



The Practice Room

# Warm-ups for Young Trombonists

by Linda Yeo

Warming up on your trombone is an important part of your musical day. Playing a brass instrument is much like a sport - you wouldn't go out and run a mile with no warm-up. You would need to wake up your muscles, and get them ready to run that mile. Your lips are made up of many muscles which help you to play trombone, and it's necessary that you warm them up every day. The following is a warm-up that will help you get ready to play trombone. Good luck, and have fun.

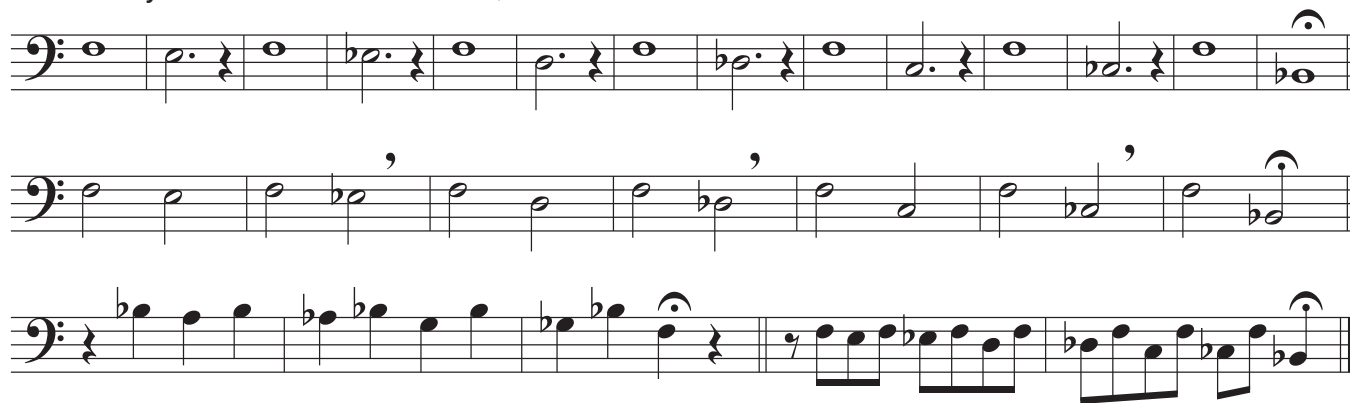
## Mouthpiece Buzzing

Buzz up and down in the middle of your range for no more than 5 minutes.



## Long Tones

Play these with your best tone and warm, relaxed breaths.



## Lip Slurs

Lip slurs should be played cleanly with no tonguing except for the first note in each position.

