Trombone Technical Skills

These are the 13 exercises you will master during your time at ODU. They are certainly not the only technical exercises you will study, but they are the ones I will use to measure your technical mastery of the trombone. Technique will be tested three times each year: 1) during a lesson in Sept., 2) during a lesson in late Nov. or early Dec., 3) during a lesson in late April or early May. Steady progress is expected on these exercises – we will set annual goals - but we will not typically focus on them in your lessons. You are to practice them as part of your daily routine.

Freshmen and sophomores may not be able to execute all the exercises. I recommend you begin with 1,3,5,6,7,8,9; add more as your ability grows. All students must demonstrate progress towards these goals each term in order to advance to the next level of study.

1. **Major, melodic** and **harmonic** minor scales and arpeggios, one octave - Hall Scales #1.

2. Major and harmonic minor scales and arpeggios, two octaves – Hall Scales #2.

3. Chromatic scales, one octave – Hall Scales #3.

4. Whole tone scales and arpeggios – Hall Scales #4.

5. **Diminished** scales and arpeggios – Hall Scales #5.

6. **Dominant seventh** arpeggios – Arban/Encore p.166, Arban/Fischer p.156.

7. Slow slurs – Remington Warm-ups #7 Extending the Interval in Legato.

8. Flexibility – Remington Warm-ups p.5, starting fourth line from bottom of page, second measure; all seven positions.

9. Single tonguing – Remington Warm-ups #2 Tonguing, to double bar. Marcato.

10. Double tonguing – Arban/Encore p.198 #83, Arban/Fischer p.186 #83.

11. Triple tonguing – Arban/Encore p.176 #8, Arban/Fischer p.164 #8.

12. High range – scale and arpeggio to top note; without embouchure shift; any speed. Must perform three times, two scales and one arpeggio or vice versa.

13. Low range - scale and arpeggio to low note; without embouchure shift; any speed. Must perform three times, two scales and one arpeggio or vice versa.

Name_____

							mbon									1		
		Basic duration metronome markings																
							s/Arpeggios				Flexibility			Tongue speed			Range	
points		#1 Maj/min Mel/Har			#2		#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	
	-				Maj	min	chrom	wt	dim	dom7	slow	fast	single	dble	triple	hi	low	
5	65		50		60	50	55	60	50	45	100	75	90	120	80	bb1	AAb	
10	71		56		65	55	62	68	58	50	94	80	94	126	84	b1	GG	
15	77		62		70	60	69	76	66	55	82	85	98	132	88	c2	GGb	
20	83		68 74		75	65	76	84	74	60	76	90	102	138	92	db2	FF	
25		89			80	70	83	92	82	65	70	95	106	144	96	d2	EE	
30		95 8			85	75	90	100	90	70	64	100	110	150	100	eb2	DD	
35	10		86 92		90	80	97	108	98	75	58	105	114	156	104	e2	CC	
40					95	85	104	116	106	80	52	110	118	162	108	f2	BBBb	
45	11		98		100	90	111	124	124	85	46	115	122	168	112			
50	11		104		105	95	118	132	132	90	40	120	126	174	116			
55		125 110			110	100	T 1	T . I										
60		$\begin{array}{c ccccccccccccccccccccccccccccccccccc$																
65		137 122 120 110 All trombonists are expected to make 80-100 point gain each year.																
70	14		128		125	115												
75	14		134	-	130	120												
80		<u>155 140 135 125</u>																
85	16		146	-	140	130												
90	-	167 152 145 135																
95		173 158 150 140																
100	17	9	164		155	145												
			#2		"2		115	"		110			0 1/1	1 //	10 //	12	T (1	
Date	#1 M	#1 M m		m	#3 chrom	#4 wt	#5 dim	#6 dom?	#7 7 slov							13 ' ow	Total	
	IVI	m	М	m	emoin	wi	uiii	uom	5100	v 1as	t sing	,ic ub			.11 10	5.00		
							+											
							+											
							+											
							+											
├											-							
							+											
├											-							
							+											
			_															
							+											
├		-+	\rightarrow				+	+										
├		-	\rightarrow				+	+				_						
├		_																
		_					+						_					
		_					+	-										
					1		1	1										

Trombone Technical Skills Chart

Play these around the circle of fourths from memory, with good intonation, but without stumbles; relative or parallel minors.

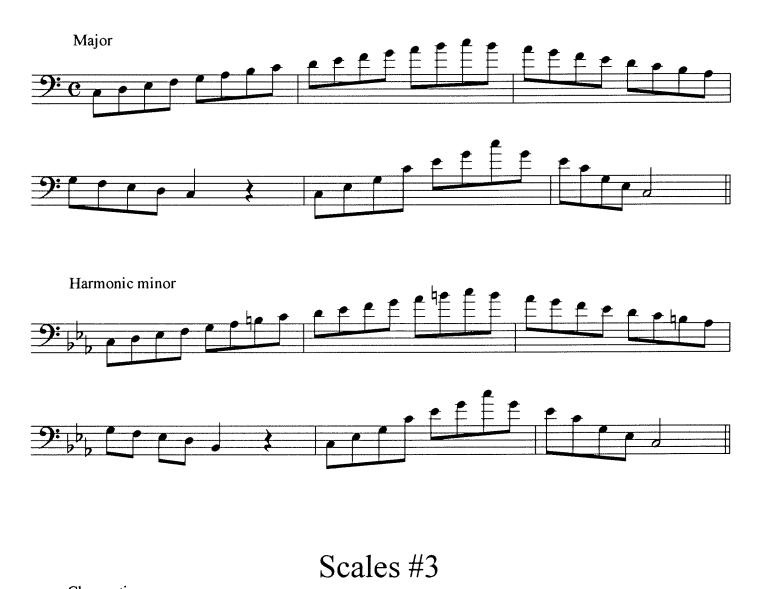




Mike Hall, Old Dominion University, 757.683.4072 jhall@odu.edu http://www.odu.edu/~jhall

Scales #2

Play these around the circle of fourths from memory, with good intonation, but without stumbles.





