

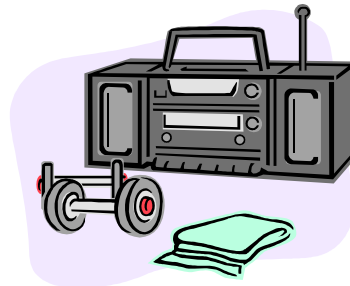


On The Right Track

aerobics for brass



Trombone



Music Service

Pupil Practice CD 4

AEROBICS FOR BRASS

"Aerobics for Brass" is a collection of technical exercises for the student brass player.

It comes in two different formats:-

- A full version which takes a five-note player up to Grade 3
- A "minimax" version which is a shorter version of the original but with larger pages. This is produced with junior school students in mind and takes a five-note player up to Grade 2

From my own early experiences and with now, 30 years as a brass teacher I often find books of technical exercises very daunting and nearly always aimed at a more advanced player. **Aerobics for Brass** attempts to bring the very young student into the "Zone" at an earlier stage by making the daily routine of technical drills more approachable and hopefully enjoyable. Many of the exercises are supported by "backing tracks" and listening examples. In addition to the exercises there are some guidelines on "POSTURE" and "BREATHING"

To all students remember to:-

- Take your time with this material; build your way slowly with a few exercises from different sections.
- When you have made significant progress move onto the more advanced pieces
- Repetition (may seem endless and tedious) is the key to success, it is better to play the same few exercises over and over again than to try to play everything once. Make them part of a regular routine to the point where you can play some of them without the book.
- Building your technical is essential to any instrumental player, difficult passages in our repertoire will more often than not relate to a technical exercise.
- I hope you enjoy using "Aerobics for Brass" Good luck. M H Bates Birmingham Music Service January 2009

Specific Aims and Teaching Notes:-

Aerobics 1 1a 1b 1c These exercises enable the development of your pitching skills starting with the 2 position 1 notes B $\flat$ and F. Learn how to play 2 and then 3 different pitches in each slide position. Also discover how to go "Down The Slide" It is a good idea to jump from 1 to 1a at the marked sign >>>  Playing 2 note and then 3 note patterns. You start the 3 note figures with 4th position notes and go "Up The Slide"

At this stage you only need to tongue the notes, avoid un-wanted slurring

Brass Basics 1 and 2 Brass basics are scales, arpeggios and interval based exercises. Brass Basics begin with 5 note patterns. Try to play these exercises with the same pulse so by making the quicker versions harder. Learn how an arpeggio is made from the 1st 3rd and 5th notes of the scale. The E $\flat$ scale will always have 3 flats {EAB} (3rd position) in it and the C scale has E natural (2nd position) in it.

Tongue Test 1 This is the first of 3 work-outs to help develop correct and eventually fast tonguing. Only the rhythms are notated. You need to play the rhythm patterns to a B $\flat$ scale (one octave up) or can use the five note pattern as an easier alternative. There are 2 ways of working with this material:-

1. Play the same rhythm and get progressively quicker
2. Play different rhythms at the same speed

Try to develop a method of counting out aloud the rhythms before you play them. Use beat numbers as shown in the first few examples. E.g.  becomes 1 2 and 3 4 or tea cof-fee tea tea.

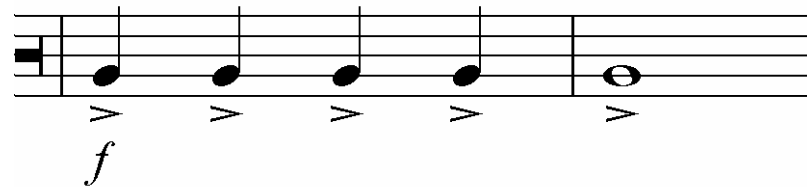
Slurs and Easy Slurs These exercises serve as an introduction to the technique of slurring. They start with patterns of just 2 and then 3 notes. Having learnt to play the first exercises you then are given the same melody with different patterns of slurring/tonguing. (This is referred to as "ARTICULATION")

Aerobics 2 This are a more advanced set of slurring exercises and are moving towards the technique of Lip Slurring (That is slurring up and down to notes on the same valves). Work on the evenness of your slide and good breath control is essential. When you have good control, try the faster speed option. (CD track:tbc {in production})

Aerobics 3 ("Lip Builders") This is a set of short exercises which concentrate on the range of notes between F and the B $\flat$ above (with A and A $\flat$ s) The exercises are to develop range and stamina and in addition ask you to control the way a note is tongued. It is suggested that each exercise is at first played on its own using the slower speed backing tracks. Learn the notes and rhythms and then try to bring in the tongue actions and dynamics. Eventually try to perform the whole piece non-stop. When really confident use the faster backing track.

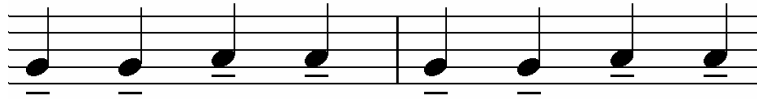
Here are some explanations of the symbols used and how to use different: - **TONGUE STRIKES**

- The Accented notes. These required a firm and fast release as if saying "TAR" or "DAR" quite loud. The tongue hits



the teeth hard and is followed with plenty of fast flowing air.

- Tenuto Notes. These require a soft tongue strike as if saying "DO" or "TOO" Air flow is slower but continuous.



mf

- Staccato (or detached notes) These need a light but firm strike as if saying "TA" (as in tap) or "DA" (as in Dad). There is very little air flow here as it is delivered in short fast shots, but remember to keep up your breath support from



the diaphragm and avoid becoming tense in the throat.

There is a lower (transposed) version of this. Will help with fingering low D to E and test the reading of F sharps and naturals

Introduction to Lips Slurs This starts the process of lip slurring. The exercises are similar to Aerobics 2 and will help you in preparation for the technical worked required for some Grade 1 exams. There is extra text on these pages to help you. You may find it difficult to lip slur at first and it is therefore important to persevere with this material. When you gain confidence and skill move onto:-

Tongue Test 2 This uses the same format (and backing tracks) as Test 1. Word rhythms (mnemonics) are used to help read and play rhythms that use semiquavers. Play slowly and develop a good tongue action. The speed comes from the tongue, make sure you are not using the lips to produce the rhythm ("peh peh peh peh" as in "pepper" is the wrong technique). Another common fault is too much tension in the throat caused by trying to play fast. (eh! eh! As in "earth" again is a poor technique and you should consult your teacher) Use syllables such as "TOO" or "DOO" or "Teh" as in "Today" or "Deh" as in "Dordogne" (in France!!)

Extending The Slide Sequence This follows on from Aerobics 1 1a 1b 1c. It introduces the valve combination of 2 and 3 and 1 and 3 and extends the range of the instrument down to low F. Lip slur patterns can also be played now using a 6 note sequence down and up. Learn to memorise this sequence. This will help you develop a pre concert/rehearsal warm up that is quick, effective and you will not need any music.

Aerobics 4 These exercises start in 6th position and move upwards. They are a natural progression from the previous pages. Work hard at the breath control. The crescendo (getting louder) marks are there to make you empty your lungs. You should then automatically take a big breath.

