

This daily fundamental routine assumes the player has accomplished a high level of execution including a solid understanding of scales, arpeggios, and articulations. You will notice, we start in the middle of the horn and progress outward. Tempos can be adjusted for clarity and time allotment. Please remember to rest often or change the order of exercise.

Remember a daily routine is about developing simple things, tone, time, intonation, articulation, etc. Always use a metronome and choose tempos that are within your control.

As an accomplished trombonist, you should be compiling your routine. What do you need to do to play your best? What are you working on to get it better? How can you use your etude and solo repertoire as a starting point for your routine?

All about the air (Combined exercises from Demondrae Thruman and Ben van Dijk)

Air Attack Ha Use Tongue tAH All about the Air Tongue for Clarity

Overtone Accuracy Two Ways

Slur #1

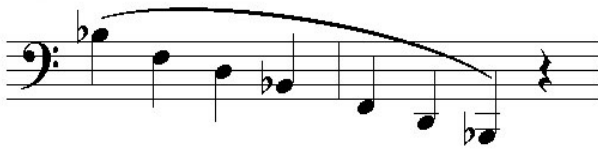
Slur #2

Long Tone Scales use a tuner and metronome!

Long Scales with Tuner and Metronome

Descend Arpeggios

Descending Arpeggios



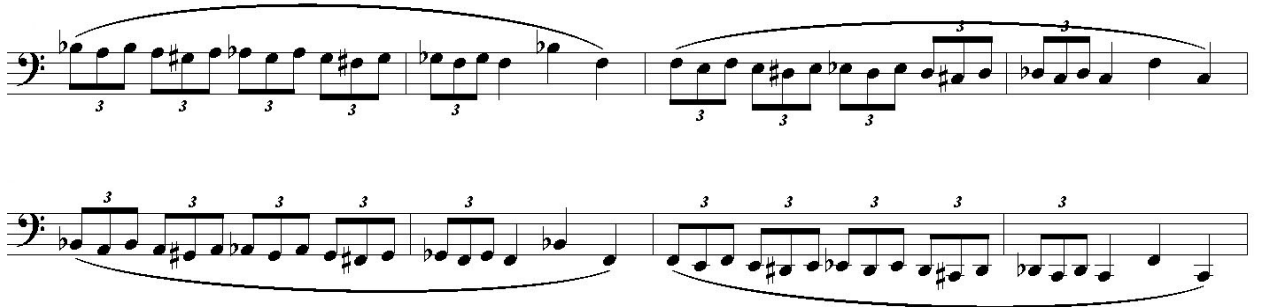
Descending Scales

Descending Scales



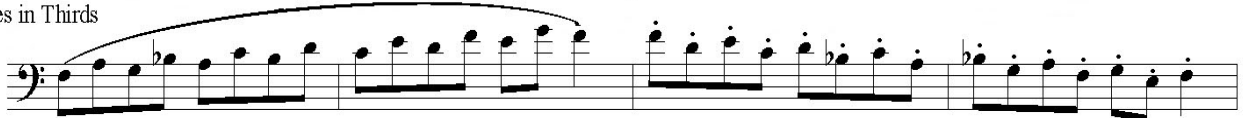
Snake Exercise (Ben van Dijk)

Ben van Dijk's Snake Exercise - Gliss Everything



Scales in Thirds

Scales in Thirds



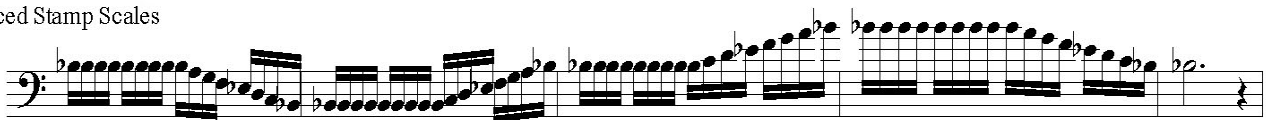
Connecting the Register #1

Connecting Registers #1



Advanced Stamp Scale (Adapted from Jack Stamp)

