

# Band Beginnings Method Book



## Trombone

Name \_\_\_\_\_ School \_\_\_\_\_

Teacher \_\_\_\_\_ Room \_\_\_\_\_

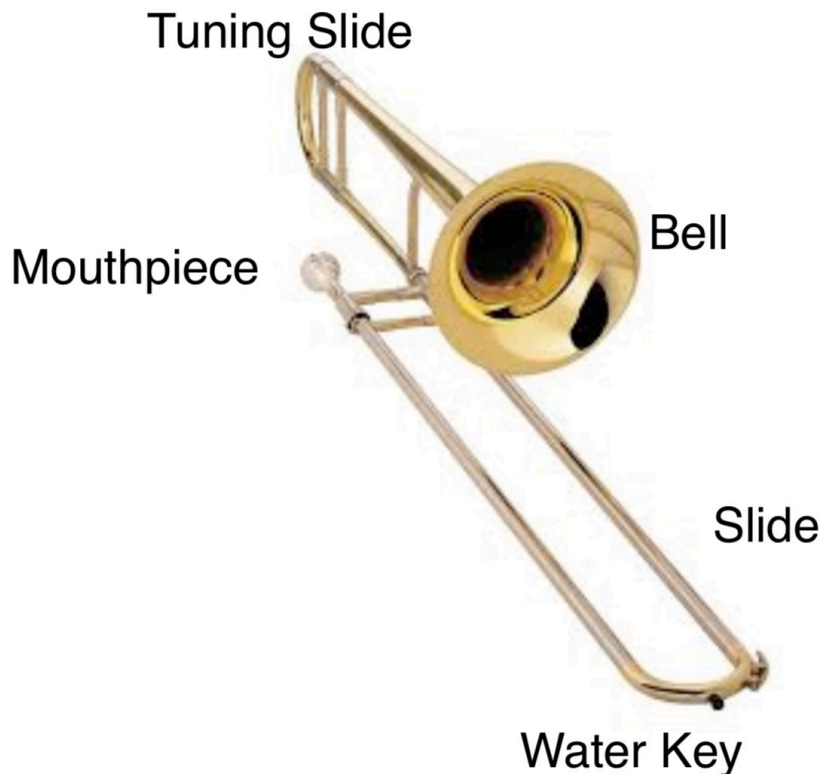
# **Supply Checklist**

- ☐ Instrument (or a note from home if you can't bring it)
- ☐ 1. Luggage Tag on the case (name, address, phone, classroom teacher, school)
- ☐ 2. Music Binder (a three-ring binder)(1-inch hard cover is best)
- ☐ 4. Pencil
- ☐ 5. Music Stand at home (highly recommended)

## **Instrument Supplies**

- ☐ Slide Oil/ Slide Cream
- ☐ Cleaning Cloth

## **Parts of the Trombone**



# Forming the Trombone Embouchure

**Step 1:** Bring your lips together by pronouncing the syllable “em”. Your upper and lower teeth should be slightly apart and aligned.



**Step 2:** Firm the corners of your mouth and draw your chin muscles downward. Keep the corners of your mouth focused firmly inward to prevent puffy lips and cheeks.



**Step 3:** Blow a steady stream of air between your lips to make a long buzzing sound.

# Placing the Mouthpiece on the Lips

**Step 1:** Bring your lips together to form the syllable “em”.

**Step 2:** Firm the corners of your mouth inward toward the center of your mouth.

**Step 3:** Draw your chin muscles downward.

**Step 4:** Position your mouthpiece on the center of your lips with 2/3 upper lip and 1/3 lower lip within the rim of the mouthpiece.

**Step 5:** Take a full breath of air through your mouth.

**Step 6:** Make a long buzzing sound by blowing a steady stream of air into the mouthpiece.







# Trombone Embouchure

## Student Reference Guide

### DO:

- ♪ Center the mouthpiece over your lips.
- ♪ Say “em” to form a good embouchure.
- ♪ Keep space between your teeth
- ♪ Practice with a mirror, making sure to look straight into the mirror (not looking down or to the side).
- ♪ Use fast, steady air.



### DON'T:

- ♪ Don't use pressure or force when you play. There should be little pressure from the mouthpiece on your lips.
- ♪ Don't puff out your cheeks.
- ♪ Don't bunch up your chin. Keep it flat and natural.
- ♪ Don't tense up when you play- relax!
- ♪ Don't make a smiling face when you play.

# ASSEMBLING THE TROMBONE

**Step 1:** Carefully lift the slide out of the case.

**Step 2:** Make sure the slide lock is on.

**Step 3:** Insert the mouthpiece into the shorter slide tube and secure it with a slight twist.



**Step 4:** Attach the bell section to the left of the slide section.



# Holding your Trombone

## Left Hand Position

Make an “L” shape with your thumb and first finger of your left hand.

Hook your thumb on the lower cross brace of the bell section.

Place your first finger on top of the mouthpiece.

Wrap your remaining fingers around the inner slide brace.

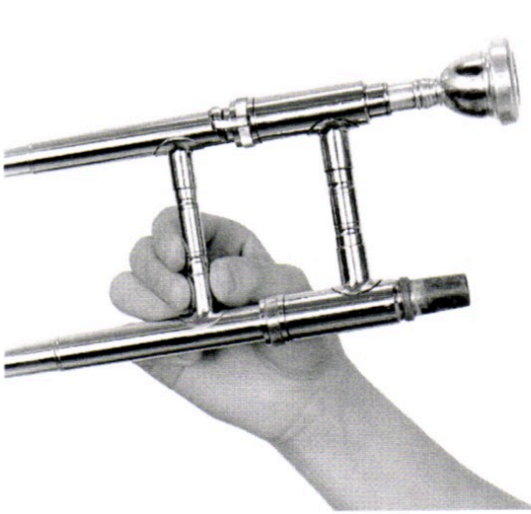
Keep your wrist straight.



# Holding your Trombone

## Right Hand Position

Pinch the hand slide cross brace between the tip of your thumb and the tips of your first and second fingers.



Your right hand should be relaxed.







# Trombone Posture and Position

## Sitting Posture

Feet Flat on the floor

Back Straight

Sit on the Front Edge of your Chair

Bring your trombone out in front of you and straight to your lips. (Remember, your arms move so your head and neck don't have to!)

Position the trombone to the center of your body.



Allow the downward angle of the trombone to be determined by your embouchure and mouthpiece placement.

Support the entire weight of the trumpet with your left hand.

Position your elbows comfortably away from your body.



# Trombone Maintenance

## Before You Play:

Do not consume sugary candy, gum or sodas before playing your instrument.

Always lay your case flat on the floor before opening and closing your trombone case.

Take great care in handling your instrument. Even the slightest dent on your trombone slide can cause problems.

Lubricate the trombone slide daily:

1. Make sure your slide is locked and carefully take it out of your case.
2. Unlock the slide lock.
3. Using a soft cloth, remove any old residue and oil from your slide.
4. Apply a small amount of slide oil or cream to the stocking of the slide.
5. Turn the slide upside down and apply a few more drops of oil on each stocking.
6. Slowly move the slide in and out of the outer slide to get full coverage of oil on the stocking. The stocking will then transfer oil onto the outer slide.