Aerobics 5 This exercise is designed for a student approaching Grade 2 and is a range building exercise. It also requires some stamina (lip strength) at the end to play up to top "D" It may help at first to work on the first 4 lines. Remember to do the crescendo at the end of the line. This will make you empty your lungs, so by guaranteeing a big breath for the next line

January 2009



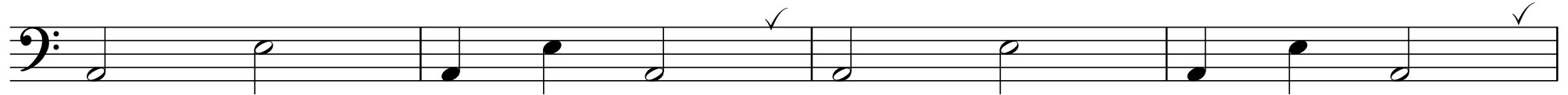
Aerobics for Brass 1

*This exercise uses a basic finger pattern known as :-
going "DOWN THE SLIDE". It is vital for you to learn
the simple order of the slide and also
which notes can be played in each position*

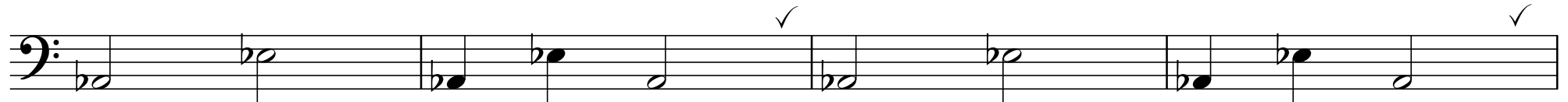
track



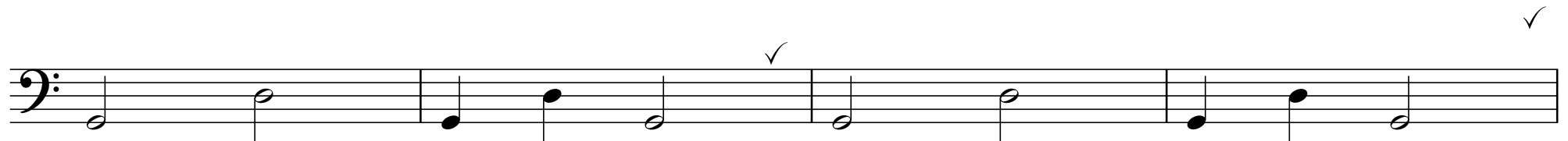
all notes are played in position 1



all notes are played in 2nd position



all notes are played in 3rd position

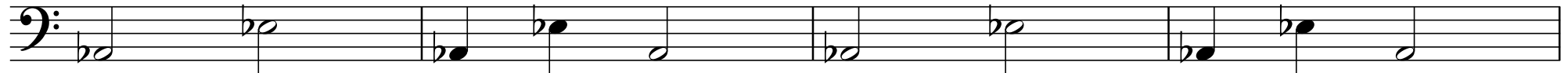


all notes are played in 4th position

OR Jump to the "Sign" in Aerobics 1a to **start your work** on 3 note patterns

Musical notation for the bass line of 'The Rose Tree'. The key signature is one flat (B-flat). The time signature is 4/4, indicated by a '4' above the staff. The notation consists of a single staff with a bass clef. The melody is as follows: a whole rest for the first measure, followed by a half note G2 in the second measure, a half note F2 in the third measure, a quarter note E2 in the fourth measure, a quarter note D2 in the fifth measure, a half note C2 in the sixth measure, a half note B1 in the seventh measure, a quarter note A1 in the eighth measure, and a quarter note G1 in the ninth measure.

all notes are played in 3rd position



A musical staff in bass clef with a key signature of one flat (B-flat). The melody consists of the following notes: G2 (half note), A2 (half note), B-flat2 (quarter note), A2 (quarter note), G2 (half note), F2 (half note), E2 (quarter note), D2 (quarter note), C2 (half note), B-flat2 (half note), A2 (quarter note), G2 (quarter note), F2 (half note), E2 (half note), D2 (quarter note), C2 (quarter note).

[illegible]

Aerobics for Brass 1a

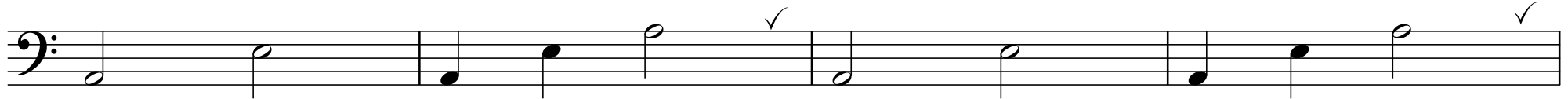
Now try this exercise which requires you to play 3 notes in each slide position. If you are new to this start at the "Sign" and work "up the slide"

track

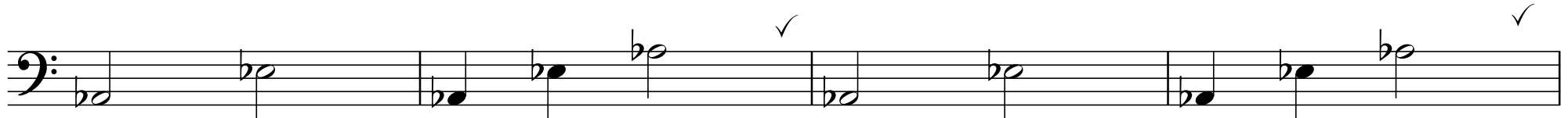
Breathe in 2 or 4 bar sections



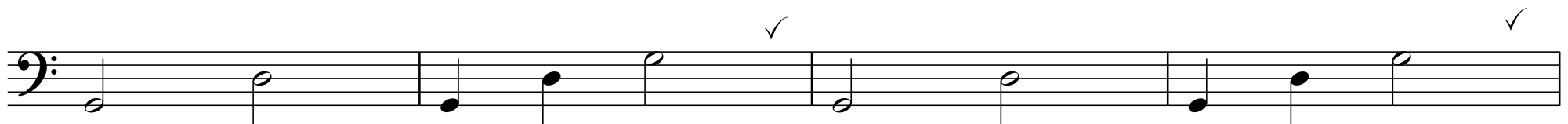
all notes are played in 1st position



all notes are played in 2nd position



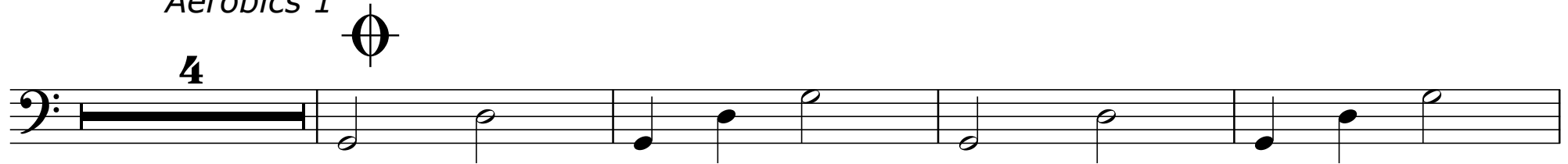
all notes are played in 3rd position



all notes are played in position 1

Again the slide sequence is reversed.
Jump to here having played the 1st half of
Aerobics 1

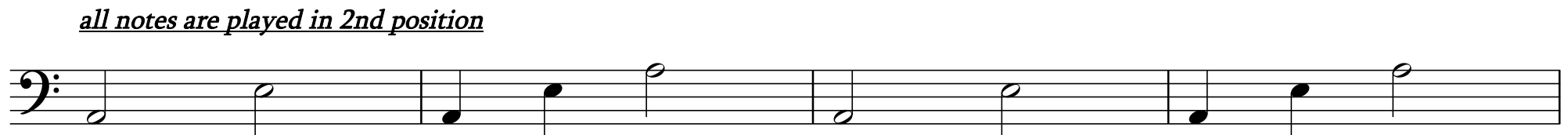
track



all notes are played in 4th position



all notes are played in 3rd position



all notes are played in 2nd position

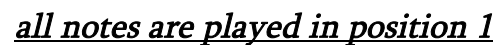


all notes are played in position 1

track

Breathe in 2 or 4 bar sections

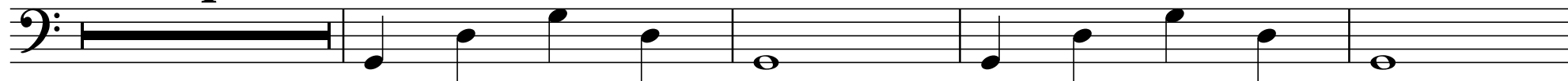
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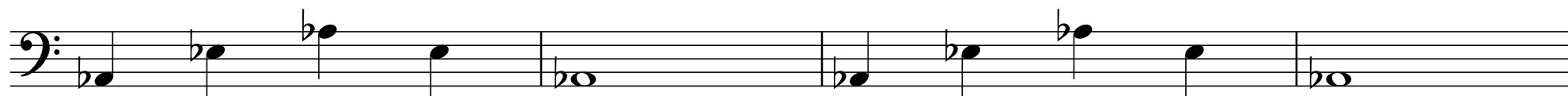


