



## *First Habits Warm-Up with accompaniment (bass trombone) Free Sample*

This is an excerpt from the book *First Habits* (281 pages). It presents a basic warm-up lasting 15-20 minutes. The warm-up passes through 7 stages:

1. Air/Buzz
2. Easy Resonance
3. Five Notes Down
4. First Slurs
5. Range Stretch
6. Musical Patterns

On the TromboneZone.org website (under Resources) you should find a variety of mp3 files to accompany this warm-up as a play-along. Often, the files appear at different tempos.

As you can see from the page count (281 pages) there is a \*lot\* more in the book itself.

This book falls into four large sections:

1. Part One: First Habits Warm-Up
  - a. Tenor trombone
  - b. Bass trombone
  - c. Duet warm-ups
  - d. Younger player's warm-up
2. Part Two: Varied warm-up exercises
3. Part Three: Focus Areas
  - a. Mouthpiece Buzzing
  - b. Sostenuto
  - c. Multiple Tonguing
  - d. High Range Development
  - e. Warming Down
4. Part Four: Love Songs and Pirate Songs

I hope you enjoy this warm-up and consider purchasing the whole book.  
You'll be glad you did!

- Brad Edwards, May 2021

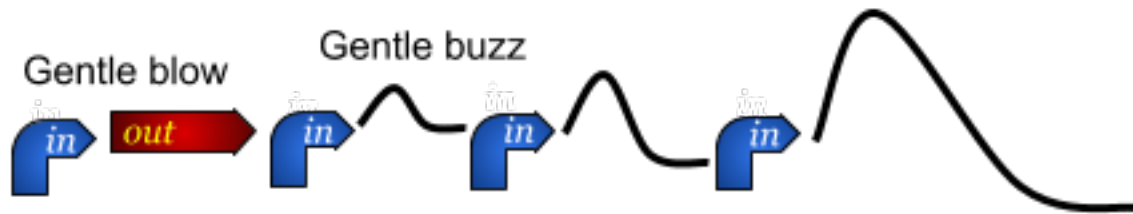


# First Habits: Bass Trombone (with accompaniment track)

The sound files should be available on the TromboneZone.org website.

## 1. Air/Buzz

1. Take a deep but easy breath (very quiet sound) and release it gently. Notice the air rushing in through your mouth as you inhale. Don't make a loud sucking sound.
2. Using the same breath, buzz some arches on the mouthpiece. Keep the sound rich and connected.
3. For the music shown below, gliss smoothly from note to note. Choose a key that works for your range. Substitute other legato melodies as desired. As smooth as possible.
4. You might try singing these first. Your singing voice is a wonderful tool; use it often.



Before some lines you will see a number over a note value. This is the duration of the introduction (or interlude) in the accompaniment track.

For example,  $\overset{4}{\bullet}$  indicates four quarter notes of intro.

### Buzz mouthpiece

Recording, 4 beat into. Scoop into the first note.  
Glide from note to note. Smooth blowing.

## 2. Easy resonance on the instrument

8

Very light 'dah' or 'thah.' Keep air flowing.

## 3. Five Notes Down

Very smooth. No tongue as notes change. Listen for beauty of sound and good intonation.

8

8

First Habits: Bass Trombone (with accomp)

Five Notes Down (continued)

8

This section consists of three staves of music. The first staff is in 4/4 time with a key signature of one flat (Bb). It features a descending sequence of five notes (G2, F2, E2, D2, C2) followed by a sharp key signature change to two sharps (F# and C#) and another descending sequence of five notes (F#2, E#2, D#2, C#2, B#2). The second and third staves repeat this pattern with different key signatures: the second staff has two flats (Bb and Eb), and the third staff has three flats (Bb, Eb, and Ab).

8

Catch a breath as needed.

This section consists of three staves of music. The first staff is in 4/4 time with a key signature of one sharp (F#). It features a descending sequence of five notes (F#2, E#2, D#2, C#2, B#2) followed by a sharp key signature change to two sharps (F# and C#) and another descending sequence of five notes (F#2, E#2, D#2, C#2, B#2). The second and third staves repeat this pattern with different key signatures: the second staff has two sharps (F# and C#), and the third staff has three sharps (F#, C#, and G#).

8

Don't worry if you can't get to the lowest notes. Each day, go as low as you can.