Advanced Stamp Scales



Zokaites Fundamentals

Spring 2024

Air Attack
Ha

Use Tongue tAH

All about the Air

Tongue for Clarity

Trombone

Musical staff for Trombone, measures 1-6. The staff is in bass clef with a key signature of one flat (Bb) and a 4/4 time signature. Measure 1: Bb2, quarter rest. Measure 2: Bb2, quarter rest. Measure 3: Bb2, quarter rest. Measure 4: Bb2, quarter rest. Measure 5: Bb2, quarter rest. Measure 6: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 7-12. Measure 7: Bb2, quarter rest. Measure 8: Bb2, quarter rest. Measure 9: Bb2, quarter rest. Measure 10: Bb2, quarter rest. Measure 11: Bb2, quarter rest. Measure 12: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 13-18. Measure 13: Bb2, quarter rest. Measure 14: Bb2, quarter rest. Measure 15: Bb2, quarter rest. Measure 16: Bb2, quarter rest. Measure 17: Bb2, quarter rest. Measure 18: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 19-24. Measure 19: Bb2, quarter rest. Measure 20: Bb2, quarter rest. Measure 21: Bb2, quarter rest. Measure 22: Bb2, quarter rest. Measure 23: Bb2, quarter rest. Measure 24: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 25-30. Measure 25: Bb2, quarter rest. Measure 26: Bb2, quarter rest. Measure 27: Bb2, quarter rest. Measure 28: Bb2, quarter rest. Measure 29: Bb2, quarter rest. Measure 30: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 31-36. Measure 31: Bb2, quarter rest. Measure 32: Bb2, quarter rest. Measure 33: Bb2, quarter rest. Measure 34: Bb2, quarter rest. Measure 35: Bb2, quarter rest. Measure 36: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 37-42. Measure 37: Bb2, quarter rest. Measure 38: Bb2, quarter rest. Measure 39: Bb2, quarter rest. Measure 40: Bb2, quarter rest. Measure 41: Bb2, quarter rest. Measure 42: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 43-48. Measure 43: Bb2, quarter rest. Measure 44: Bb2, quarter rest. Measure 45: Bb2, quarter rest. Measure 46: Bb2, quarter rest. Measure 47: Bb2, quarter rest. Measure 48: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 49-54. Measure 49: Bb2, quarter rest. Measure 50: Bb2, quarter rest. Measure 51: Bb2, quarter rest. Measure 52: Bb2, quarter rest. Measure 53: Bb2, quarter rest. Measure 54: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 55-60. Measure 55: Bb2, quarter rest. Measure 56: Bb2, quarter rest. Measure 57: Bb2, quarter rest. Measure 58: Bb2, quarter rest. Measure 59: Bb2, quarter rest. Measure 60: Bb2, quarter rest.

Tbn.

Musical staff for Tbn., measures 61-66. Measure 61: Bb2, quarter rest. Measure 62: Bb2, quarter rest. Measure 63: Bb2, quarter rest. Measure 64: Bb2, quarter rest. Measure 65: Bb2, quarter rest. Measure 66: Bb2, quarter rest.

Tbn. 67

Musical staff for Tbn. starting at measure 67. It features a series of eighth notes with slurs, a key signature change to one flat, and a final half note.

Tbn. 71

Musical staff for Tbn. starting at measure 71. It features a series of eighth notes with slurs, a key signature change to one sharp, and a final half note.

Tbn. 75

Musical staff for Tbn. starting at measure 75. It features a series of eighth notes with slurs, a key signature change to one flat, and a final half note.

Tbn. 79

Musical staff for Tbn. starting at measure 79. It features a series of eighth notes with slurs, a key signature change to one flat, and a final half note.

Tbn. 83

Musical staff for Tbn. starting at measure 83. It features a series of eighth notes with slurs, a key signature change to one flat, and a final half note.

Tbn. 87

Musical staff for Tbn. starting at measure 87. It features a series of eighth notes with slurs, a key signature change to one flat, and a final half note.

