

NORTHWESTERN

MS

TROMBONE/

EUPHONIUM

WARM-UP PACKET

2018-19

BREATHING GYM

Warm-Up

- Field goal arms, twisting and turning inhaling and exhaling on your own terms
- Shake it off

5 in, 15 sip, half and half, ssss!!!

- Inhale in a pattern for 5 beats
 - Quarter, eighths, triplets, sixteenths,
 - Inhale sip for 15
- Exhale release, Capture the air and pause and release again
- Finish the rest of your air with a "sssssss"
- Breath in 1, Sigh out 1

Inhalation and exhalation

- Inhale for 4 counts with your hand over mouth long ways
- Exhale straight ahead with your palm in front of your face for 4 counts.
- Continue using these patterns

- In for 4, out for 4
- In for 3, out for 4
- In for 2, out for 4
- In for 1, out for 4
- In for 1, out for 5
- In for 1, out for 6
- In for 1, out for 7
- In for 1, out for 8
- In for 1, out for 9
- In for 1, out for 10
- Breath in for 1, sigh for 1

Trombone

FLOW STUDIES

1



2



3



4



5



6



7



8

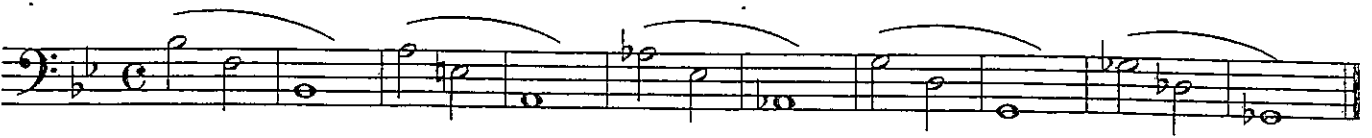


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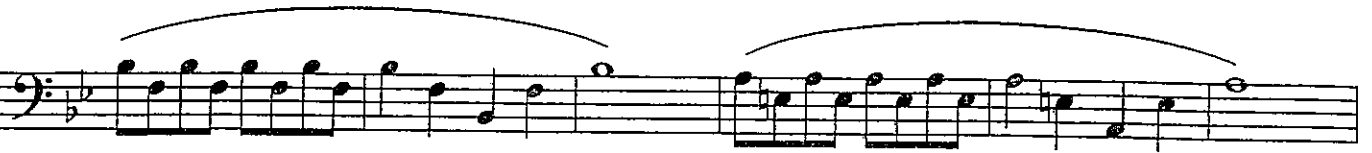


Lip Slur Exercises

Trombone

1 

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

2 

1 _____ 2 _____



3 _____ 4 _____



5 _____

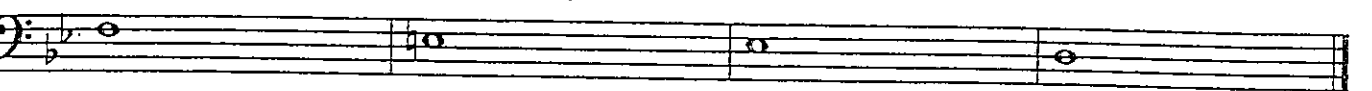
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2 _____ 3 _____ 4 _____ 5 _____



6 _____ 7 _____

Tuning Chords

4 

(2) _____ (3) _____

Trombone

Scales

Shawn Gee

$\text{♩} = 100$
Concert Bb Scale

Musical notation for the Concert Bb Scale in bass clef, 4/4 time. The scale starts on Bb and ends on Bb. The notes are: Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb.

Bb Arpeggios

Musical notation for Bb Thirds in bass clef, 4/4 time. The notes are: Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb.

Concert F Scale

Musical notation for the Concert F Scale in bass clef, 4/4 time. The scale starts on F and ends on F. The notes are: F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F.

F Arpeggio

Musical notation for F Thirds in bass clef, 4/4 time. The notes are: F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F.

F Thirds

Concert Eb Scale

Musical notation for the Concert Eb Scale in bass clef, 4/4 time. The scale starts on Eb and ends on Eb. The notes are: Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb.

Musical notation for Eb Thirds in bass clef, 4/4 time. The notes are: Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb.

Eb Thirds

Concert Ab Scale

Musical notation for the Concert Ab Scale in bass clef, 4/4 time. The scale starts on Ab and ends on Ab. The notes are: Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab.

Musical notation for Ab Thirds in bass clef, 4/4 time. The notes are: Ab, Bb, C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab.

Ab Thirds

Concert C Scale

Musical notation for the Concert C Scale in bass clef, 4/4 time. The scale starts on C and ends on C. The notes are: C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C.

Musical notation for C Thirds in bass clef, 4/4 time. The notes are: C, D, Eb, F, G, Ab, Bb, C, D, Eb, F, G, Ab, Bb, C.

C Thirds

Tonguing Exercises

Trombone

EDHS 2012

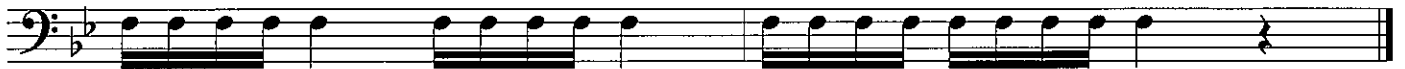
①



②



③



④



⑤



⑥



⑦



⑧



Rhythm Grid

This image displays a 'Rhythm Grid' consisting of 10 rows and 6 columns of musical notation. Each cell in the grid is numbered from 1 to 54, representing a specific rhythm exercise. The notation is written on a five-line staff with a treble clef and a 4/4 time signature. The exercises vary in complexity, including quarter notes, eighth notes, sixteenth notes, and rests. Some exercises feature beamed notes or slurs. The grid is enclosed in a thick black border, and there are two hole-punch marks on the left side.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54