Removing old residue



Applying oil to slide



Moving slide in & out to coat w/oil

Never force your mouthpiece onto your instrument. If you do, it will most likely get stuck. If this happens, never try to remove it yourself by using force. Instead, bring your instrument to your directors because they will most likely have a mouthpiece removal tool. If not, it can be removed quickly and easily by a representative at a local music store.

## After You Play:

Lock the slide lock so your slide doesn't fall out and get bent. →



Remove excess moisture from inside your instrument by opening the water key and blowing through the instrument.



Then, wipe down the outside of your trombone with a clean, soft cloth to remove oils and perspiration. This will keep it from tarnishing.



## Storage:

Always leave your instrument placed properly in its case when it is not being used. Never leave it on the ground, a chair or a music stand. Always keep it in your hands or in its case.

Do not put music and other items in your case unless there is a space or compartment designed for it. Loose items can damage your instrument. Make sure to keep the mouthpiece in its special compartment.

Never store your trombone in extreme hot or cold temperatures. Extreme temperatures can damage your instrument.



When carrying your trombone, double check that the latches are closed securely. It is a good idea to carry the LID of the case against your leg.

## Weekly Maintenance:

### Mouthpiece Care:

Clean out your mouthpiece weekly with soft liquid soap, warm water and a mouthpiece brush.



### Tuning Slide Care:

Check to make sure that the tuning slide moves freely. Lubricate it with slide grease if it's difficult to move. Pull it out and wipe it with a soft cloth to remove any residue. Afterward, rub a small amount of slide grease on it and carefully insert the slide back into your instrument.



## Monthly Maintenance:

The inside of your trombone should be thoroughly cleaned every few months in lukewarm water- NEVER hot water. Your teacher will give you specific instructions on how to give your trombone a deep cleaning at home.

## Annual Maintenance:

If you own your instrument, summer is a great time to take your trombone to a local music store for an annual check-up. Yes, musical instruments need “check-ups” too! The store will do minor repairs if needed and do a thorough chemical cleaning of your instrument. If you are renting, this maintenance is usually covered in the rental program.

# Band Beginnings- Trombone

## Lesson One: Our First Three Notes

1 Play a *D*:



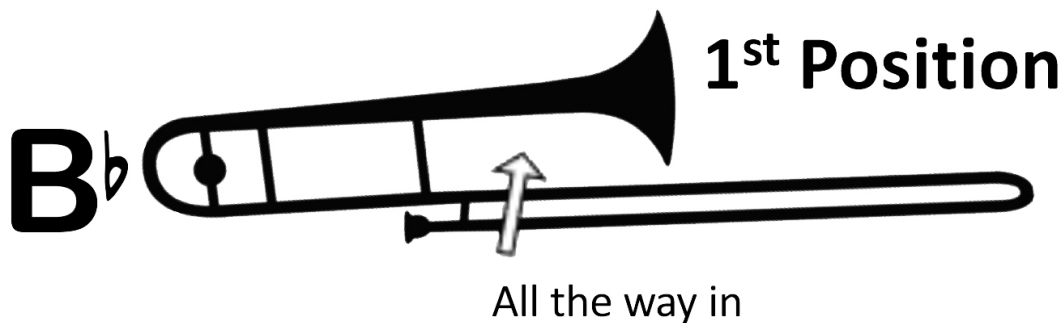
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2 Play a *C*:



---

3 Play a *B-flat (Bb)*:





## 4. Our First Song- Hot Cross Buns

(Hold Notes Through the Dashes)

**D - C - Bb - - -**

**D - C - Bb - - -**

**Bb Bb Bb Bb C C C C**

**D - C - Bb - - -**

# Time Signatures - $\frac{4}{4}$

**Time signatures** appear at the beginning of a piece of music. They are made up of two numbers.



The top number indicates the number of beats per measure.

The bottom number indicates which note will get one beat.

In  $\frac{4}{4}$  time there are four beats in each measure.

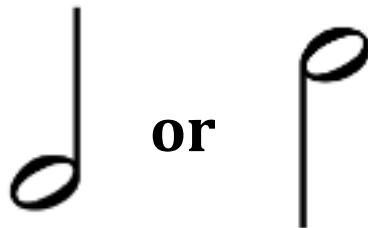
A **quarter note** (♩) = 1 beat  
A **half note** (♪) = 2 beats  
A **whole note** (♩) = 4 beats

## 5. A *Whole Note* receives 4 Beats



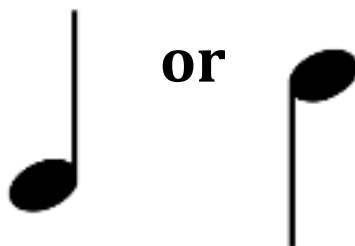
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## 6. A *Half Note* receives 2 Beats



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## 7. A *Quarter Note* receives 1 Beat



# Rhythm Quiz

8. What kind of note gets 1 beat? \_\_\_\_\_

**Answer**

**Draw four 1 beat notes in the space below:**

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9. What kind of note receives 2 beats? \_\_\_\_\_

**Answer**

**Draw four two beat notes in the space below:**

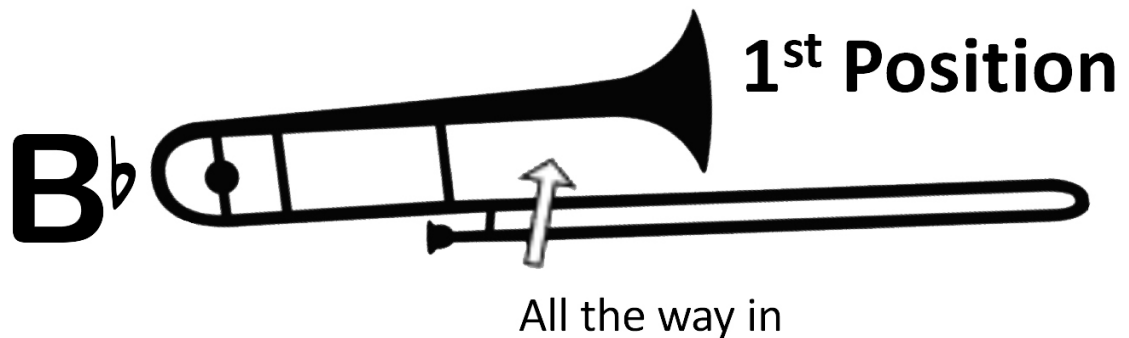
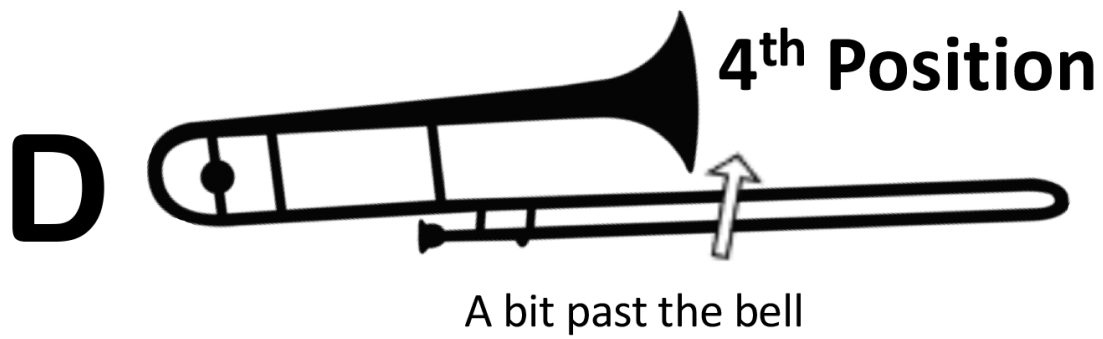
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10. What kind of note receives 4 beats? \_\_\_\_\_