*Or Jump to here having played the 1st half of
Aerobics 1*

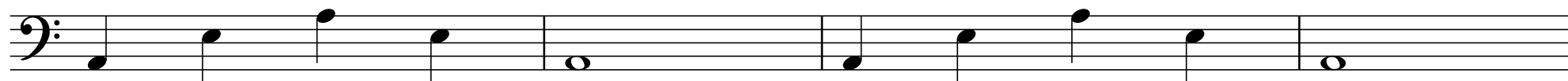
4



all notes are played in position 4



all notes are played in 3rd position



all notes are played in 2nd position

all notes are played in 1st position

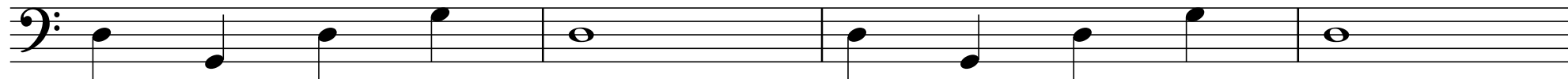
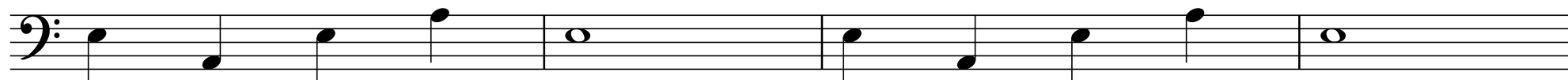
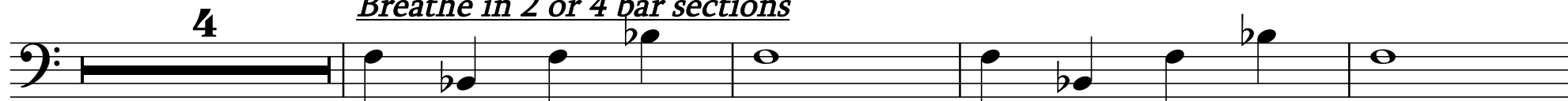


Aerobics for Brass 1c

track

Here is another 3 note pattern

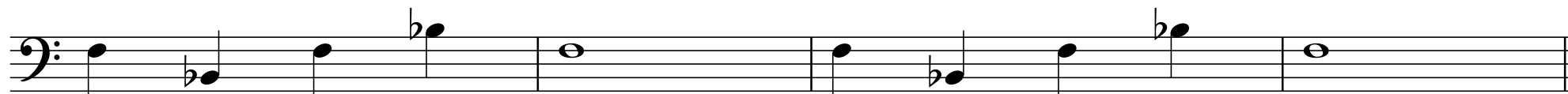
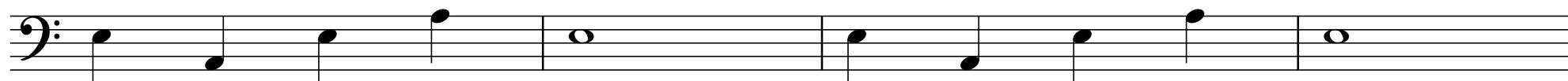
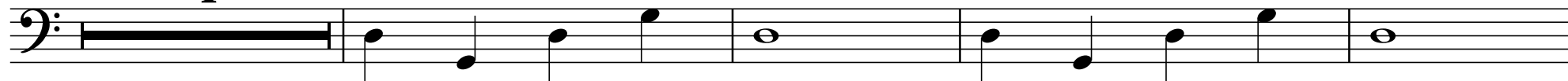
Breathe in 2 or 4 bar sections





*Or Jump to here having played the 1st half of
Aerobics 1*

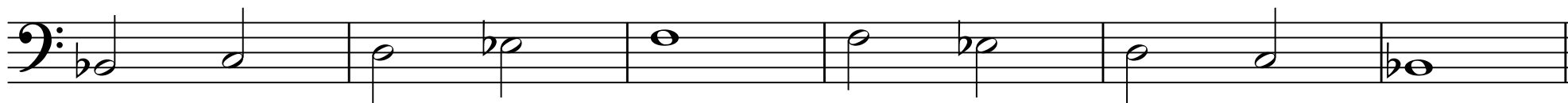
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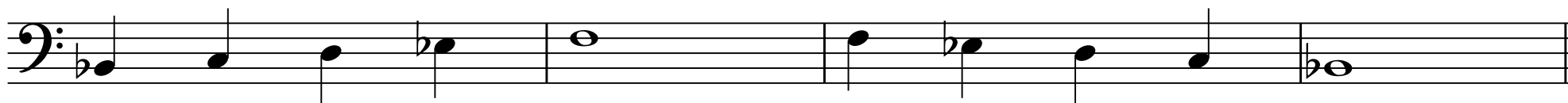
The Super 7

Brass Basics 1:- The First Five

① Five Note B flat Scale



② Five Note B flat Scale:-quicker



③ Three Note Bb Arpeggio



④ Three Note Bb Arpeggio (quicker+inversion)



⑤ Five Notes in 3rds {Bb major}



⑥ Five Notes in 3rds {Bb major}:- quicker

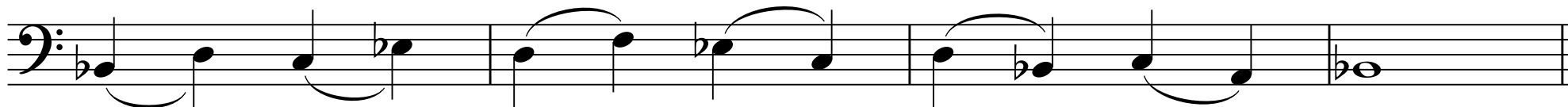


⑦ Five Notes in 3rds {Bb major} SLURRED*

** optional slurs for Trombone*



⑧ Five Notes in 3rds {Bb major} SLURRED:- quicker



⑨ Five Note "interval" extensions {Bb major}



⑩ Five Note "interval" extensions {Bb major} SLURRED*(or legato tongue)



⑪ Five Note "interval" extensions {Bb major} :-quicker



Brass Basics 2:- C mj. E flat mj.

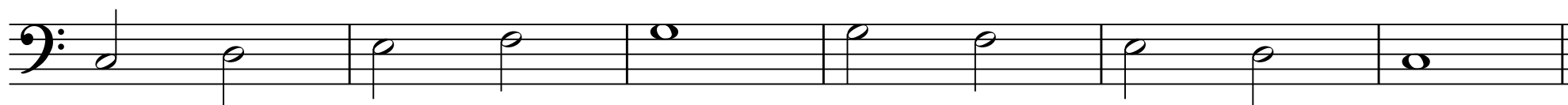
12 Five Note "interval"extensions {Cmajor} :-quicker/SLURRED*



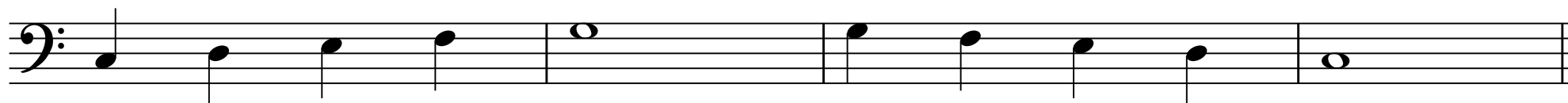
{Remember to

look at KEY SIGNATURES)

13 Five Note C Scale



14 Five Note C Scale:-quicker



15 Three Note C Arpeggio



16 Three Note C Arpeggio (quicker+inversion)

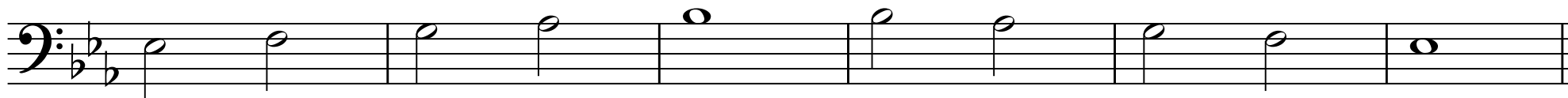


17 Five Notes in 3rds {C major}



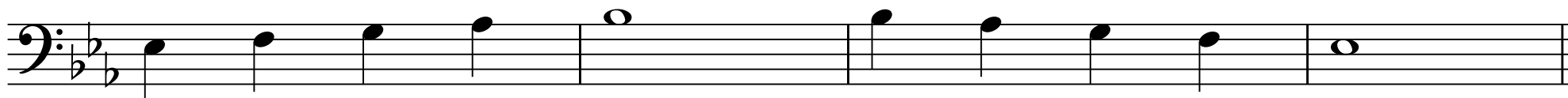
18

Five Note Eb Scale



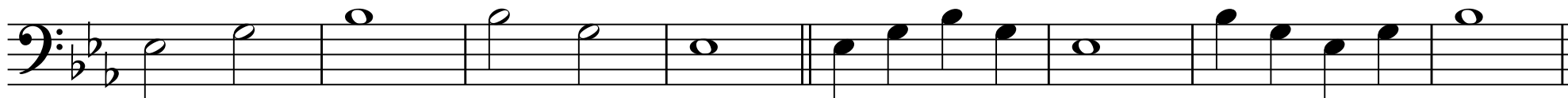
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Five Note Eb Scale:-quicker



