Trombone Technical Skills

These are the 13 exercises you will master during your time at ODU. They are certainly not the only technical exercises you will study, but they are the ones I will use to measure your technical mastery of the trombone. Technique will be tested three times each year: 1) during a lesson in Sept., 2) during a lesson in late Nov. or early Dec., 3) during a lesson in late April or early May. Steady progress is expected on these exercises – we will set annual goals - but we will not typically focus on them in your lessons. You are to practice them as part of your daily routine.

Freshmen and sophomores may not be able to execute all the exercises. I recommend you begin with 1,3,5,6,7,8,9; add more as your ability grows. All students must demonstrate progress towards these goals each term in order to advance to the next level of study.

1. Major, melodic and harmonic minor scales and arpeggios, one octave - Hall Scales #1.

2. Major and harmonic minor scales and arpeggios, two octaves – Hall Scales #2.

3. Chromatic scales, one octave – Hall Scales #3.


5. Diminished scales and arpeggios – Hall Scales #5.


7. Slow slurs – Remington Warm-ups #7 Extending the Interval in Legato.

8. Flexibility – Remington Warm-ups p.5, starting fourth line from bottom of page, second measure; all seven positions.


12. High range – scale and arpeggio to top note; without embouchure shift; any speed. Must perform three times, two scales and one arpeggio or vice versa.

13. Low range - scale and arpeggio to low note; without embouchure shift; any speed. Must perform three times, two scales and one arpeggio or vice versa.
### Trombone Technical Skills Chart

**Basic duration metronome markings**

<table>
<thead>
<tr>
<th>points</th>
<th>#1 Maj/min</th>
<th>#2 Maj</th>
<th>#3 Mel/Har</th>
<th>#4 wt</th>
<th>#5 dim</th>
<th>#6 dom7</th>
<th>#7 slow</th>
<th>#8 fast</th>
<th>#9 single</th>
<th>#10 dble</th>
<th>#11 triple</th>
<th>#12 hi</th>
<th>#13 low</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>65</td>
<td>50</td>
<td>60</td>
<td>55</td>
<td>60</td>
<td>50</td>
<td>45</td>
<td>100</td>
<td>75</td>
<td>90</td>
<td>120</td>
<td>80</td>
<td>bb1</td>
</tr>
<tr>
<td>10</td>
<td>71</td>
<td>56</td>
<td>65</td>
<td>55</td>
<td>62</td>
<td>68</td>
<td>58</td>
<td>50</td>
<td>94</td>
<td>80</td>
<td>94</td>
<td>126</td>
<td>84</td>
</tr>
<tr>
<td>15</td>
<td>77</td>
<td>62</td>
<td>70</td>
<td>60</td>
<td>69</td>
<td>76</td>
<td>66</td>
<td>55</td>
<td>82</td>
<td>85</td>
<td>98</td>
<td>132</td>
<td>88</td>
</tr>
<tr>
<td>20</td>
<td>83</td>
<td>68</td>
<td>75</td>
<td>65</td>
<td>76</td>
<td>84</td>
<td>74</td>
<td>60</td>
<td>76</td>
<td>90</td>
<td>102</td>
<td>138</td>
<td>92</td>
</tr>
<tr>
<td>25</td>
<td>89</td>
<td>74</td>
<td>80</td>
<td>70</td>
<td>83</td>
<td>92</td>
<td>82</td>
<td>65</td>
<td>70</td>
<td>95</td>
<td>106</td>
<td>144</td>
<td>96</td>
</tr>
<tr>
<td>30</td>
<td>95</td>
<td>80</td>
<td>85</td>
<td>75</td>
<td>90</td>
<td>100</td>
<td>90</td>
<td>70</td>
<td>64</td>
<td>100</td>
<td>110</td>
<td>150</td>
<td>100</td>
</tr>
<tr>
<td>35</td>
<td>101</td>
<td>86</td>
<td>90</td>
<td>80</td>
<td>97</td>
<td>108</td>
<td>98</td>
<td>75</td>
<td>58</td>
<td>105</td>
<td>114</td>
<td>156</td>
<td>104</td>
</tr>
<tr>
<td>40</td>
<td>107</td>
<td>92</td>
<td>95</td>
<td>85</td>
<td>104</td>
<td>116</td>
<td>106</td>
<td>80</td>
<td>52</td>
<td>110</td>
<td>118</td>
<td>162</td>
<td>108</td>
</tr>
<tr>
<td>45</td>
<td>113</td>
<td>98</td>
<td>100</td>
<td>90</td>
<td>111</td>
<td>124</td>
<td>124</td>
<td>85</td>
<td>46</td>
<td>115</td>
<td>122</td>
<td>168</td>
<td>112</td>
</tr>
<tr>
<td>50</td>
<td>119</td>
<td>104</td>
<td>105</td>
<td>95</td>
<td>118</td>
<td>132</td>
<td>132</td>
<td>90</td>
<td>40</td>
<td>120</td>
<td>126</td>
<td>174</td>
<td>116</td>
</tr>
<tr>
<td>55</td>
<td>125</td>
<td>110</td>
<td>110</td>
<td>100</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60</td>
<td>131</td>
<td>116</td>
<td>115</td>
<td>105</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65</td>
<td>137</td>
<td>122</td>
<td>120</td>
<td>110</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70</td>
<td>143</td>
<td>128</td>
<td>125</td>
<td>115</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75</td>
<td>149</td>
<td>134</td>
<td>130</td>
<td>120</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>155</td>
<td>140</td>
<td>135</td>
<td>125</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85</td>
<td>161</td>
<td>146</td>
<td>140</td>
<td>130</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90</td>
<td>167</td>
<td>152</td>
<td>145</td>
<td>135</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>95</td>
<td>173</td>
<td>158</td>
<td>150</td>
<td>140</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>179</td>
<td>164</td>
<td>155</td>
<td>145</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total possible points = 930

All trombonists are expected to make 80-100 point gain each year.

---

### Scales/Arpeggios

- Maj/min
- Mel/Har
- Chromatic
- Whole tone
- Diminished
- Dominant 7th
- Slow
- Fast
- Single
- Double
- Triple

### Range

- Bb1
- AAb
- Bb2
- Gb
- Db2
- F
- Eb2
- Cc
- Dd
- Cc
- Bbb

---

### Date

<table>
<thead>
<tr>
<th>Date</th>
<th>#1 M</th>
<th>#2 M</th>
<th>#3 # Chrom</th>
<th>#4 wt</th>
<th>#5 dim</th>
<th>#6 dom7</th>
<th>#7 slow</th>
<th>#8 fast</th>
<th>#9 single</th>
<th>#10 dble</th>
<th>#11 triple</th>
<th>#12 hi</th>
<th>#13 low</th>
</tr>
</thead>
</table>

[Empty table rows filled with placeholder values]
Play these around the circle of fourths from memory, with good intonation, but without stumbles; relative or parallel minors.

Scales #1

Major

Natural minor

Melodic minor

Harmonic minor
Scales #2

Play these around the circle of fourths from memory, with good intonation, but without stumbles.

Major

Harmonic minor

Scales #3
Play these scales around the circle of fourths from memory, with good intonation, but without stumbles.

Scales #4
Whole tone scale, augmented arpeggio

Scales #5
Diminished or Octatonic scale, diminished arpeggio
7. VII EXTENDING THE INTERVAL IN LEGATO

8. 1st → 7th

9. II. TONGUING (THIS EXERCISE TO BE PLAYED BOTH STACCATO AND LEGATO)

Continue to B♭
176 • Arban MULTIPLE TONGUING