**Answer**

**Draw four 4 beat notes in the space below:**

# Our First Three Notes



# 11. Hot Cross Buns



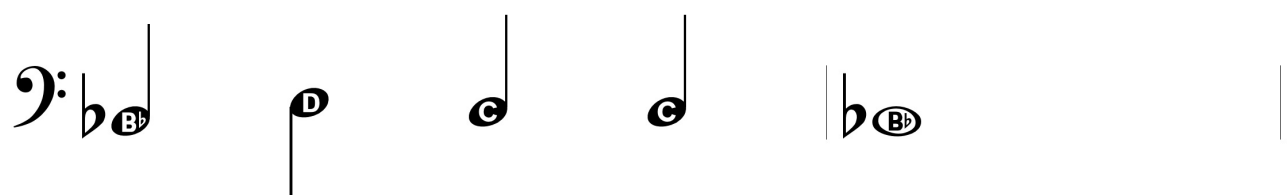
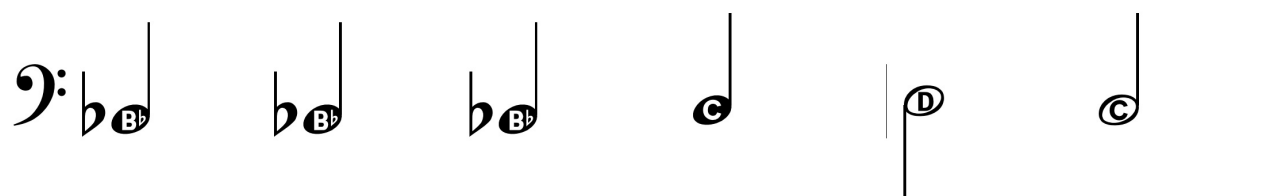
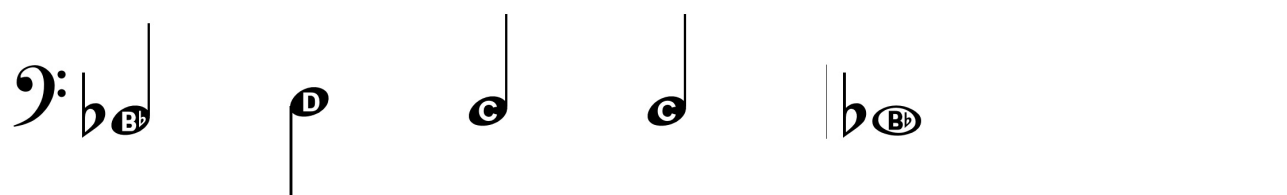


# Our First Three Notes

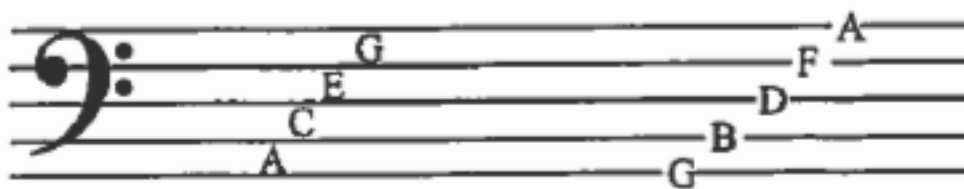
(Write in the Correct Slide Positions)



## 12. Au Claire de la Lune



# The Bass Clef Staff



Notes are written on lines and spaces called the **staff**

13. How many lines do you count in the staff? \_\_\_\_\_

14. What are their letter names? \_\_\_\_\_

15. How many spaces do you count in the staff? \_\_\_\_\_

16. What are their letter names? \_\_\_\_\_

## Our First Three Trombone Notes

17. The **Note D** is written on the 3<sup>rd</sup> line. All of these notes are D.



18. The **Note C** is written on the 2<sup>nd</sup> space. All of these notes are C

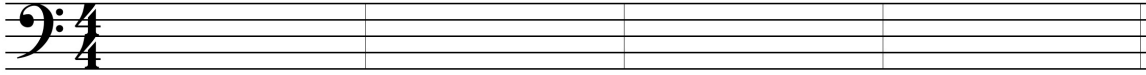


19. The **Note B-flat** is written on the 2<sup>nd</sup> line.  
All of these notes are B-flat.

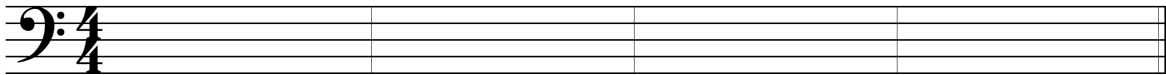


# Write D, C, B-flat

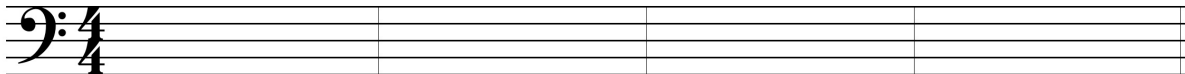
20. On the staff below, draw **12 quarter notes on the note D**. Put 4 in each measure.



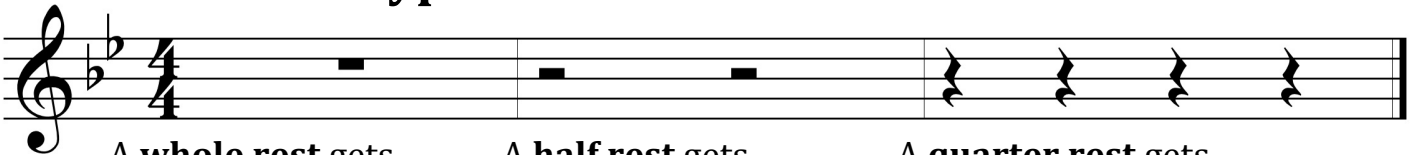
21. On the staff below, draw **8 half notes on the note C**. Put 2 in each measure.



