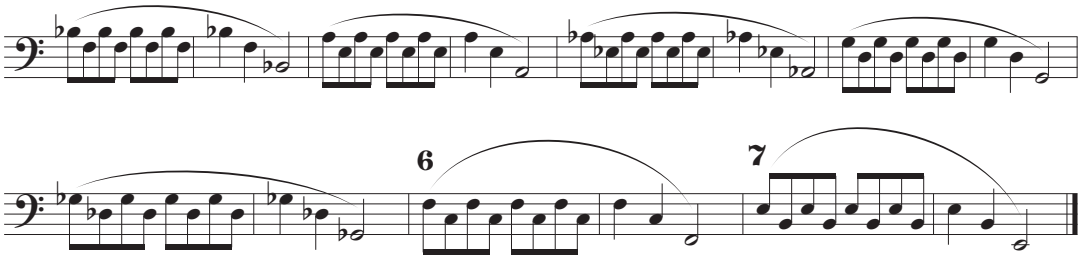


Now move your slide and blow steady air. (Quarter note = 72)

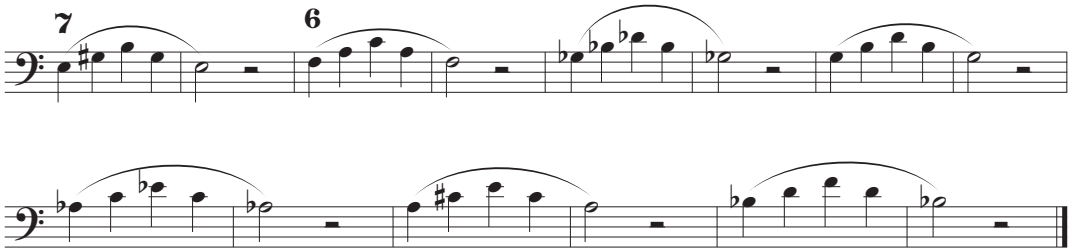
2.



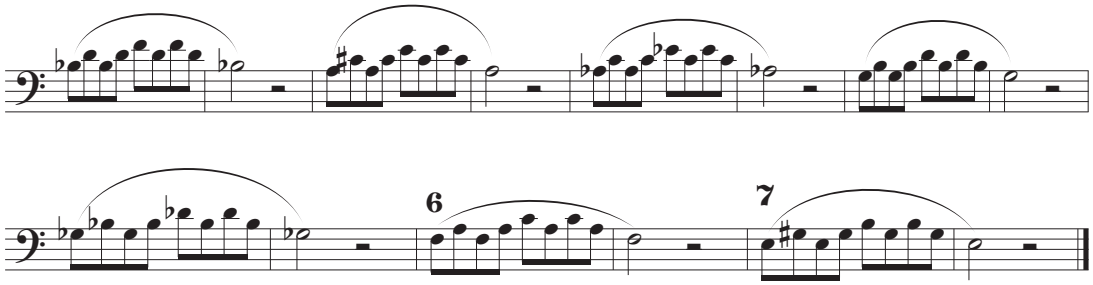
3. Quarter note = 80



4. Quarter note = 70



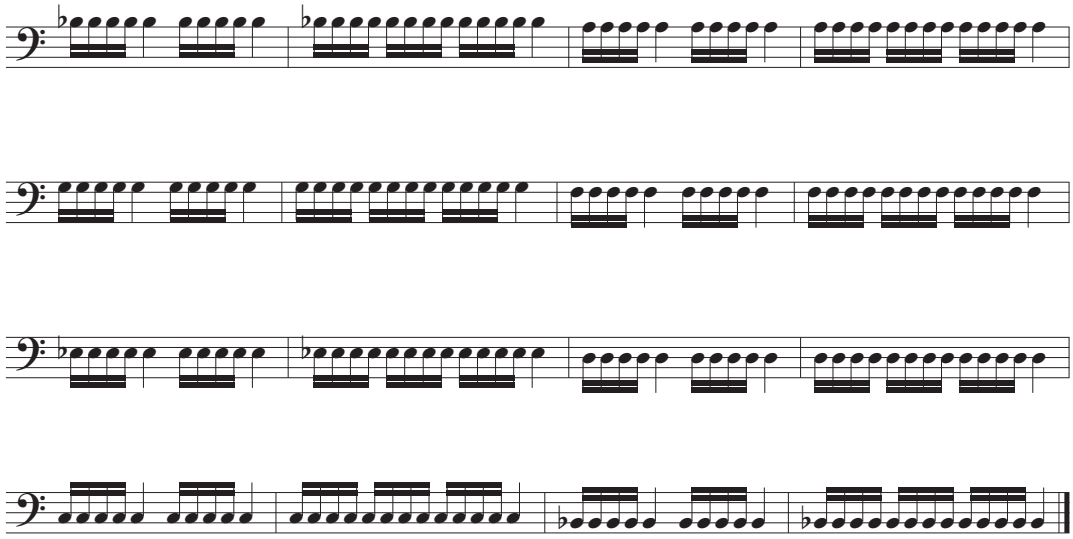
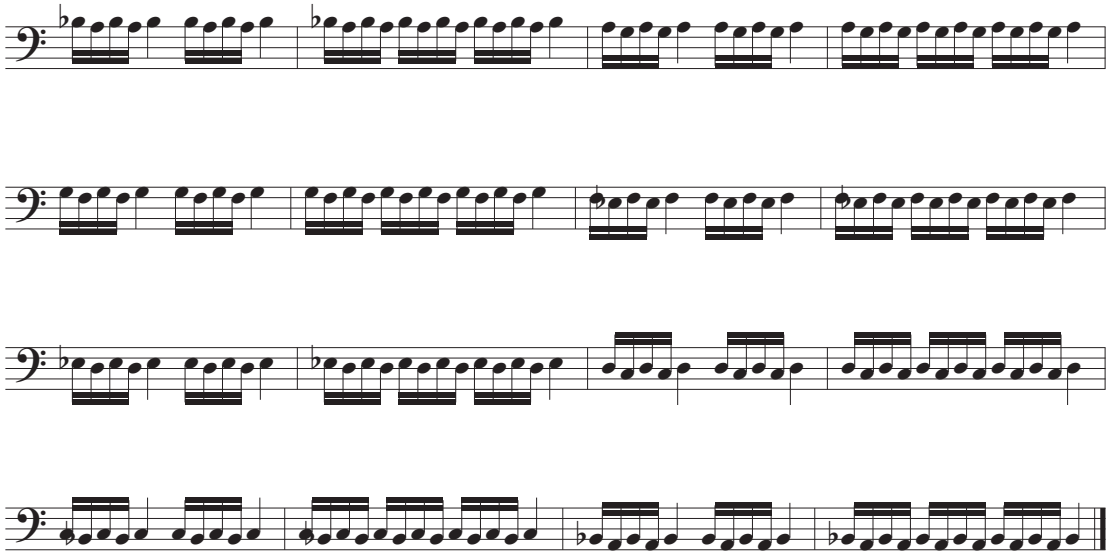
5. Quarter note = 76



Tonguing

Focus on blowing a steady airstream with a very light tongue. Practice the following exercises with various articulations including:

1. Play these tonguing exercises in all 12 keys throughout the week.



2. Now move your slide – be precise! Be sure your articulation sounds the same as the previous exercise.