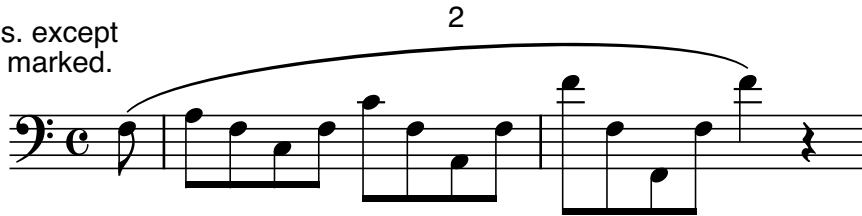


Daily Maintenance

Matthew Gee

Flexibility

6th pos. except where marked.

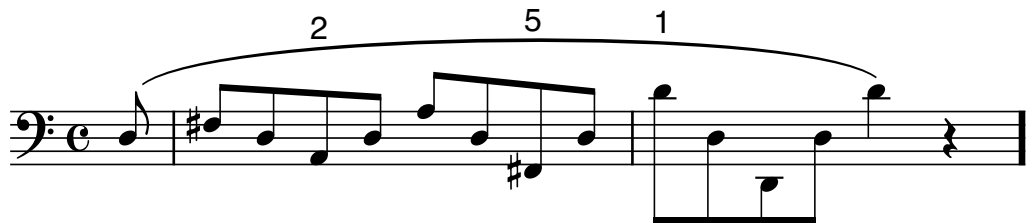


Follow the **Flexibility Pattern** shown here:

As it becomes more fluid begin interchanging between playing on the valve and playing open.



For example, when playing the flexibility in D (flat 4th pos. on the valve) try to play the following positions open as marked:

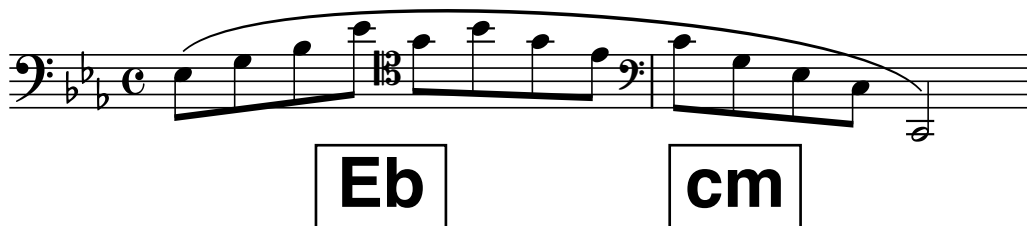


Airflow check - exercise credit José Milton Vieira.



Keep the air flowing and the changes as smooth as possible. Ascend the exercise down by semi-tones steps to D-flat.

Major/minor Key relationship



Work through all major/minor key relationships. More of a mental workout, but good for flexibility too. Shift octaves where necessary.

Daily Maintenance

Matthew Gee

A couple of James Stamp exercises adapted for the trombone. Do not use any tongue throughout, simply use the air to cross cleanly across the intervals. Pick a tempo at which you can play the phrase in one breath. Try to make it sound easy and efficient.



♩ = 80



The lower note now descends. Take a slower tempo to ensure the change between notes is still clean. Carry on extending the exercise outwards.