22. On the staff below, draw **4 whole notes on the note B-flat**. Put 1 in each measure.



## 23. Three Types of Rests

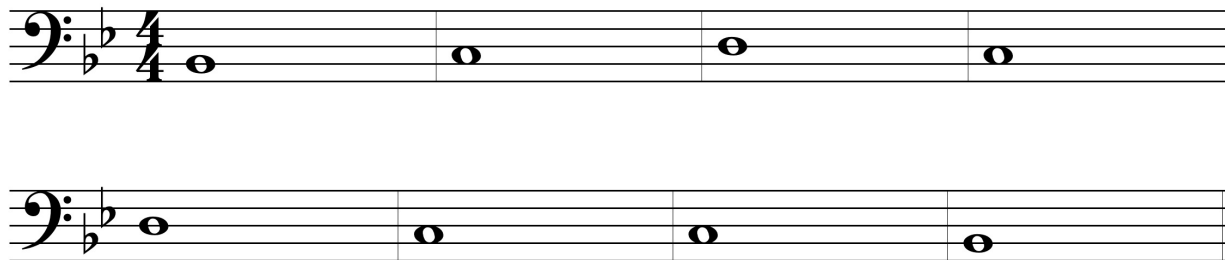


A **whole rest** gets  
gets 4 beats of silence

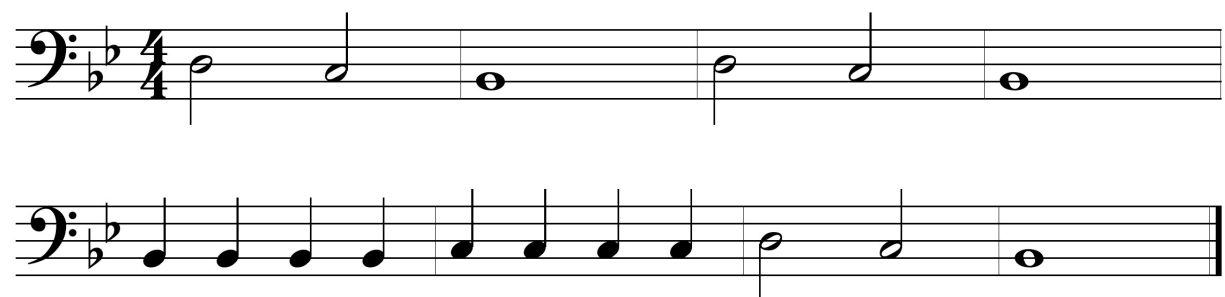
A **half rest** gets  
2 beats of silence

A **quarter rest** gets  
1 beat of silence

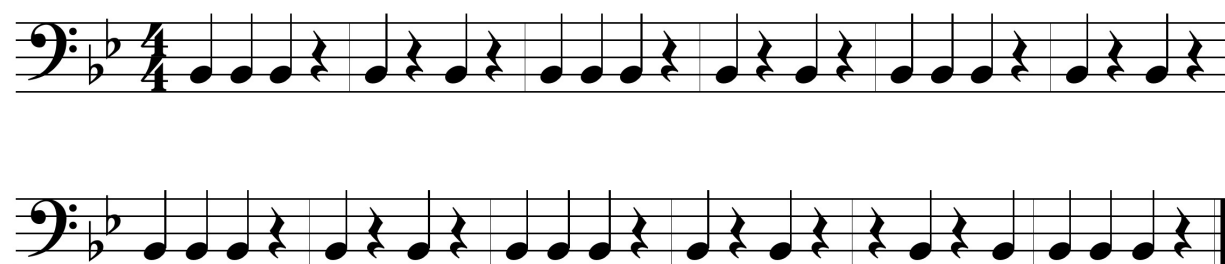
## 24. Three Note Review



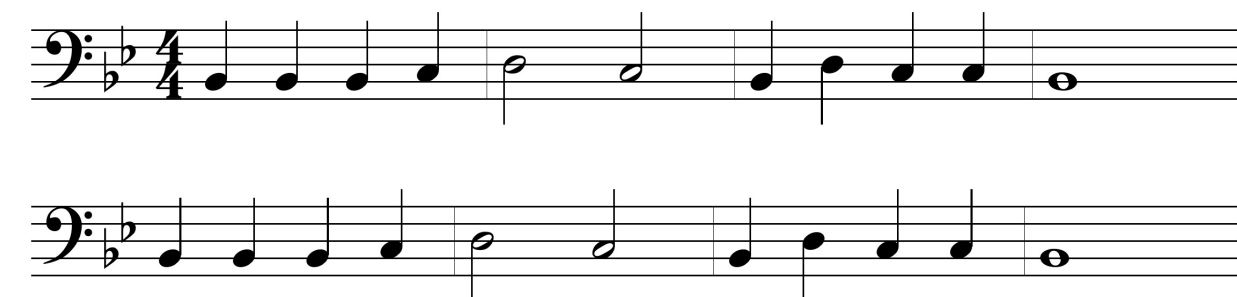
## 25. Hot Cross Buns



## 26. One Note Boogie



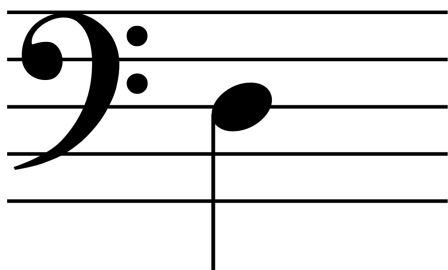
## 27. Au Claire de la Lune





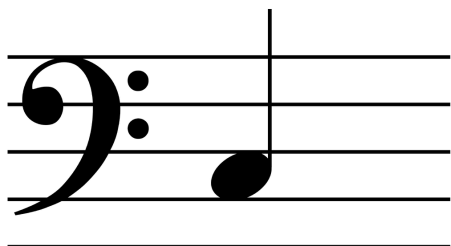
# Reference Page

**D**



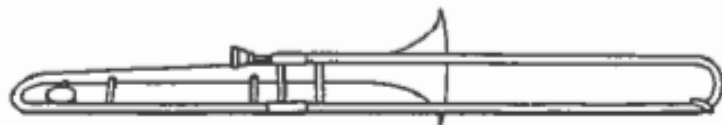
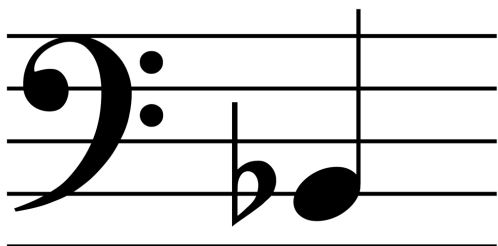
4th Position

**C**



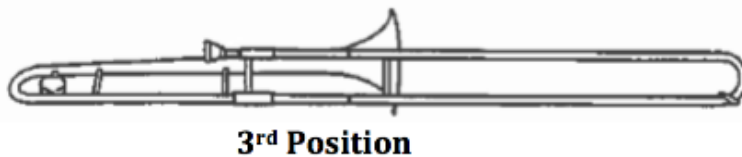
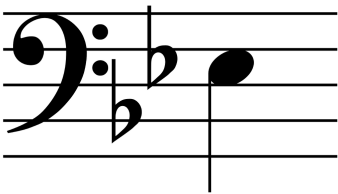
6th Position

**B-flat**



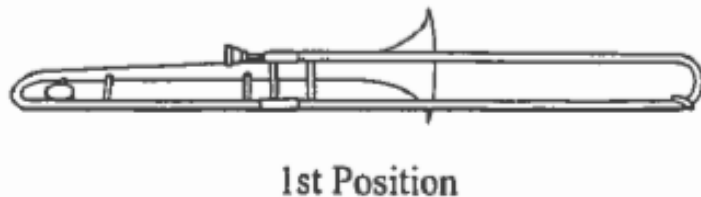
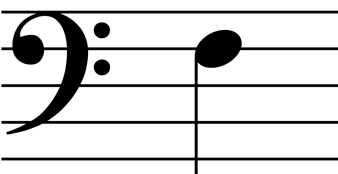
1st Position

