

# ***Core Warm-Up (2017)***

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Presentation for the 2017 International Trombone Festival  
Redlands, California*

## **Daily Routine = Core Warm-Up + Four S's**

### **The Four S's:**

- Sostenuto
  - Extra Long Tones
  - Tuning Drones
  - Slow Scales
  - “Fermata Tunes”
- Slurs
  - Slow Slurs
  - Fast Slurs
- Scales
  - Scales
  - Arpeggios
- Special Ex.
  - Multiple Tonguing
  - Customized to fit needs

### **Core Warm-Up:**

- Breathing / Buzzing
- Resonance / Slow Slurs
- Range
- Articulation / Coordination
- Flexibility
- Singing Style

### **Same or Varied?**

I prefer some variety to stay engaged and creative. Others prefer sameness to promote consistency.

**If you choose variety:** keep it simple, keep standards high.

**If you choose sameness:** stay focused.

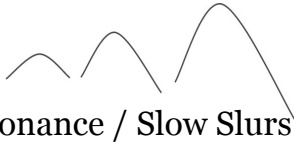
***You are a musician, get a musical sound!***

***Resonance and Direction***

# Core Warm-Up: Brief summary

## Breathing / Buzzing

a.



## Resonance / Slow Slurs

a. optional

b.

c. optional

b.

c.

d. optional

## Range

a.

b.

## Articulation / Coordination

a.

b. optional

c. optional

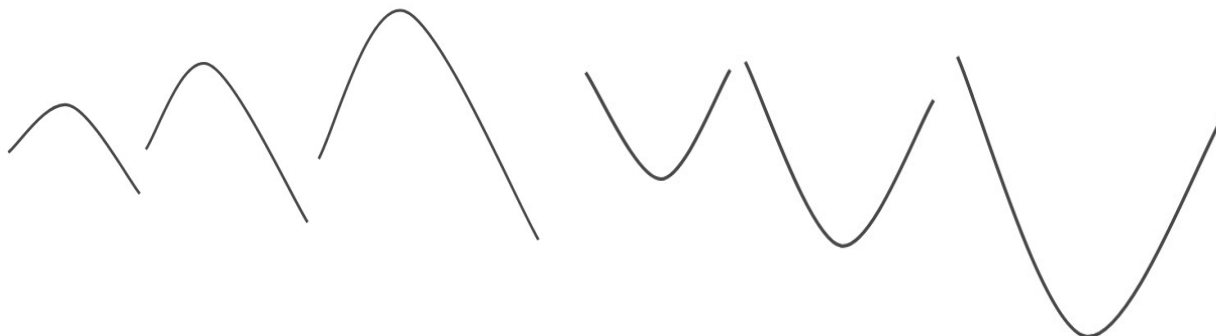
## Flexibility

## Singing Style

# Core Warm-Up (2017): Details

## Breathing / Buzzing

- a. Take three \*really\* deep breaths. Wake up your lungs!
- b. Buzz smooth arches. Relaxed full breath. The arch doesn't need to be too wide.



Buzz smoothly - no tongue, steady air.

c.

Continue through circle of fifths...

*Optional*

d.

Continue through circle of fifths...

*Be creative: buzz other patterns, too.*



# Core Warm-Up (2017): Details

## Range

Don't hurt yourself. Go only as high as you can and then move on to the low notes.

a.

mp

Detailed description: Exercise a consists of two staves of music. The first staff is in bass clef and contains four measures of music. The notes are: G2, A2, B2, C3 (first measure); D3, E3, F3, G3 (second measure); A3, B3, C4, D4 (third measure); E4, F4, G4, A4 (fourth measure). The notes are slurred together in each measure. The second staff is in bass clef and contains four measures. The notes are: G3, F3, E3, D3 (first measure); C3, B2, A2, G2 (second measure); F2, E2, D2, C2 (third measure); B1, A1, G1, F1 (fourth measure). The notes are slurred together in each measure. There are three circled dots above the notes G4, A4, and B4 in the first staff, and three circled dots above the notes G3, F3, and E3 in the second staff.

b.

slow gliss

Detailed description: Exercise b is on a single bass clef staff. It consists of four measures. The first measure has a glissando line from G2 to A2, followed by a quarter note G2. The second measure has a quarter rest, followed by a circled dot above G2. The third measure has a glissando line from F2 to E2, followed by a quarter note F2. The fourth measure has a quarter rest, followed by a circled dot above F2.

Optional

Sub

Detailed description: This is an optional variation of exercise b. It is on a single bass clef staff. The first measure has a glissando line from G2 to A2, followed by a quarter note G2. The second measure has a quarter rest, followed by a circled dot above G2. The third measure has a glissando line from G1 to F1, followed by a quarter note G1. The fourth measure has a quarter rest, followed by a circled dot above G1. A horizontal line labeled 'Sub' spans from the beginning of the third measure to the end of the fourth measure.

