

# The Sequence - Warm/Up and Daily Routine

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## 1. Mouthpiece Buzzing

### 1a. Low releases

Loose,  
Low Buzz

Blow



The notation shows three measures on a bass clef staff. Each measure contains a half note with a diamond-shaped mouthpiece icon below it. Above the first measure is a thick black arrow pointing right, labeled 'Blow'. Above the second and third measures are thinner black arrows pointing right, labeled 'Loose, Low Buzz'.

Air keeps moving! Lips come together and begin to vibrate. Actual pitch not important.

### 1b. Swoops

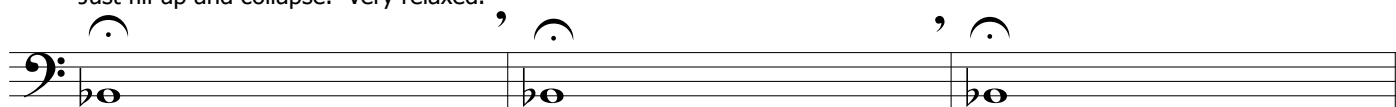


### 1c. Buzz melodic gestures and melodies

## 2. Trombone Air/Flow

### 2a. Low Releases

Just fill up and collapse. Very relaxed.



The notation shows three measures on a bass clef staff. Each measure contains a half note with a diamond-shaped mouthpiece icon below it. Above each note is a small semi-circle with a dot in the center, representing the 'fill up and collapse' action.

Do more if you'd like.

### 2b. Descending five-note (no tongue)

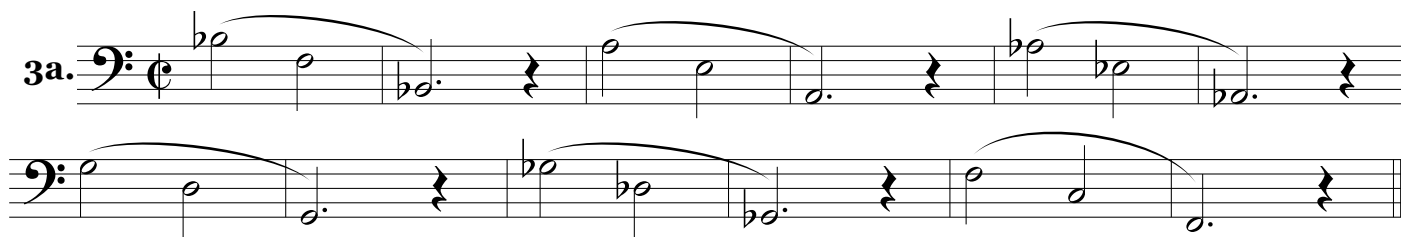
Very smooth. No tongue as you change notes. Quick, relaxed slide. As even as possible.



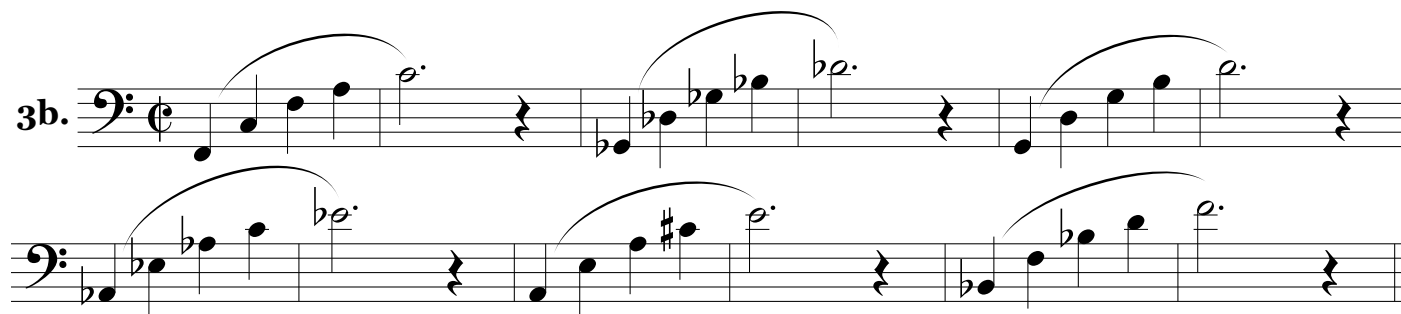
The notation consists of four staves of music in bass clef, 4/4 time. Each staff shows a descending five-note exercise with a slur over the notes. The exercises are in different keys: Staff 1 (B-flat major), Staff 2 (C major), Staff 3 (D major), and Staff 4 (E major). The notes are: Staff 1: G2, F2, E2, D2, C2; Staff 2: G2, F2, E2, D2, C2; Staff 3: G2, F2, E2, D2, C2; Staff 4: G2, F2, E2, D2, C2. The final measure of the fourth staff is labeled 'Low Extension'.

### 3. Lip Slurs

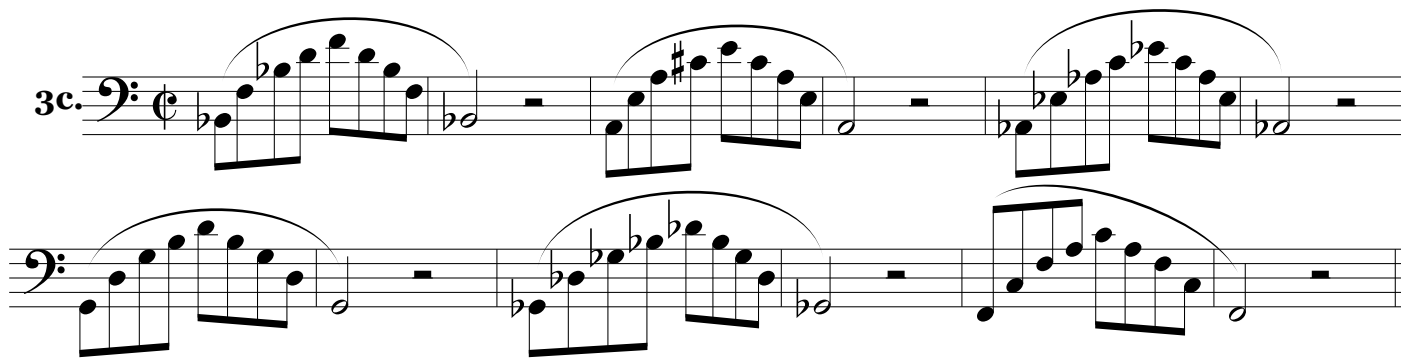
3a.



3b.



3c.



3d.





## 4. Coordination/Articulation

4a.

6 6 6 6 6 6

Play this three times: 1. Fast single tongue, 2. Same speed, but double tongue, 3. Fast double tongue

4b.

4c.

Continue up to...

Continue down to...

## 5. (optional) Legato Two-Octave Scales

Continue up to...

Continue down to...

## 6. Lyrical Melodies in Different Keys