## 28. New Note- E-flat



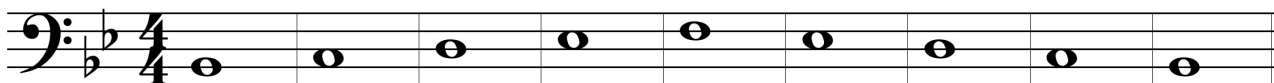
The note E-flat is written on the third space of the staff

## 29. New Note- F



The note F is written on the fourth line of the staff

## 30. Five Note Scale

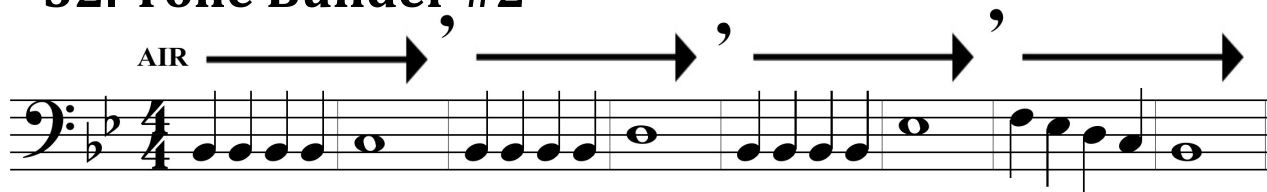


## 31. Tone Builder #1

**Chord**  
Pick any Note



## 32. Tone Builder #2



# Band Warm-up

## #1 The FIVE NOTE SCALE

B♭ C D E♭ F E♭ D C B♭

Trombones: 1st position 6th position 4th position 3rd position 1st position 3rd position 4th position 6th position 1st position

Baritones: 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3

## #2 Tongue each note...and see how many notes you can go without taking a breath!

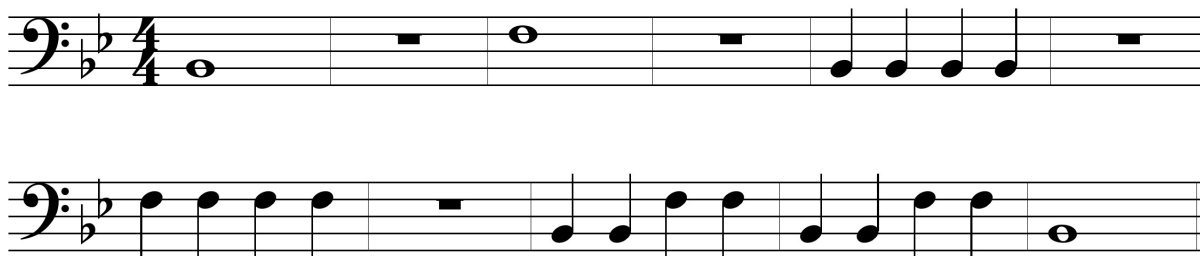
## #3a Keep your air steady for the entire exercise!

## #3b

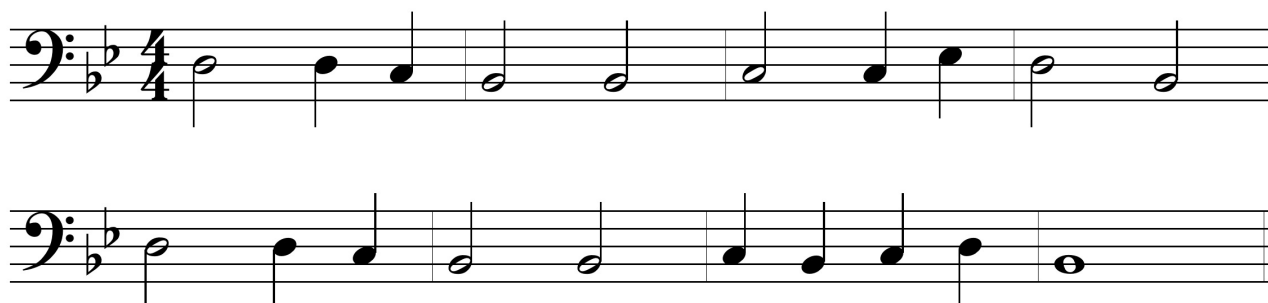
## #4 Articulate each note with your tongue...but be sure to keep your air stream going!

## #5 Keep your air stream strong!

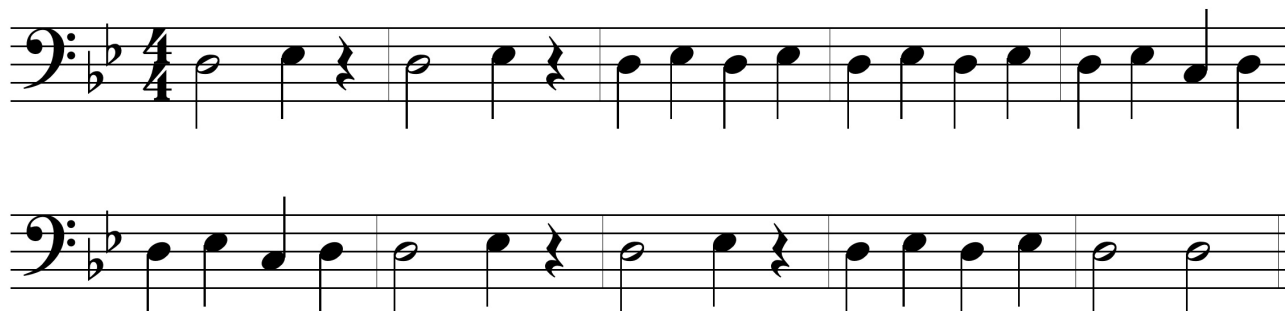
### 33. Low- Rest- High-Rest



### 34. Aunt Rhodie



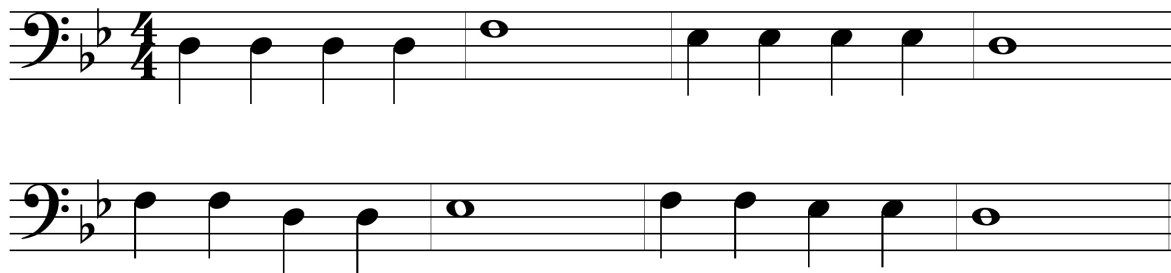
### 35. Theme from “Jaws”