Tbn. 91

Musical staff for Tbn. starting at measure 91. It features a series of eighth notes with slurs, a key signature change to one sharp, and a final half note.

Slur #2

Tbn. 95

Musical staff for Tbn. starting at measure 95. It features eighth notes with slurs, a key signature change to one flat, and a final half note.

Tbn. 99

Musical staff for Tbn. starting at measure 99. It features eighth notes with slurs, a key signature change to one flat, and a final half note.

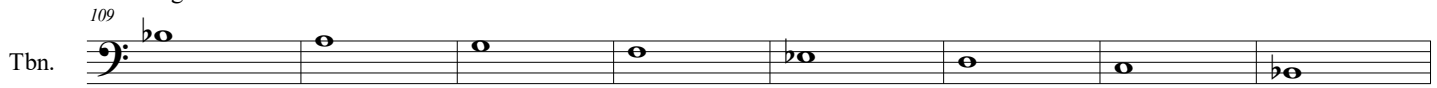
Tbn. 103

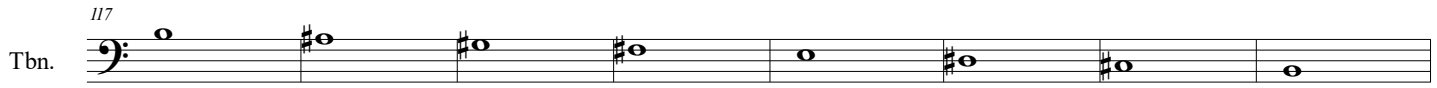
Musical staff for Tbn. starting at measure 103. It features eighth notes with slurs, a key signature change to one flat, and a final half note.

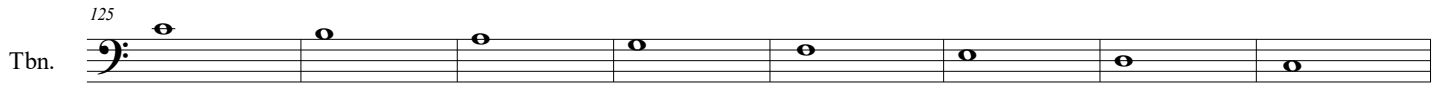
Tbn. 107

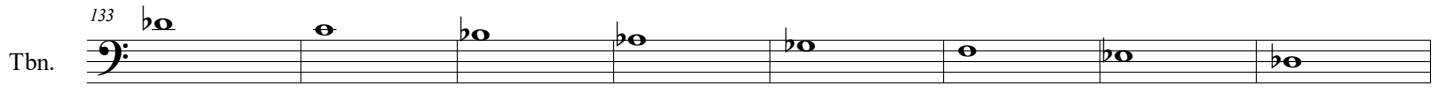
Musical staff for Tbn. starting at measure 107. It features eighth notes with slurs, a key signature change to one sharp, and a final half note.