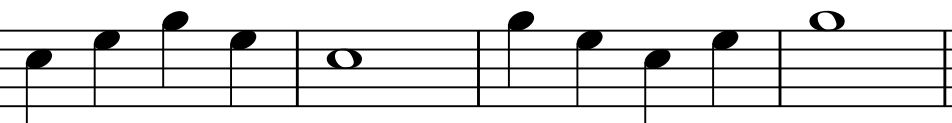
20

Three Note Eb Arpeggio



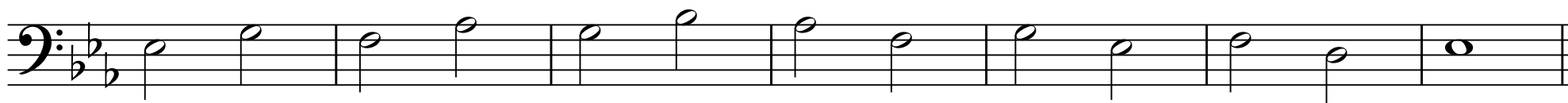
21

Three Note Eb Arpeggio (quicker+inversion)



22

22 Five Notes in 3rds {Eb major}



Tongue Test 1

PPCD4:TBC

Quavers

2



*Play any of the rhythms below on the above pattern of notes
It will help to learn the pattern first.*

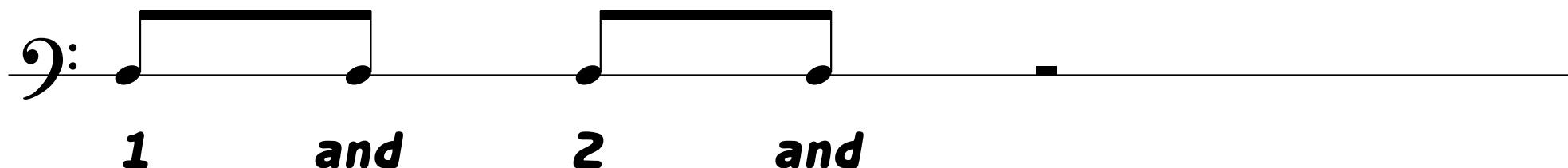
Use the backing tracks to play the rhythms progressively faster

①

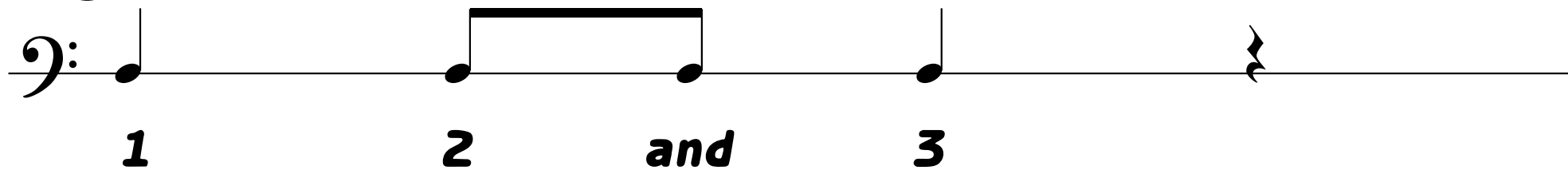


*It may help to think of the beat numbers and
divide the quavers with "and" The first 3 are
done for you*

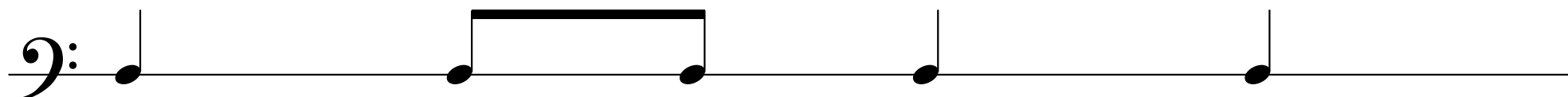
②



③

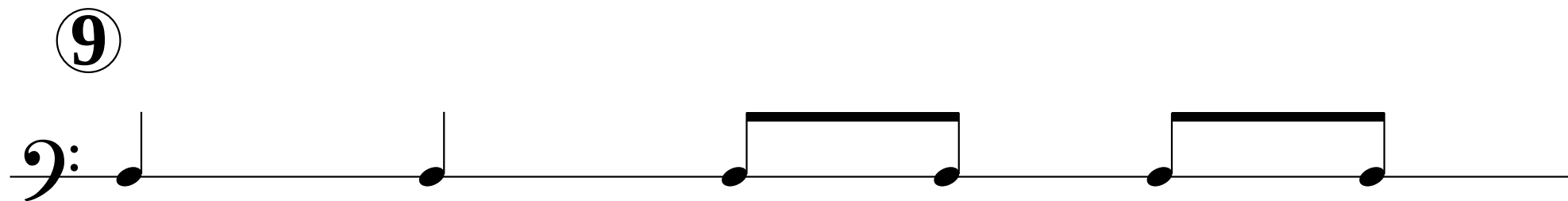
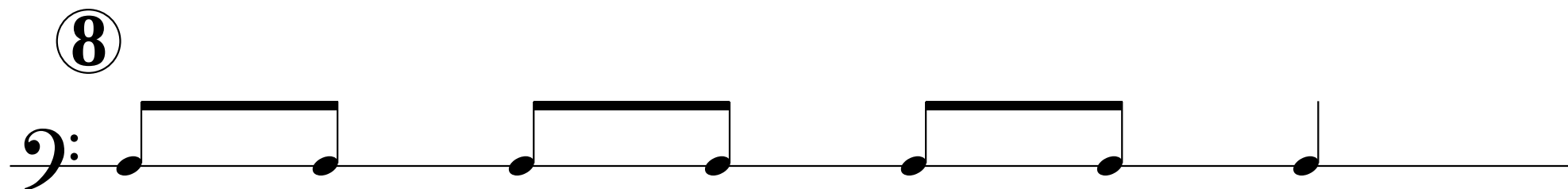
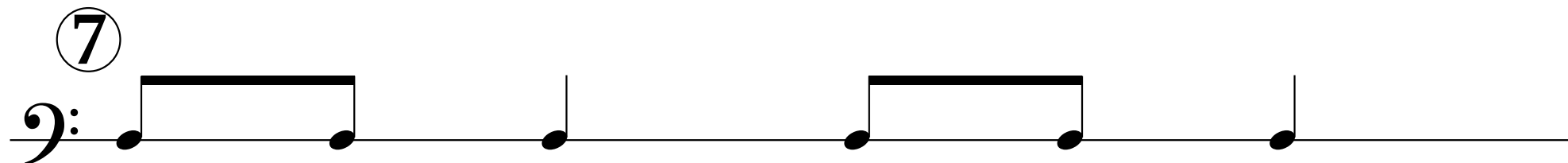
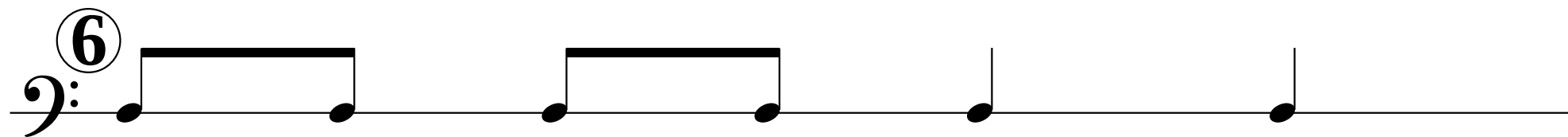


