

# Early Intermediate Daily Routine

Use a metronome throughout.

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## #1 Get Air Moving

Breath in and out completely, with no tension or hesitation between the two.  
For embouchure development, use trombone for breath out (air only or note).  
Breathe in through corners, not mouthpiece..

In for 4, Out for 4. Repeat 4x

In 1, Out 3. Repeat 4x

In 8th note, Out rest of bar.  
Repeat 4x

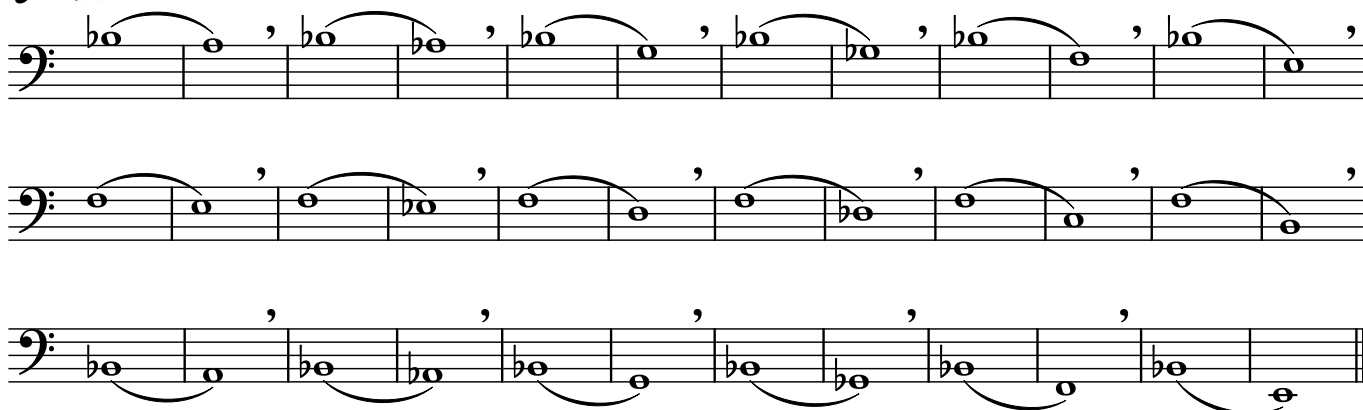


BONUS CHALLENGE: Breathe out for 8 beats instead of 4!

## #2 Long Tones

Sustain notes as long as possible.  
Move slide quickly with metronome click.  
Use "Dah" articulation for slur connecting every two notes.

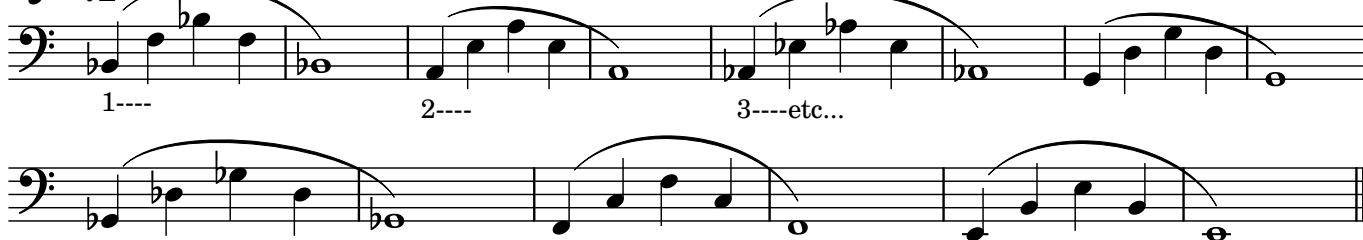
♩ = 72



## #3 Three-note Lip Slur

Use natural slurs. Feel pulse before playing. Don't breathe between slurred notes.

♩ = 72



## #4 Building into the upper register

Do not squeeze or clench when slurring upward. Sustain the bottom note and float up to the top note by accelerating your air.

♩ = 60



### #5 Four-note Lip Slur

Use natural slurs. Feel pulse before playing. Don't breathe between slurred notes.

♩ = 60

### #6 Five-note Lip Slur

Use natural slurs. Feel pulse before playing. Don't breathe between slurred notes.

♩ = 60

### #7 Dynamic swell

Focus on keeping beautiful tone throughout, and steady pitch.

♩ = 72

### #8 16th note challenge

Be sure to subdivide during notes longer than 8th notes

♩ = 80

### #9 Centering in 4th-6th partials

Don't squeeze your lips or tense up your throat to attain upper notes. Use faster air for higher notes and blow across partial breaks.

♩ = 72-88

The exercise consists of three staves of music in bass clef. The first staff has a key signature of one flat (B-flat) and a common time signature. It features three phrases of eighth-note runs, each slurred and ending with a dotted half note. The second staff continues with similar eighth-note runs, also slurred and ending with a dotted half note. The third staff shows a single phrase of eighth-note runs, slurred and ending with a dotted half note.

### #10 Scale Patterns

Apply different key signatures to the following scale patterns. Do not ignore dynamic and stylistic markings. Play musically.

♩ = 60

*Sustain*

The first pattern is a half-note scale in bass clef, starting on G2 and ending on G3. It is marked with a piano (*p*) dynamic and a *Sustain* instruction. The key signature is one flat (B-flat).

♩ = 80

*Marcato*

The second pattern is a quarter-note scale in bass clef, starting on G2 and ending on G3. It is marked with a forte (*f*) dynamic and a *Marcato* instruction. The key signature is one flat (B-flat).

♩ = 60

*Smoothly*

The third pattern is a half-note scale in bass clef, starting on G2 and ending on G3. It is marked with a mezzo-piano (*mp*) dynamic and a *Smoothly* instruction. The key signature is two flats (B-flat and E-flat).

♩ = 72

*Light and clear*

The fourth pattern is a triplet eighth-note scale in bass clef, starting on G2 and ending on G3. It is marked with a *Light and clear* instruction. The key signature is one flat (B-flat).