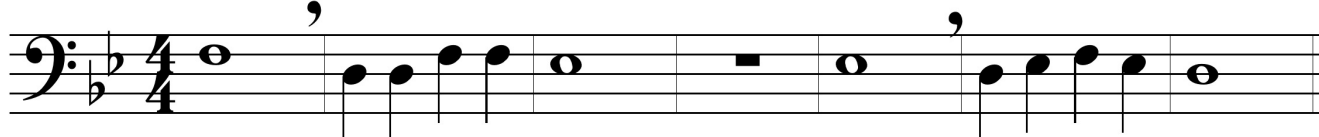
## 36. Rain Rain, Go Away



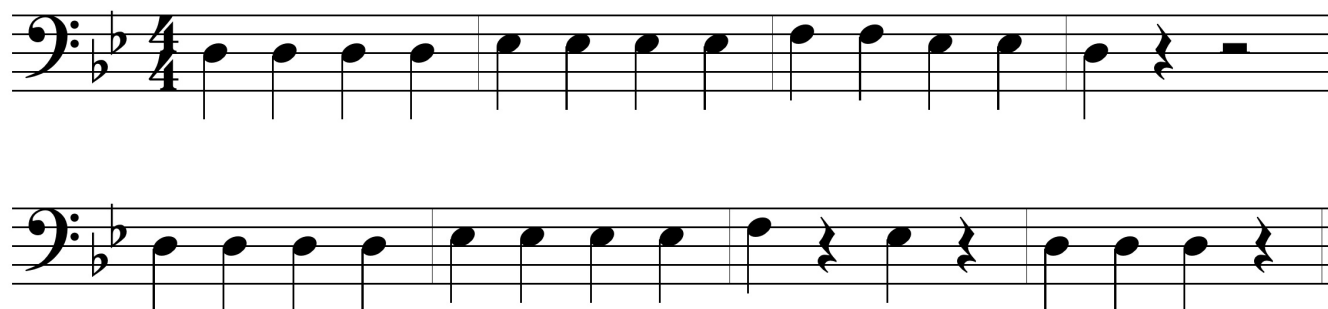
### 37. Take Five



### 38. Three Note Samba



### 39. El Toro



### 40. Celebration



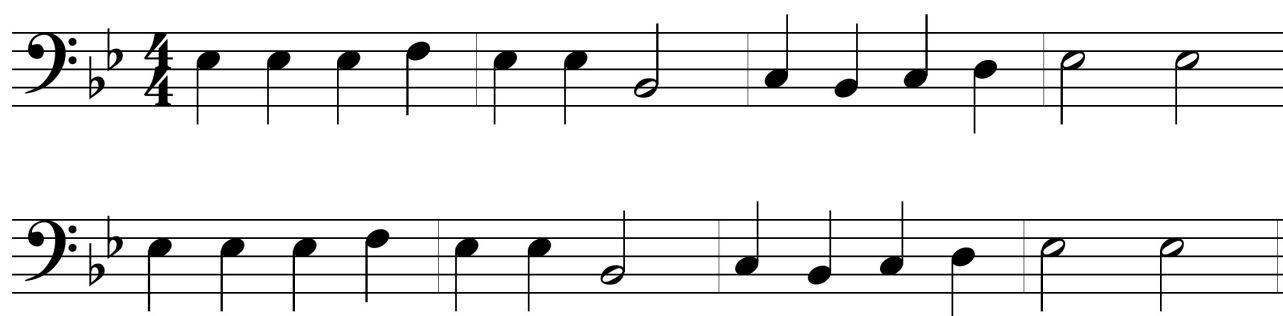
## 41. Our First Five Notes Warmup



## 42. Jingle Bells



## 43. Good King Wenceslas



# Reference Page

**B-flat**



1st Position

**C**



6th Position

**D**



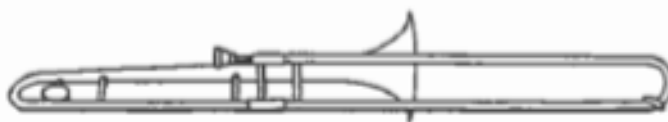
4th Position

**E-flat**



3rd Position

**F**



1st Position

# 44. Five Note Review

Fill in the correct slide position and write the note name.  
Play each note on your trombone

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

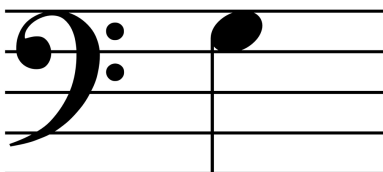
The first set of exercises consists of five measures of music on a bass clef staff in 4/4 time. The notes are Bb1, C2, D2, Bb1, and C2. Below each measure is a trombone slide diagram with fingerings 1 through 7 indicated above the slide positions.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

The second set of exercises consists of five measures of music on a bass clef staff in 4/4 time. The notes are C2, Bb1, D2, C2, and Bb1. Below each measure is a trombone slide diagram with fingerings 1 through 7 indicated above the slide positions.



## 45. New Note- G



4th Position

The note G is written on the 4<sup>th</sup> space on the staff

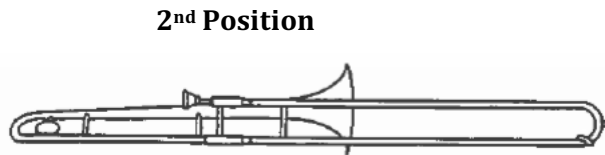
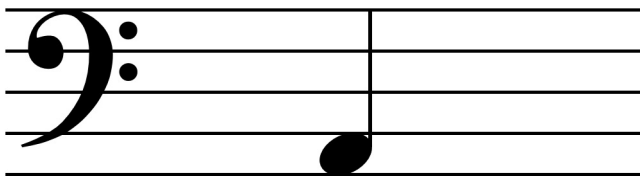
## 46. Twinkle, Twinkle Little Star



## 47. Grand March

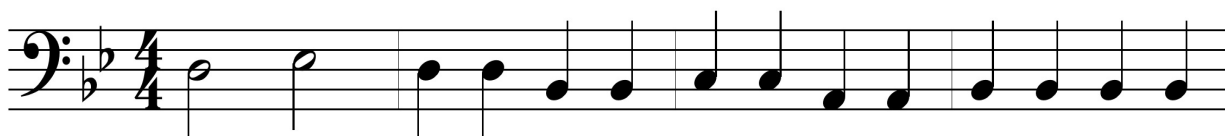


## 48. New Note- Low A

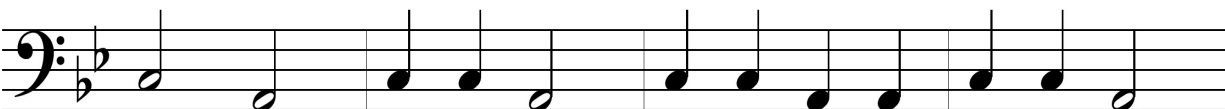


The note A is written on the first space of the staff.