Play these scales around the circle of fourths from memory, with good intonation, but without stumbles.



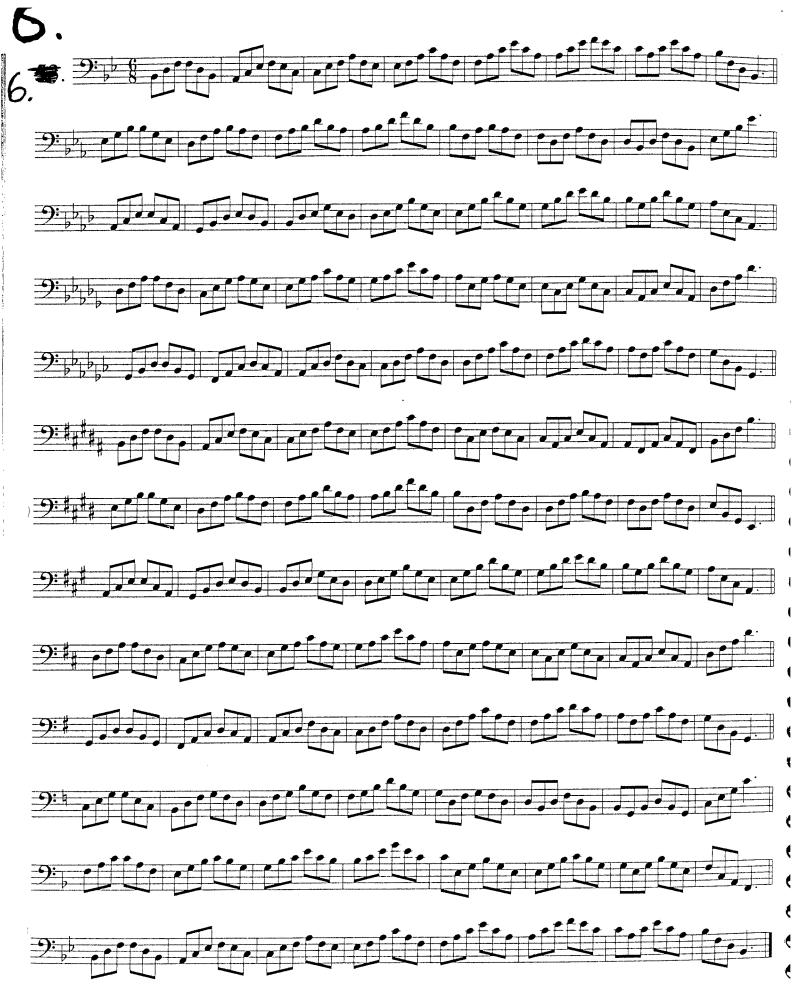
Whole tone scale, augmented arpeggio



Scales #5

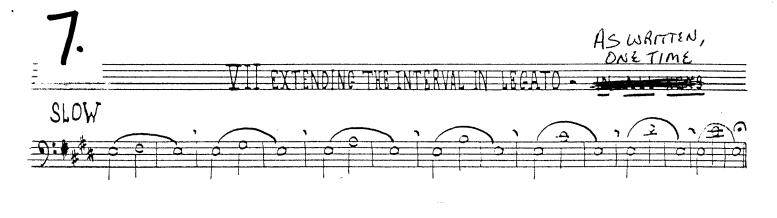
Diminished or Octatonic scale, diminished arpeggio





166 • Arban ARPEGGIOS

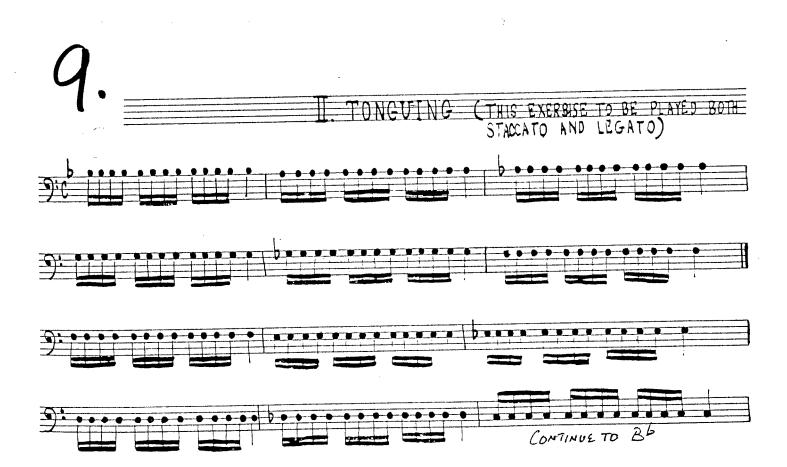
<







Ellen Redman, copyist 617 - 738 - 9512







176 • Arban MULTIPLE TONGUING