

Name: _____

“Practice Partner”: _____

Period: (circle one): 1 2 6

Fertitta Middle School Band

8 day “Foundation Builder” checklist - TROMBONE

Mark / or ? Here

A	1	2	3	4
	5	6	7	8

A. Assembly and Set-up

1. Grasp both slide cross brace and carefully lift the slide section out of the case.
2. Remove the bell section from the case and place it on the slide section. Be sure that the pieces make a 90 degree angle.
3. Turn the bell lock nut until the bell section and the slide section are firmly locked together.
4. Insert the mouthpiece, and secure it with a slight twist to the right.
5. Gently pull open the tuning slide so that it is approximately ½ to one full inch. If your slide is “frozen” please bring it to Mr. Mack or Mr. Reid.

B				

B. Posture

1. Feet flat on the floor.
2. Back away from the chair, sit on most forward part of chair.
3. Make sure back is straight at the bottom of your spine.
4. Open your shoulders and have chest “puffed” out.
5. Keep your head straight, check your chin position with your “L” hand.

C				

C. Left Hand Position

1. Lock the slide (always lock the slide when you are not playing).
2. Form a “gun” with your first finger and thumb
3. Hook your thumb onto the lower cross brace of the bell section
4. Place your first finger on top of the mouthpiece shank

D				

D. Right Hand Position

1. Grasp the hand slide cross brace between the tip of your thumb and the tips of your first and second fingers.
2. Keep your third and fourth fingers straight, and connect them below the slide. (Vulcan Hand Sign)
3. Keep your wrist and fingers straight.

E				

E. Instrument Position

1. Sit forward on the edge of the chair with the weight of your upper body slightly forward.
2. Sit with a straight back and erect head.
 - * Avoid tension.
3. Position both feet flat on the floor.
 - * Your posture is correct if you can stand up without having to shift your upper body weight forward.
4. Position the trombone to the center of your body.
5. Allow the downward angle of the trombone to be determined by your embouchure and mouthpiece placement.

F				

F. Embouchure

1. Bring lips together by pronouncing the syllable “em.”
 - * Your upper and lower teeth should be slightly apart and approximately aligned.
2. Firm the corners of your mouth and draw your chin muscles downward to form a concavity between lower lip and chin. Check that your chin is as “flat” as possible.
 - * Keep the corners of your mouth focused firmly inward to prevent puffy lips or cheeks.
3. Take full breath of air in through your mouth.
4. Position the mouthpiece to the center of your lips with ½ upper and ½ lower lip within the rim of the mouthpiece.
5. Blow a steady stream of air between your lips to make a long buzzing sound.

G				

G. Musical Articulation

1. Position the mouthpiece on your lips.
2. Take a full breath of air, and inhale the word “HOW” from the corners of your mouth.
 - * Inhaling through your nose will prevent you from taking a full breath of air.
4. Continuing the motion of the in-breath, immediately release the air though the instrument without stopping the air stream.
5. Begin the note or sound with a “doo” articulation. Keep your jaw and embouchure still.
6. Never end a note with the tongue stopping the air. Sounds should end with the taking of an inward breath. Keep embouchure firm until sound has stopped.

H				

H. Tone Quality

1. The embouchure is well formed
2. The tone starts with the syllable “doo.”
3. Tone quality and pitch resemble the model (from CD, or from instructor’s example).
4. Posture promotes full breathing potential, hands and chin are positioned properly.