## 49. Grand March (Harmony)



## 50. Rain Rain, Stay Away



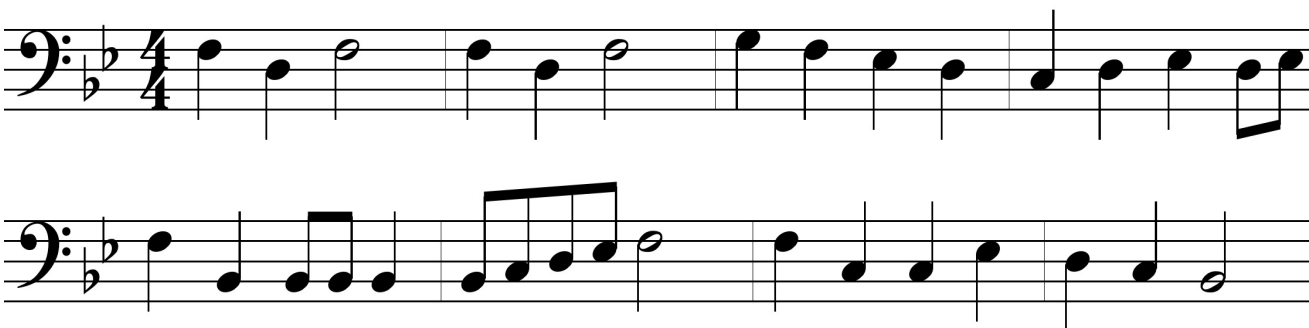
## 51. Five Note March



## 52. Skips



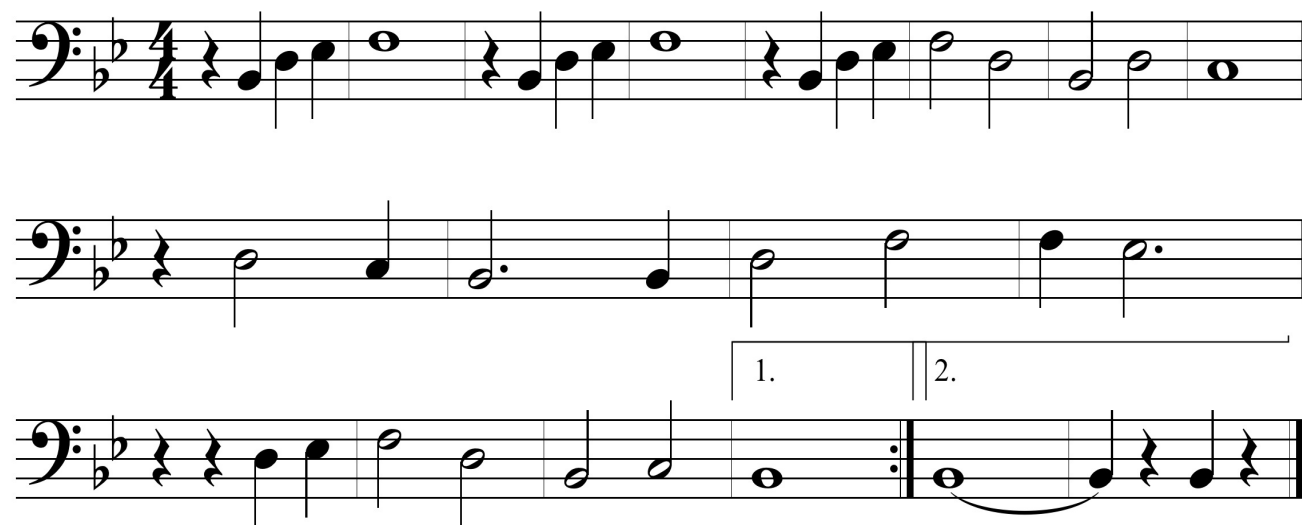
## 53. This Old Man



## 54. Ode to Joy



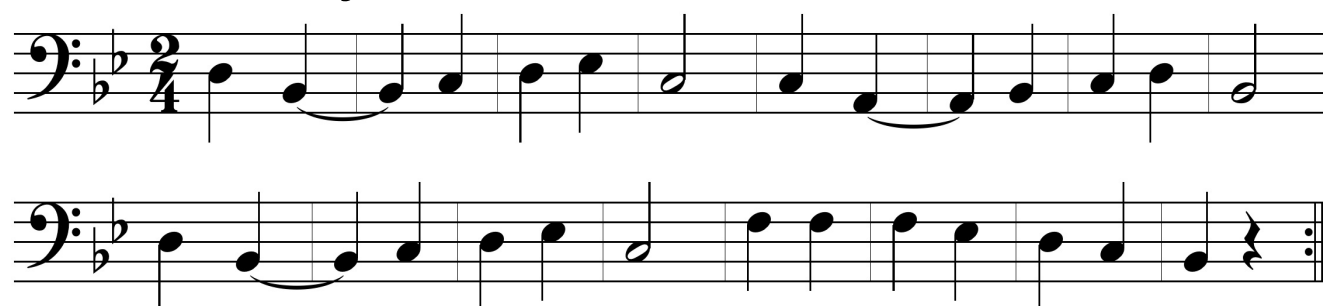
## 55. When the Saints Go Marching In



## 56. Mary Ann



## 57. Shoo Fly



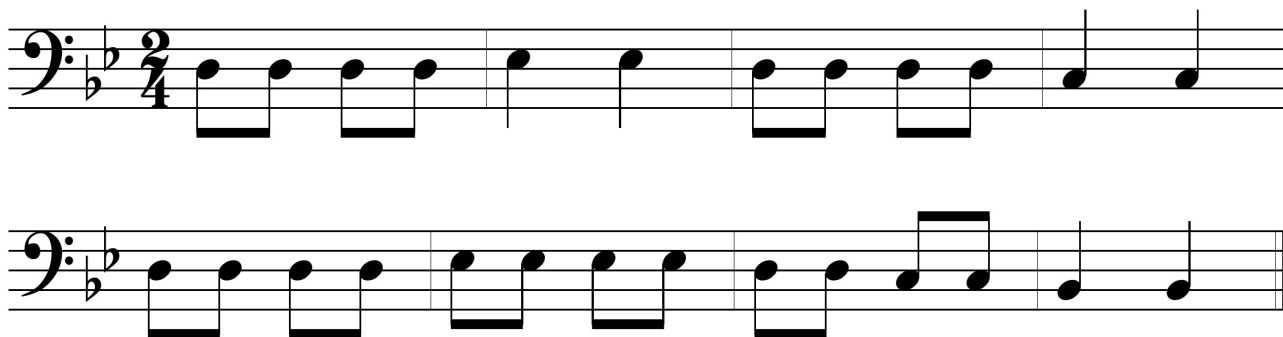
## 58. On the Bridge at Avignon



## 59. Lightly Row



## 60. Bile Them Cabbage Down



## 61. Surprise Symphony

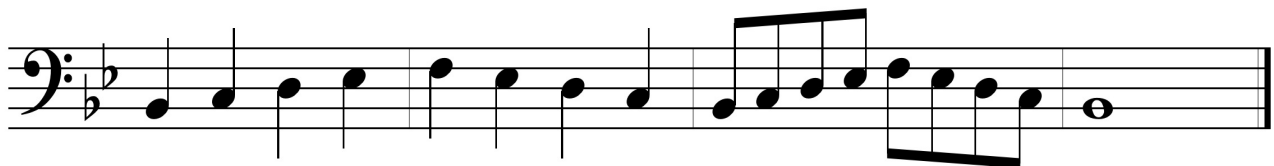
Theme



Variation



## 62. B-flat Five Note Scale Exercise



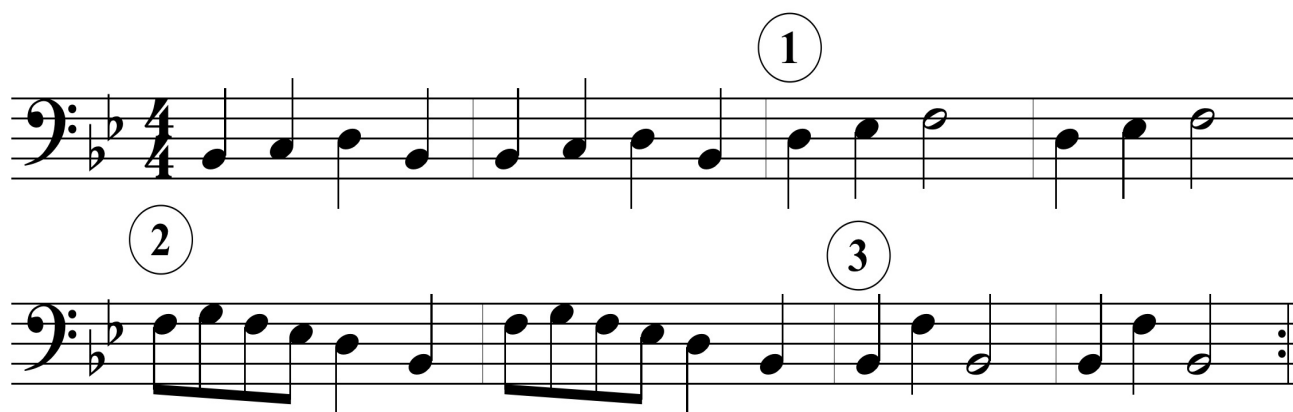
## 63. London Bridge (duet)



## 64. Stodola Pumpa

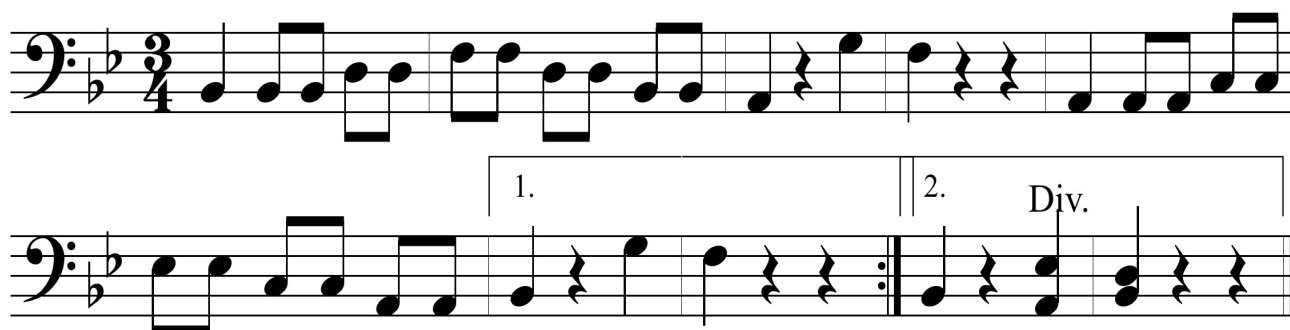


## 65. Frere Jacques



































## 66. Mexican Jumping Beans



## 67. Southern Roses



























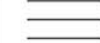










# Musical Symbols We Know

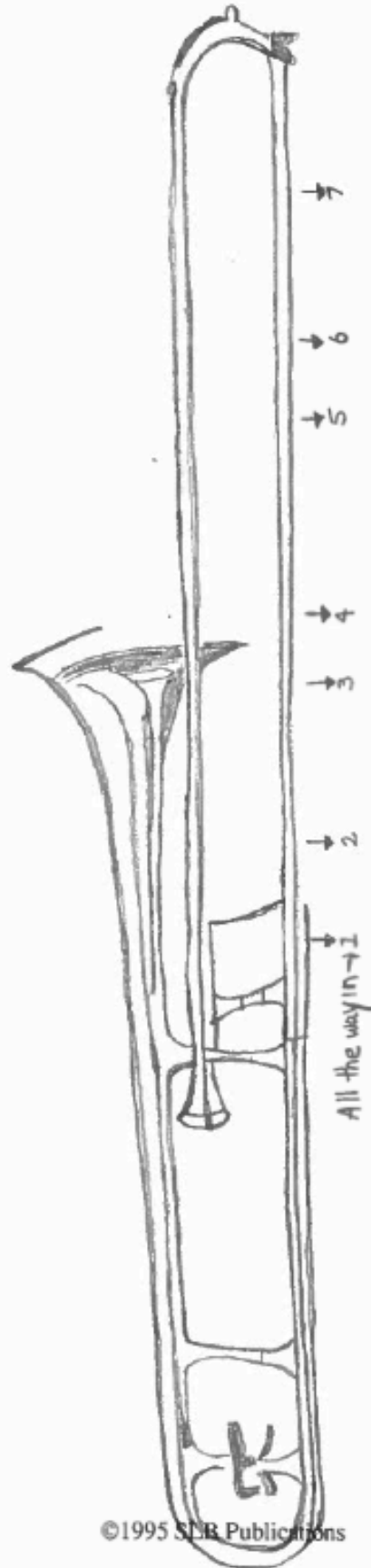
			
			
			
			
		<i>p</i>	
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Bass Clef: Band

# Musical Symbols We Know

	Whole note: Four beats of sound.		Bass Clef
	Half note: Two beats of sound.		Natural Sign
	Quarter note: One beat of sound.		Flat Sign: Lowers a pitch a half step.