④

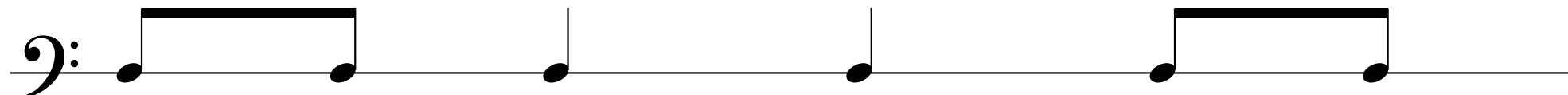


⑤

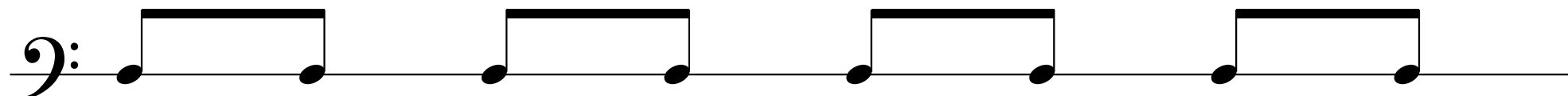




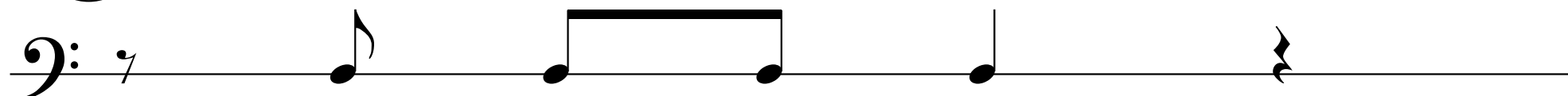
10



11



12



Slurs for Trombone

A slur is shown as a curved line joining two or more notes and is played by allowing the air to flow as you change slide position, instead of using a tongue action.

As if saying "aah"

"Sam n'annah" Slurs 1

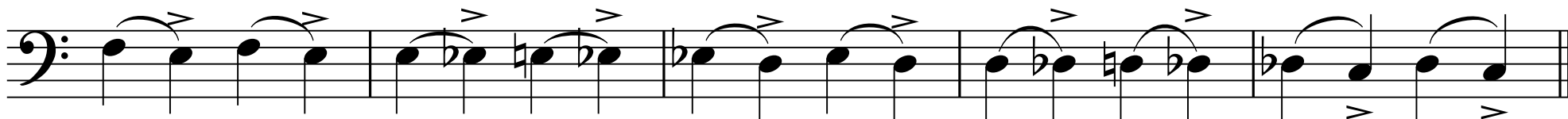


*Move your slide quickly from one position to the next, try to avoid the "gliss" effect.
These exercises always move to a consecutive position. (eg 1 -2 4-5 etc)*

"Sam n'annah" Slurs 2



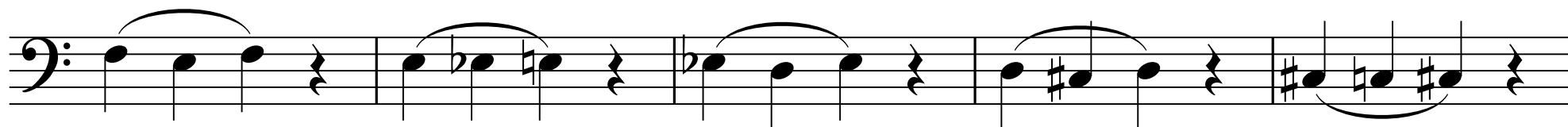
"Sam n'annah" Slurs 3



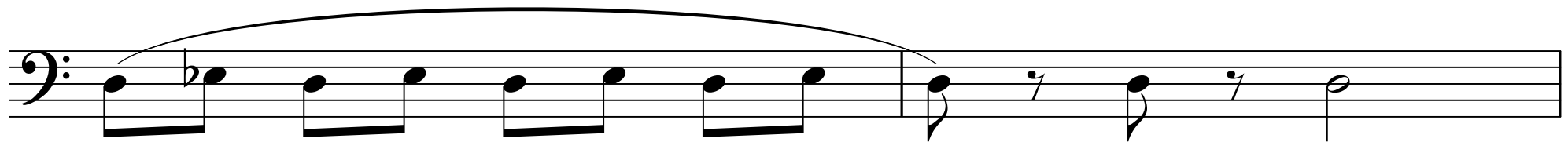
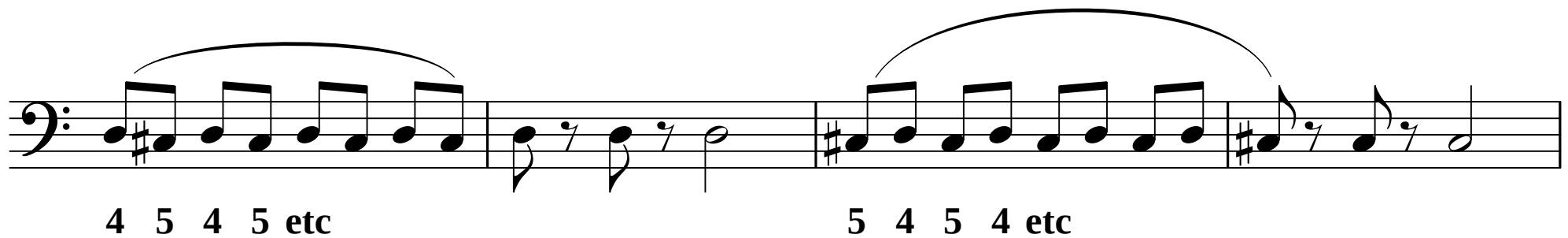
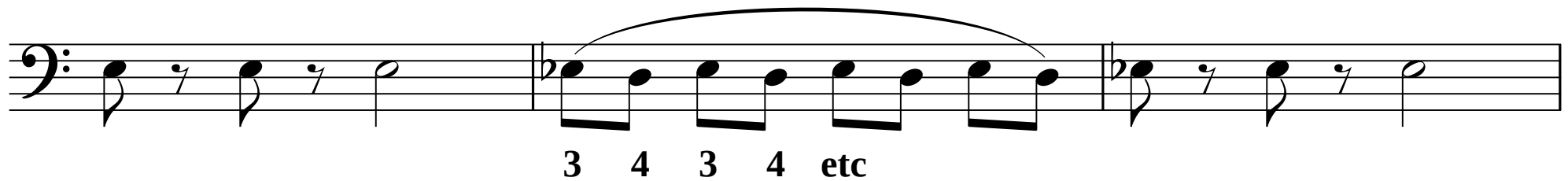
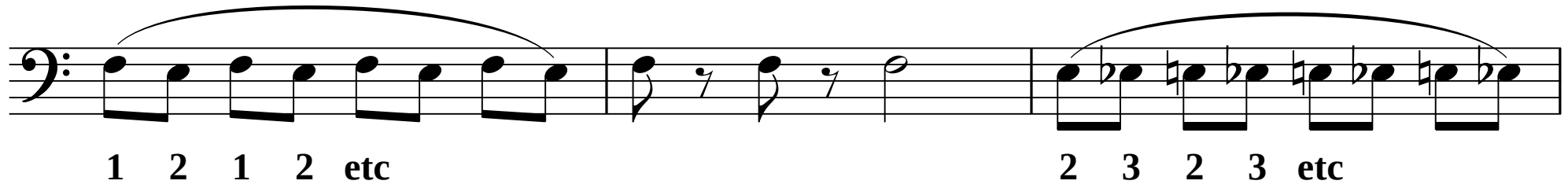
"Sam n'annah" Slurs 4