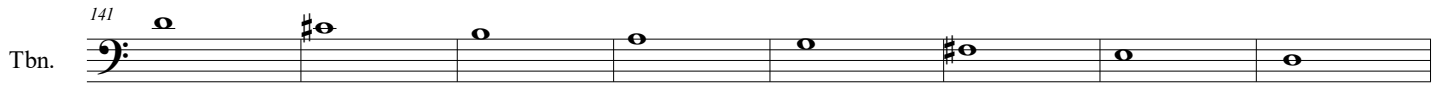
Long Scales with Tuner and Metronome

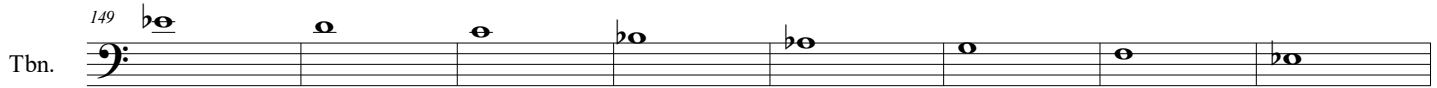
109 

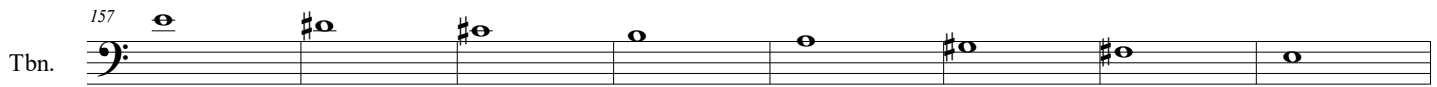
117 

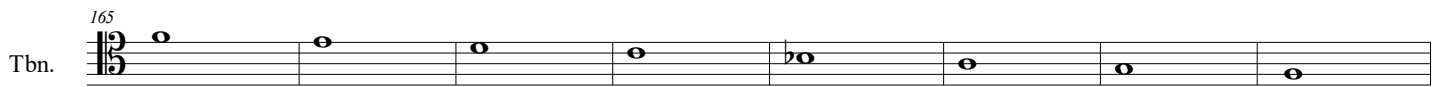
125 

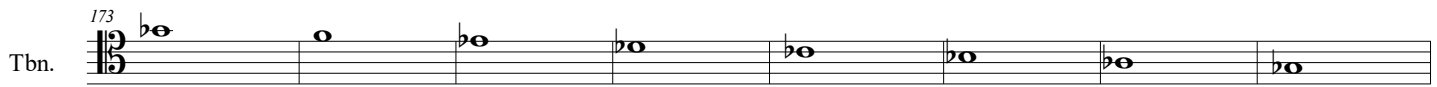
133 

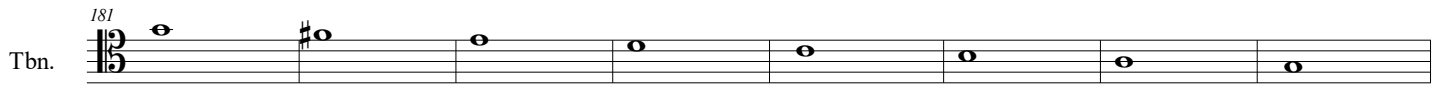
141 

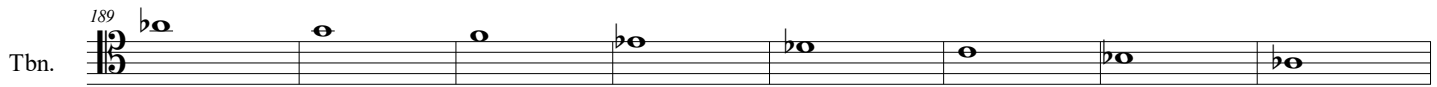
149 

157 

165 

173 

181 

189 

Tbn. 197

Tbn. 205

Descending Arpeggios

Tbn. 213

Tbn. 219

Tbn. 225

Tbn. 231

Tbn. 237

Tbn. 243

Tbn. 249

Descending Scales

Tbn. 252

Tbn. 255

258 Tbn.

261 Tbn.

264 Tbn.

267 Tbn.

270 Tbn.

273 Tbn.

Ben van Dijk's Snake Exercise - Gliss Everything

276 Tbn.

280 Tbn.

284 Tbn.

Scales in Thirds

286 Tbn.

290 Tbn.

294

Tbn.

298

Tbn.

302

Tbn.

306

Tbn.

310

Tbn.

314

Tbn.

318

Tbn.

322

Tbn.

326

Tbn.

330

Tbn.

Connecting Registers #1

334

Tbn.

340
Tbn. 

346
Tbn. 

Advanced Stamp Scales

352
Tbn. 

357
Tbn. 

362
Tbn. 

367
Tbn. 

372
Tbn. 

377
Tbn. 

382
Tbn. 

387
Tbn. 

392
Tbn. 

397
Tbn. 

402
Tbn. 

Connecting Registers #2

407
Tbn. 

411
Tbn. 

415
Tbn. 

419
Tbn. 