	Eighth note: One half beat of sound.		Sharp Sign: Raises a pitch a half step.
	Pair of eighth notes: One half beat of sound each.		<i>piano</i> : Play softly.
	Dotted half note: Three beats of sound.		<i>forte</i> : Play loudly
	Dotted quarter note: One and one half beats of sound.		<i>mezzo-piano</i> : Medium-soft
	Half rest: Two beats of silence.		<i>mezzo-forte</i> : Medium-loud
	Whole rest: Four beats of silence.		Staccato: Short and separated.
	Quarter rest: One beat of silence.		Accent: Attack the note stronger.
	Eighth rest: One half beat of silence.		Tenuto/Legato: Full value, smooth and connected.
	Five-line musical staff.		Crescendo: Gradually get louder.
	Measure		Decrescendo: Gradually get softer.
	Barline: divides staf into measures.		Fermata: Hold the note longer than its original value.
	Final barline: Ends a piece of music.		Slur: Curved line that connects two or more notes of different pitches.
	Repeat sign: Repeat a piece or section.		Common Time: Shorthand for $\frac{4}{4}$
	Tie: Curved line that connects two or more notes of the same pitch.		
	Multi-Measure Rest: Rest for the number of measures indicated.		
	Breath Mark		

Bass Clef: Band



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# Trombone Slide Position Chart