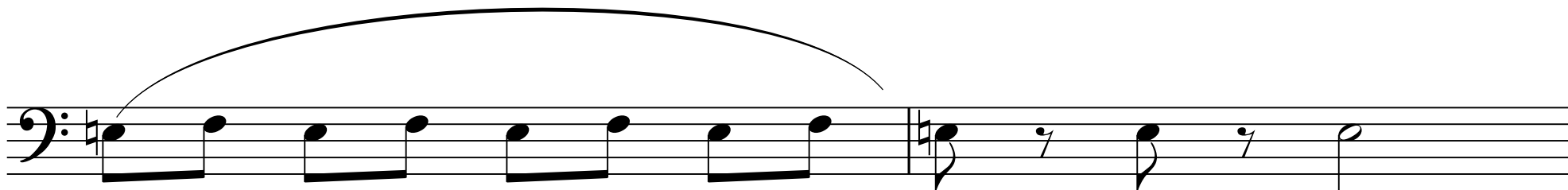


"Sam n'annah" Slurs 5



Slurring Slide Aerobics



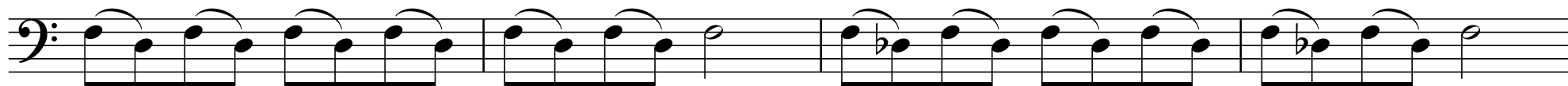
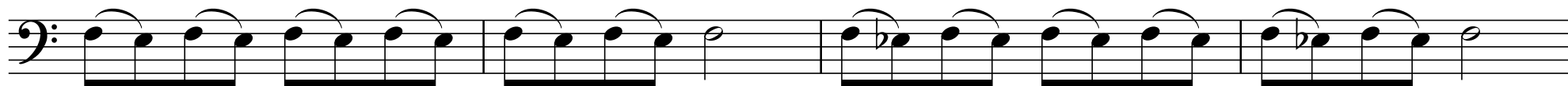
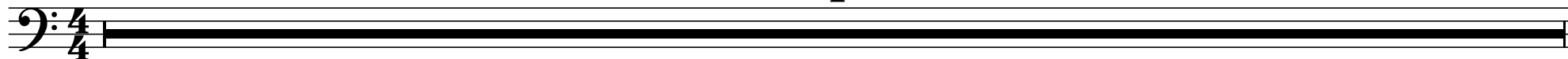
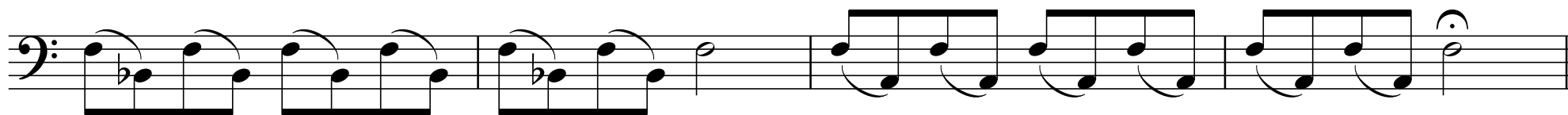
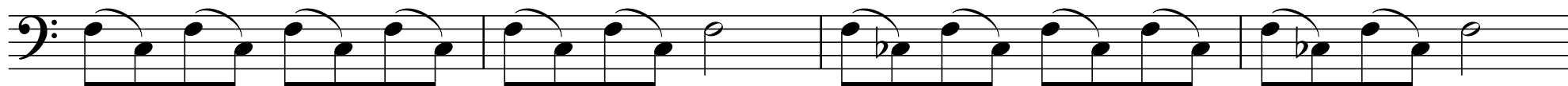


1 2 3 4 5 4 3 2 1 1 1

Please note that these exercises are not compatible with the slur exercises in the trumpet edition.

②

4

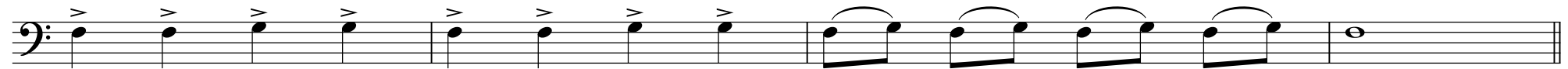
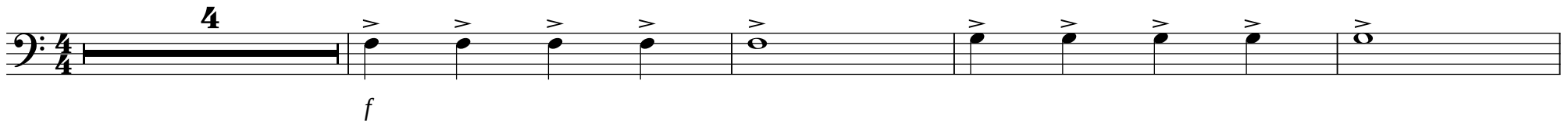
B = 7

Aerobics 3

①

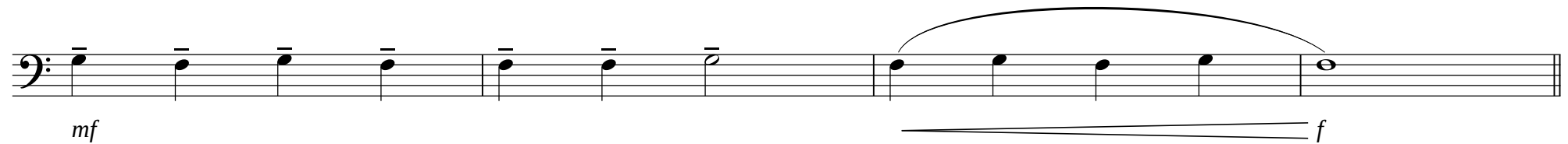
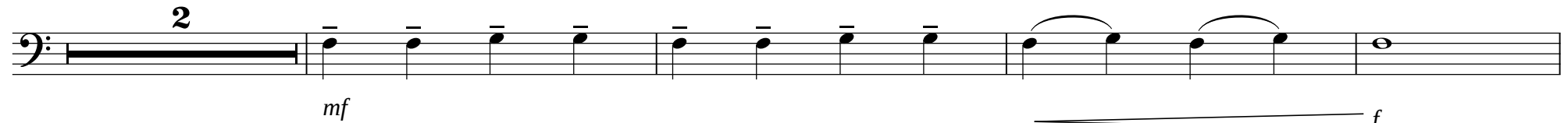
Lip Builders (exercises for range building "F" to "B flat")

PPCD 4:tbc



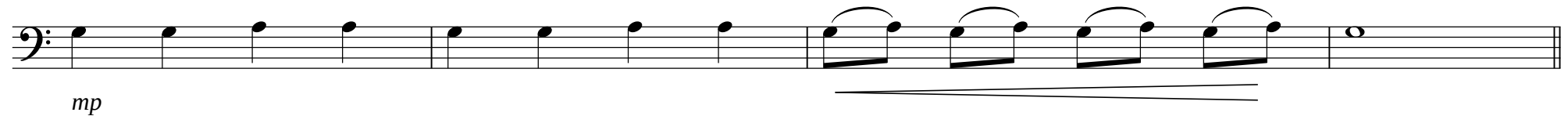
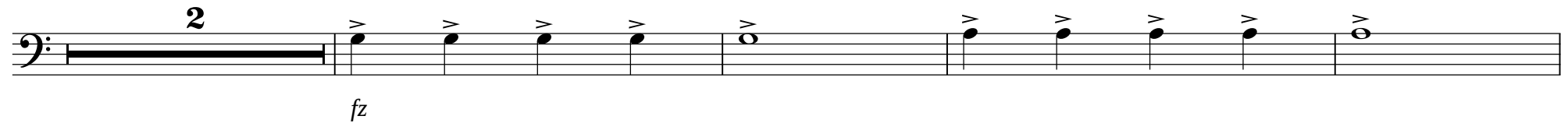
②

PPCD 4:tbc

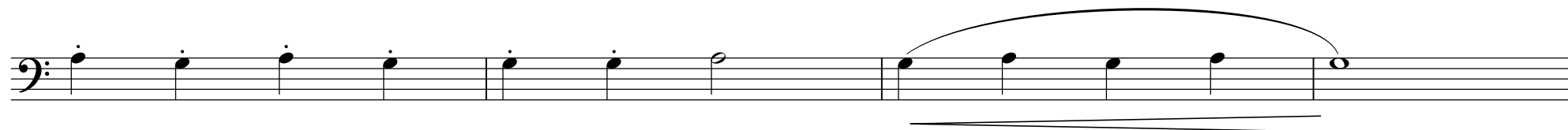
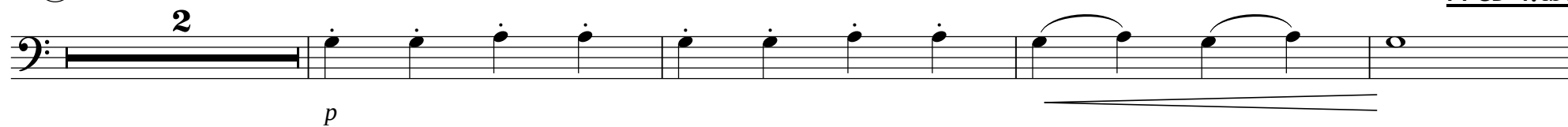