This section consists of two staves of music. The first staff is in 4/4 time with a key signature of one sharp (F#). It features a descending sequence of five notes (F#2, E#2, D#2, C#2, B#2) followed by a sharp key signature change to two sharps (F# and C#) and another descending sequence of five notes (F#2, E#2, D#2, C#2, B#2). The second staff repeats this pattern with a key signature of two sharps (F# and C#).

8

This section consists of two staves of music. The first staff is in 4/4 time with a key signature of two flats (Bb and Eb). It features a descending sequence of five notes (Bb2, Ab2, Gb2, Fb2, Eb2) followed by a sharp key signature change to two sharps (F# and C#) and another descending sequence of five notes (F#2, E#2, D#2, C#2, B#2). The second staff repeats this pattern with a key signature of three flats (Bb, Eb, and Ab).

## 4. First Slurs

Center each note, avoid sags going down and bumps going up.

8

8

First Habits: Bass Trombone (with accomp)

First Slurs (continued)

8

8

Easier version:

8

8

First Habits: Bass Trombone (with accomp)

First Slurs (continued)

8

8

8

# 5. Range Stretch

Not too loud. Easy full sound.

12

Musical notation for the first system, measures 12-15. It consists of four staves of music in bass clef, 4/4 time. The first staff has a treble clef and a 4/4 time signature. The music features a range stretch exercise with notes and rests, including slurs and accents.

8

Musical notation for the second system, measures 16-19. It consists of three staves of music in bass clef, 4/4 time. The first staff has a treble clef. The music includes a range stretch exercise with notes and rests, including slurs and accents. A 5/4 time signature change is indicated in the second staff. A dashed line labeled "(8vb)" is present at the bottom.



# 6a. Note Placement: Centering Intervals

4

Play first in the key of B-flat, then the key of B.

Musical notation for the first system, consisting of four staves. The first staff starts with a treble clef and a 4-measure rest, then switches to a bass clef. The second staff continues with a bass clef. The third and fourth staves also use a bass clef. The key signature changes from B-flat to B after the first measure of the first staff. The music consists of eighth and quarter notes with stems pointing down, and some notes have horizontal lines above them.

4

Musical notation for the second system, consisting of four staves. The first staff starts with a treble clef and a 4-measure rest, then switches to a bass clef. The second staff continues with a bass clef. The third and fourth staves also use a bass clef. The key signature changes from B-flat to B after the first measure of the first staff. The music consists of eighth and quarter notes with stems pointing down, and some notes have horizontal lines above them.

## 6b. Note Placement: Building Speed

First time: medium fast. Second time: fastest single tongue.

12

The exercise consists of four staves of music. The first three staves show a progression of eighth-note patterns that increase in speed and complexity. The fourth staff shows a final pattern of eighth notes followed by a double bar line with repeat dots.

Relaxed tongue moves just a bit, air is key.

## 7. Musical Patterns

Staccato but not \*too\* short. Play with lightness and clarity.

8

4

4

4

The exercise consists of four staves of music. The first staff is marked with a 'p' dynamic and a fermata. The second and third staves are marked with a '4' above them. The fourth staff is also marked with a '4' above it. The music features staccato eighth-note patterns that increase in speed and complexity.

First Habits: Bass Trombone (with accomp)

Musical Patterns (continued)

8

Musical staff 1: Bass clef, key signature of three flats (B-flat, E-flat, A-flat), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.

4

Musical staff 2: Bass clef, key signature of three flats (B-flat, E-flat, A-flat), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.

4

Musical staff 3: Bass clef, key signature of three sharps (F-sharp, C-sharp, G-sharp), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.

4

Musical staff 4: Bass clef, key signature of three sharps (F-sharp, C-sharp, G-sharp), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.

8

Musical staff 5: Bass clef, key signature of two sharps (D-sharp, G-sharp), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.

4

Musical staff 6: Bass clef, key signature of two sharps (D-sharp, G-sharp), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.

4

Musical staff 7: Bass clef, key signature of two sharps (D-sharp, G-sharp), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.

4

Musical staff 8: Bass clef, key signature of two sharps (D-sharp, G-sharp), common time signature. The staff contains a sequence of eighth notes and quarter notes, starting with a whole rest followed by a quarter rest, then a series of eighth notes, and ending with a whole note.