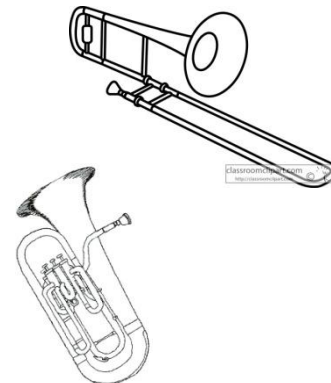


Name _____

St. Mary Magdalene Catholic School Band Trombone and Baritone Daily Practice Homework Routine 1



Practice this page every day.

Find somewhere quiet and well lit where you can practice.
Follow the **THREE BAND RULES**: 1. Sit on the edge of your chair. 2. Feet flat on the floor. 3. Hold still.

1. COUNTING AND BREATHING EXERCISES

Always count out loud in your mind. * Get fat not tall. * Ha on the inside or Hop. * Keep your shoulders frozen.

Breathe in for 8 counts, out for 8 counts (4 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)

2. SIZZLE EXERCISES

Make a fist, gently place it on your tummy. Take your other hand and place it over your fist. Then...

Count in your mind as you breathe in for 3 counts, sizzle out for 5 counts (4 Times)

B R E A T H E sss

 1 2 3 1 2 3 4 5

Count in your mind as you breathe in for 1 count, sizzle out for 8 counts (4 Times)

BREATHE sss

 1 1 2 3 4 5 6 7 8

- **MOUTHPIECE AND BAND FACE PRACTICE – Do this with your mirror.**

- When breathing in, breathe around the mouthpiece.
- Anchor the corners of your mouth in place and do not puff your cheeks.

Air to buzz
“Jet engine sound” going to buzz.

then...


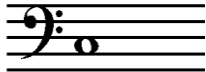
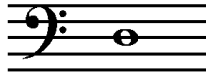
Buzz only.

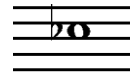
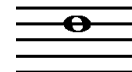
STAY RELAXED
WHEN DOING THESE.


Count in your mind as you play for 4 counts. At the time you say “rest -2-3- 4” your sound stops as you freeze.

3a	<div style="display: flex; align-items: center; gap: 20px;"> <div style="background-color: black; width: 100px; height: 15px;"></div> <div style="background-color: #cccccc; width: 100px; height: 15px;"></div> </div> <p style="margin-top: 5px;">1 2 3 4 Rest 2 3 4</p>	3c	<div style="display: flex; align-items: center; gap: 20px;"> <div style="background-color: black; width: 150px; height: 15px;"></div> <div style="background-color: #cccccc; width: 100px; height: 15px;"></div> </div> <p style="margin-top: 5px;">1 2 3 4 5 6 7 8 Rest 2 3 4</p>
3b	<div style="display: flex; align-items: center; gap: 20px;"> <div style="background-color: black; width: 100px; height: 15px;"></div> <div style="background-color: #cccccc; width: 100px; height: 15px;"></div> </div> <p style="margin-top: 5px;">1 2 3 4 5 6 Rest 2 3 4</p>		


3. FIRST NOTES

Bb	C	D
		
1 st Position 0 = Open	6th Position 1 3	4th Position 1 2

Eb	F
	
3rd Position 1	1st Position 0 = Open

A) 

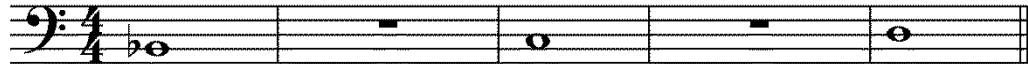
1 2 3 4 Rest 2 3 4 1 2 3 4 Rest 2 3 4 1 2 3 4 Rest 2 3 4

B) 

1 2 3 4 5 6 7 8 Rest - 2- 3- 4 1 2 3 4 5 6 7 8 Rest - 2- 3- 4 1 2 3 4 5 6 7 8 Rest - 2- 3- 4

4. PUTTING IT ALL TOGETHER

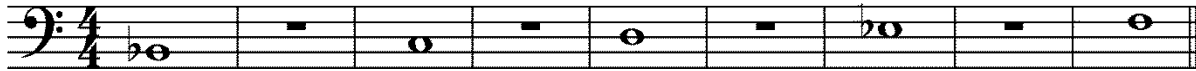
A)



Rest 2 C B Rest 2 C B

Do not move between notes, hold still.
Freeze at the end of each line for 4 counts.

B)



6. SLURRING WARM UP – Play 5 times



Rest 2 3 B



Repeat with:

2, 3, 4, 5th
Positions

Or

0, 2, 1, 12
Fingerings

Be sure to log your practice time.