③

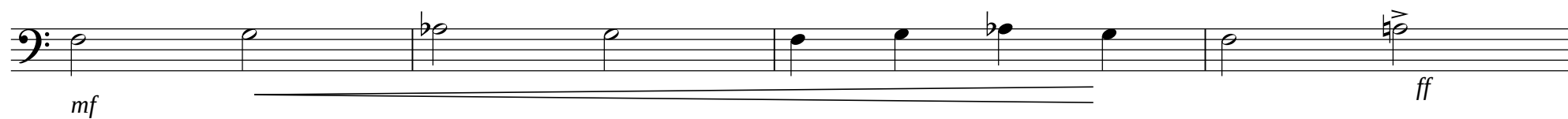
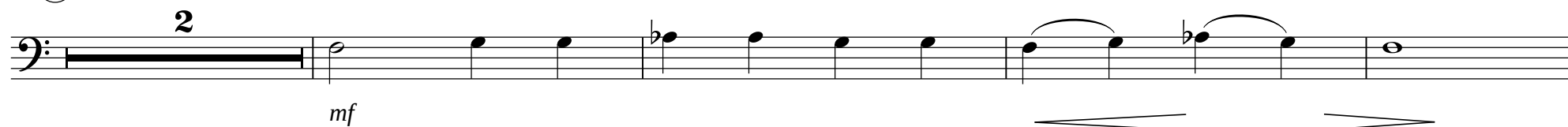
PPCD 4:tbc



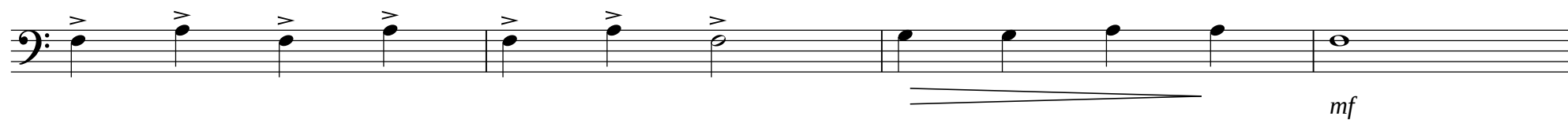
④

PPCD 4:tbc

⑤

PPCD 4:tbc

⑥

PPCD 4:tbc

⑦

PPCD 4:tbc

2

mp

⑧

PPCD 4:tbc

2

f *mp*

mf *f*

⑨

PPCD 4:tbc

2

f *mp*

mf *ff*

Aerobics 3a

①

Lip Builders (play this lower version as well)

PPCD 4:tbc

4

f

f

②

PPCD 4:tbc

2

mf

f

f

③

PPCD 4:tbc

2

fz

mp

mp

④

PPCD 4:tbc

2

p

The bass line is written on a single staff with a bass clef. It consists of 11 measures. The first four measures are quarter notes: G2, F2, E2, and D2. The next three measures are quarter notes: C2, B1, and A1. The final four measures are quarter notes: G1, F1, E1, and D1, with a long final note in the last measure. A double bar line is placed after the fourth measure.

⑤

PPCD 4:tbc

The first system of the musical score is written in bass clef. It begins with a whole rest on the first line, marked with a '2' above it. This is followed by a measure with a half note G2 and a half note F2, marked with a '2' above it. The next measure contains a half note E2 and a half note D2, also marked with a '2' above it. The fourth measure has a half note C2 and a half note B1, marked with a '2' above it. The system concludes with a whole note A1. The dynamic marking *mf* is placed below the first measure. A fermata is positioned over the final whole note A1.

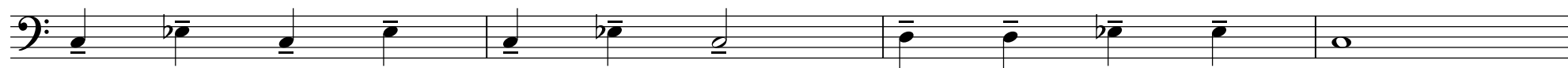
Musical notation for Example 6-10, showing a bass clef staff with notes G₂, A₂, B_b₂, C₃, D₃, E₃, F_#₃, G₃, A₃, B_b₃, and C₄. The dynamics are *mf* at the start and *ff* at the end.

⑥

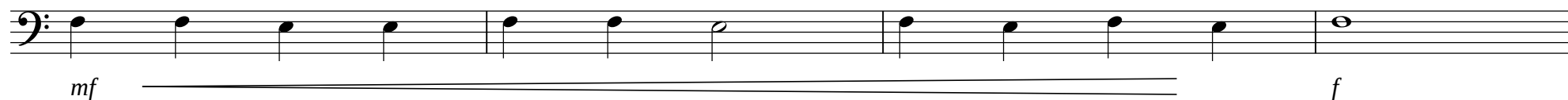
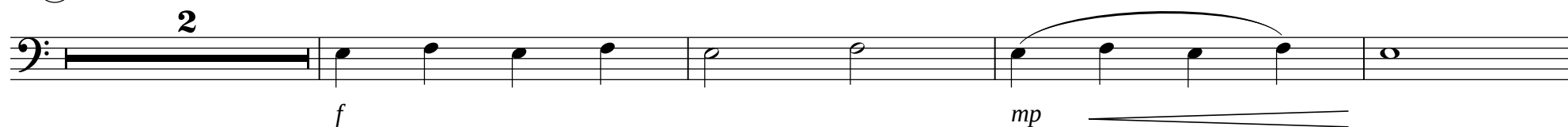
PPCD 4:tbc

[illegible]

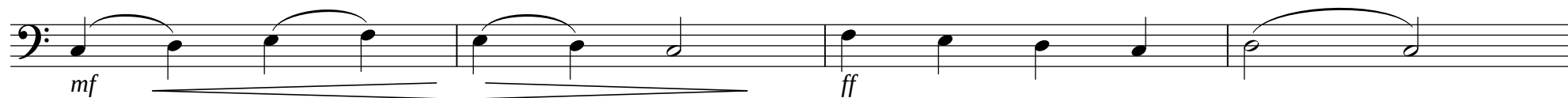
⑦

PPCD 4:tbc

⑧

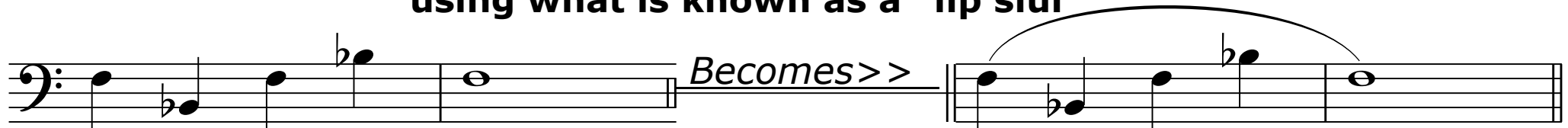
PPCD 4:tbc

⑨

PPCD 4:tbc

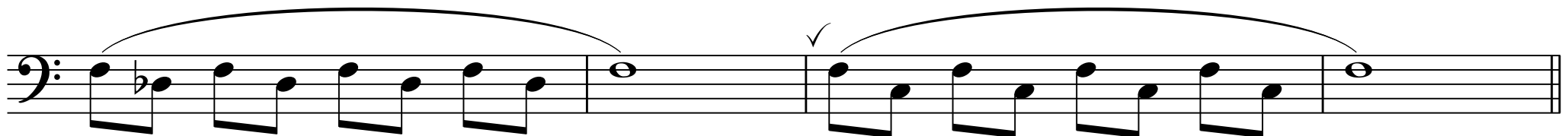
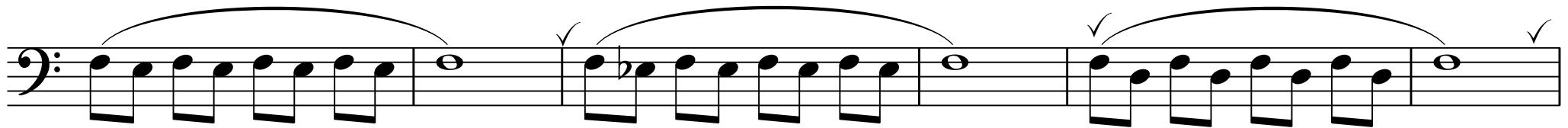
Introduction to "Lip Slurs"

