

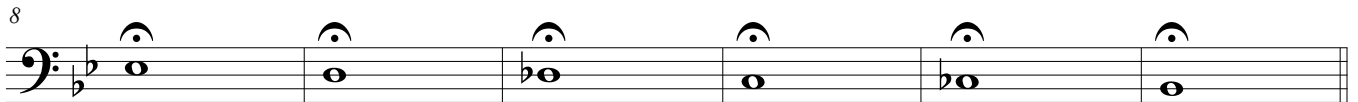
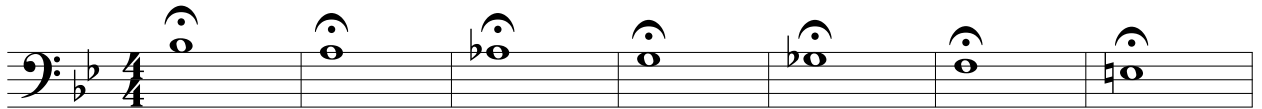
John Sens Warmup Routine

-All of the following exercises should be performed in a focused, intent manner that seeks to perform the exercises smoothly and fluidly.

-It is recommended to try alternate articulations to practice tonguing and to avoid boredom

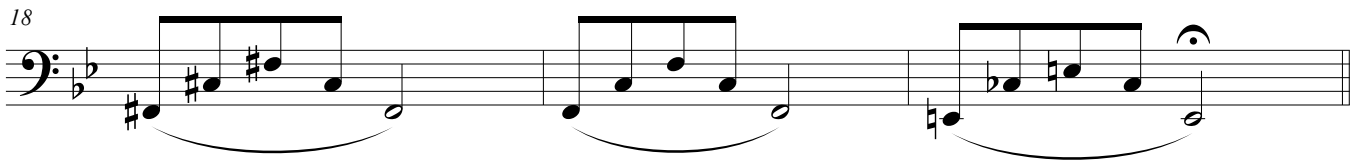
-Use a set metronome marking for your session, and slowly increase the tempo from week to week. Once the exercises become too difficult or unweildly, reduce the tempo to around 60 and begin the cycle again.

1. Long Tones

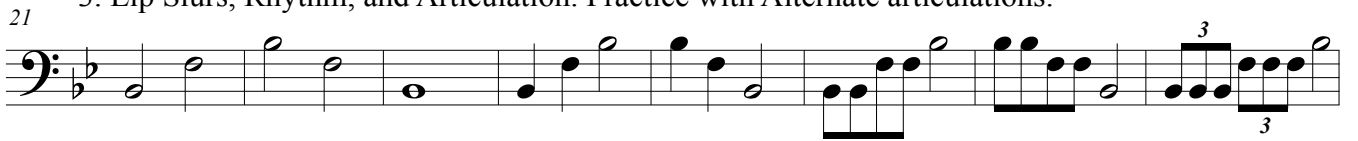


Continue downwards to Pedal Bb. then restart on middle Bb and work upwards to High Bb

2. Lip Slurs



3. Lip Slurs, Rhythm, and Articulation. Practice with Alternate articulations.



Continue downward Chromatically

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2

4. Articulation - Use a hard, "Tah" articulation. Also use this exercise to work on Double Tonguing

43

47

51

55

Continue downward to the Pedal, then restart on middle Bb and moves upwards diatonically to high Bb

6. Flexibility - Lip Slurs

59

Continue downward Chromatically

63

Continue downward Chromatically

71

Continue downward Chromatically

75

79

Continue downward Chromatically

7. Range Extension Exercise. Bass Trombonists, add lower octave starting in pedal range

83

Musical staff 83: Bass clef, key signature of one flat (B-flat). The staff contains a sequence of eighth notes starting on G2, moving up stepwise to G3, then a half note G3, followed by eighth notes moving up stepwise to G4, and finally a half note G4.

87

Musical staff 87: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G3 to G4, followed by a half note G4, then eighth notes moving up stepwise from G4 to G5, and finally a half note G5.

91

Musical staff 91: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G4 to G5, followed by a half note G5, then eighth notes moving up stepwise from G5 to G6, and finally a half note G6.

95

Musical staff 95: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G5 to G6, followed by a half note G6, then eighth notes moving up stepwise from G6 to G7, and finally a half note G7.

99

Musical staff 99: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G6 to G7, followed by a half note G7, then eighth notes moving up stepwise from G7 to G8, and finally a half note G8.

103

Musical staff 103: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G7 to G8, followed by a half note G8, then eighth notes moving up stepwise from G8 to G9, and finally a half note G9.

107

Musical staff 107: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G8 to G9, followed by a half note G9, then eighth notes moving up stepwise from G9 to G10, and finally a half note G10.

111

Musical staff 111: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G9 to G10, followed by a half note G10, then eighth notes moving up stepwise from G10 to G11, and finally a half note G11.

115

Musical staff 115: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G10 to G11, followed by a half note G11, then eighth notes moving up stepwise from G11 to G12, and finally a half note G12.

119

Musical staff 119: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G11 to G12, followed by a half note G12, then eighth notes moving up stepwise from G12 to G13, and finally a half note G13.

123

Musical staff 123: Bass clef, key signature of one flat. The staff contains eighth notes moving up stepwise from G12 to G13, followed by a half note G13, then eighth notes moving up stepwise from G13 to G14, and finally a half note G14.

127

8. Major Scales

131

133

135

Continue around the circle of fifths until complete. You may also move chromatically, or by another method for variety

9. Scales in Various Intervals

137

Thirds

141

Fourths

145

Fifths

149

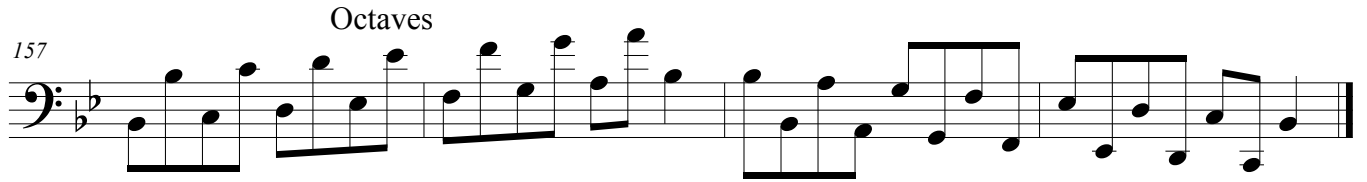
Sixths

153

Sevenths

157

Octaves



The musical notation is written on a single staff in bass clef with a key signature of one flat (B-flat). It consists of 15 measures. The first four measures feature a sequence of eighth notes: G2, F2, E2, D2, C2, B1, A1, G1, F1, E1, D1, C1, B0, A0, G0. The fifth measure contains a whole note G1. The sixth measure contains a whole note F1. The seventh measure contains a whole note E1. The eighth measure contains a whole note D1. The ninth measure contains a whole note C1. The tenth measure contains a whole note B0. The eleventh measure contains a whole note A0. The twelfth measure contains a whole note G0. The thirteenth measure contains a whole note F0. The fourteenth measure contains a whole note E0. The fifteenth measure contains a whole note D0. The piece concludes with a double bar line.

Work through in other keys to increase proficiency