## What if I can't hit the highest notes?

Don't worry. Work up to the highest notes you can hit and then move on. Something like this...

Detailed description: This exercise consists of three measures on a single bass clef staff. The first measure has notes G2, A2, B2, C3. The second measure has notes D3, E3, F3, G3. The third measure has notes A3, B3, C4, D4. The notes are slurred together in each measure.

## What if I want to play something melodic?

No problem. Here's a melodic pattern that ascends.

Detailed description: This exercise is on a single bass clef staff. It starts with an ascending melodic line: G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4, D4. This is followed by a descending melodic line: C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2. The notes are slurred together.

# Core Warm-Up (2017): Details

## Articulation / Coordination

Medium Fast: tap your foot (no metronome). Move your slide precisely.

a1.

Fastest single tongue. Use metronome (remember the tempo from day to day)

a2.

*Optional*

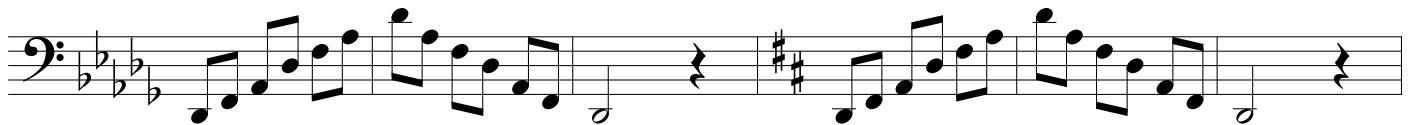
b.

You can stop at the key of F or go on.

# Core Warm-Up (2017): Details



*Optional*  
Start from here...



...or from here.



Depending on your range, stop as needed.



# Core Warm-Up (2017): Details

## Flexibility

Not too fast. Very even with a good sound.

Down by half steps to here...

...or here...

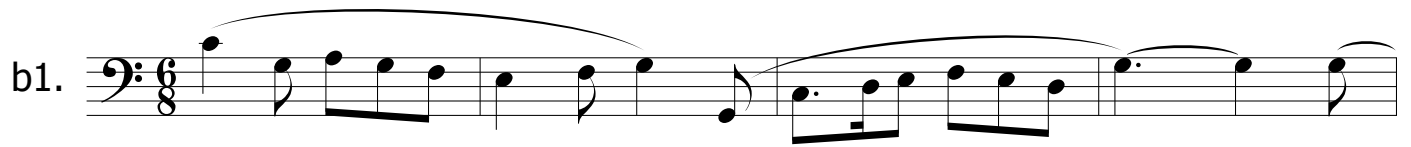
## Singing Style

a1.

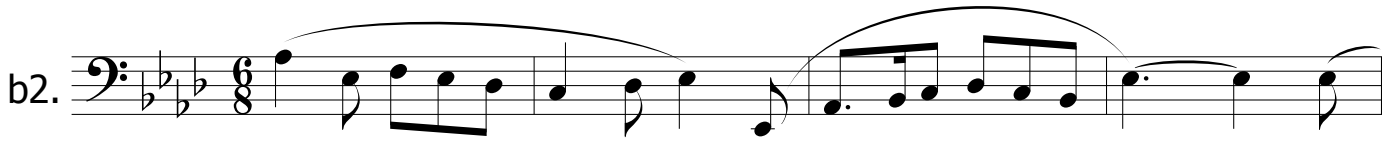
a2.



# Core Warm-Up (2017): Details

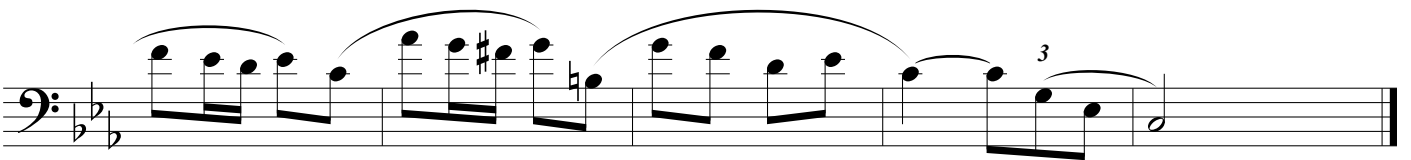
b1. 

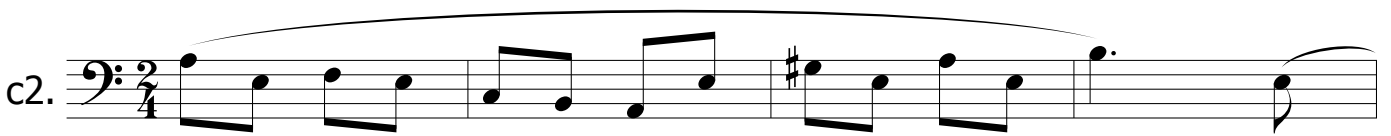


b2. 



c1. 



c2. 



*Try playing these melodies in many keys/ranges. Expand your 'melody base' and come up with other tunes, too!*