



Redlands Unified School District
Elementary Instrumental Music Program
2015/2016
BE PART OF THE BAND!



First Trombone Lessons

Find someplace quiet and well lit where you can practice. Always sit correctly on your 'sit bones', with your feet flat on the floor, with a nice, tall back.

Breathing Exercises

- Make sure you are sitting correctly (Sit bones! Flat feet! Tall Back!)
- Put your hands on your head (I know it looks silly, but it's important...it pushes the air to the bottom of your lungs).
- Practice as we did in band. Pat your foot slowly and evenly.

Breathe in for 8 counts, out for 8 counts (2 times)

Breathe in for 4 counts, out for 4 counts (4 times)

Breathe in for 2 counts, out for 2 counts (4 times)

Breathe in for 1 count, out for 1 count (4 times)

Sizzle Exercises

- Do these exercises twice, once with your hands on your head and once with them not on your head. Your breath should feel the same both ways.

Breathe in for 1 count, Sizzle out for 7 counts (4 times)

Breathe in for 1 count, sizzle out for 15 counts (2 times)

Mouthpiece Practice

- Set your case on the floor in front of you with your name tag facing up.
- Carefully open your case and take just the mouthpiece out of the case.
- Hold the mouthpiece between your thumb and index.
- Think 'mmmmmmmmmm' before placing the mouthpiece.
- Put mouthpiece in the center of the lips (check in a mirror).

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

Then...

BUZZ (low note) for 8 counts, rest for 4 counts (8 times)

BUZZ (high note) for 8 counts, rest for 4 counts (8 times)

Put the Trombone together

- Twist the mouthpiece in (otherwise it might get stuck).
- Take an 'L' with the slide and bell.
- Hold the instrument correctly (like we discussed in your lesson). Right hand goes on the slide.

Your First Notes

- Always play with your very best sound. Blow warm air.
- You are sitting correctly, right?!? Use the following fingerings:

1st Position (all the way in)

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

BUZZ (low note) for 8 counts, rest for 4 counts (8 times)

BUZZ (high note) for 8 counts, rest for 4 counts (8 times)

2nd Position

BUZZ (low note) for 4 counts, rest for 4 counts (4 times)

BUZZ (high note) for 4 counts, rest for 4 counts (4 times)

BUZZ (low note) for 8 counts, rest for 4 counts (8 times)

BUZZ (high note) for 8 counts, rest for 4 counts (8 times)

3rd Position (right hand fingers lined up with the bell)

Same as Above

More Mouthpiece Practice:

List two songs that you know: _____

Buzz each song on your mouthpiece.

Website and video assignment:

Go to www.basicband.info

Choose Trombone in upper right hand where it says 'choose your instrument'

Click on Video Lessons and choose and watch one or more of the 5 great beginning lessons.

Practice

This week I practiced my first lesson page: 1 time 2-4 times 5-7 times

This week I watched Mr. Glynn teach: 1 video 2 videos 3 or more videos