**Aerobics 1,1a,etc can all be played
using what is known as a "lip slur"**



*Tongue the first note and
then move using only your
lip muscles and your breath*

**Here are some preliminary exercises to help
develop the control required for the lip slur
remember you only tongue the first note**



**Play this again but use pos.6
for both notes**



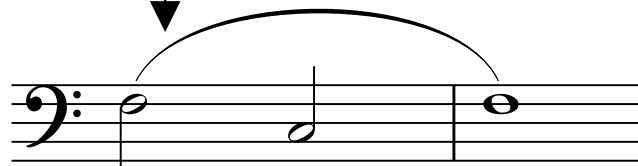
**You will probably find
this hard!! Try it slower**



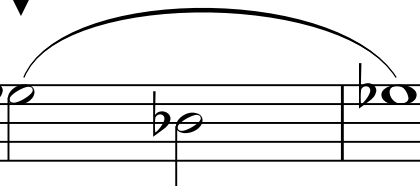
Or maybe like this



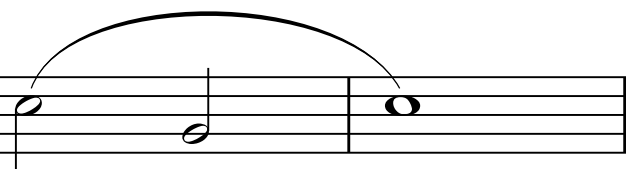
Or even like this



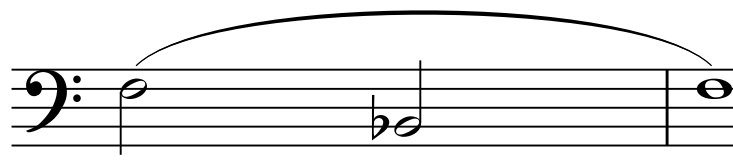
**Now try on these
2 notes {2 pos.5}**



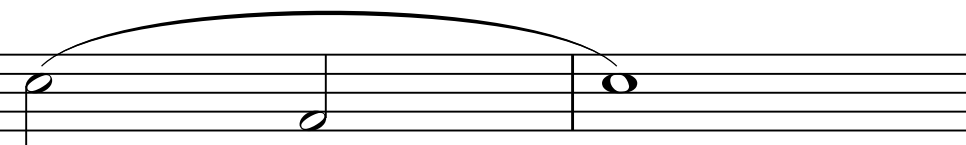
**And on these
2 notes {7}
if you can reach!**



Now try this pattern in position 1



Now try this pattern on 2nd position



*Tongue the first note and
then move using only your
lip muscles and your breath*

Now try this pattern in 3rd position



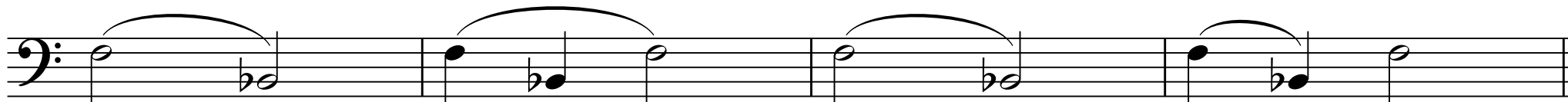
Now try this pattern in 4th position



Now try this extension of the pattern in 1st position and proceed
"Down The Slide"



If you find the above too hard then try these easier variations,
again proceed "Down The Slide"



Here is the pattern used in AEROBICS 1 now written as a lip slur exercise.
You can try all the AEROBICS 1 + as "LIP SLURS"
and you can use the same backing tracks



Tongue Test 2

PPCD4:TBC

Semiquavers

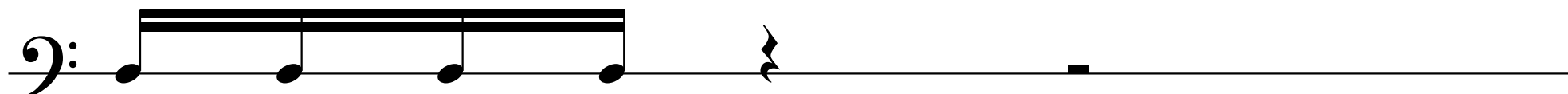
2



*Play any of the rhythms below on the above pattern of notes
It will help to learn the pattern first.*

Use the backing tracks to play the rhythms progressively faster

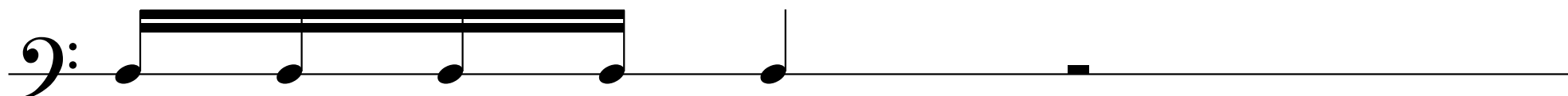
①



Sem i qua ver

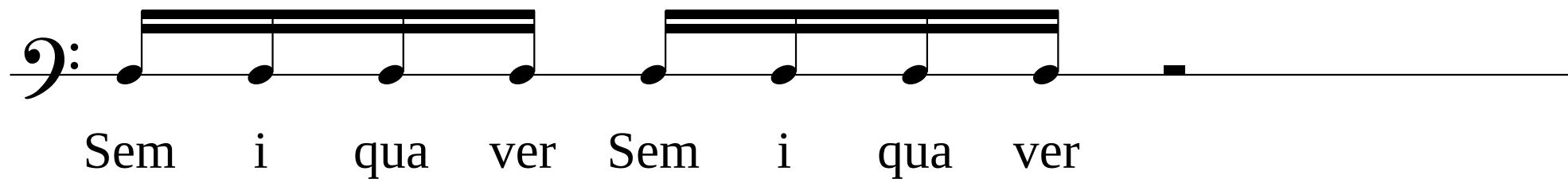
*It may help to think of the word
"semiquaver" say it fast!! remember the rests*

②

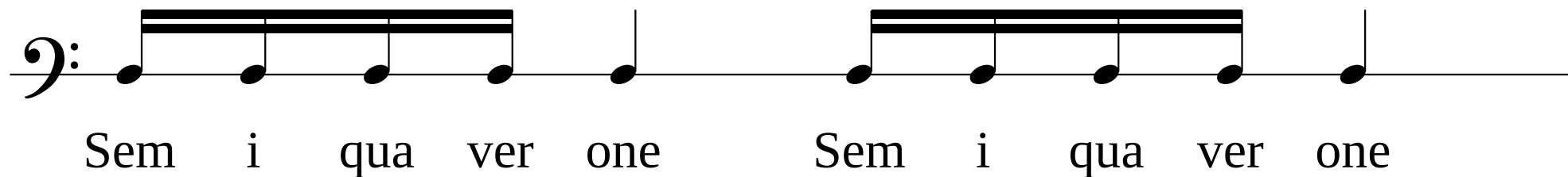


Sem i qua ver beat

③



④

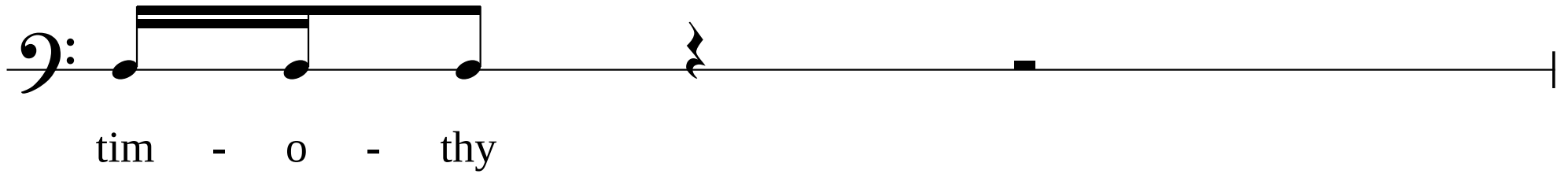


⑤

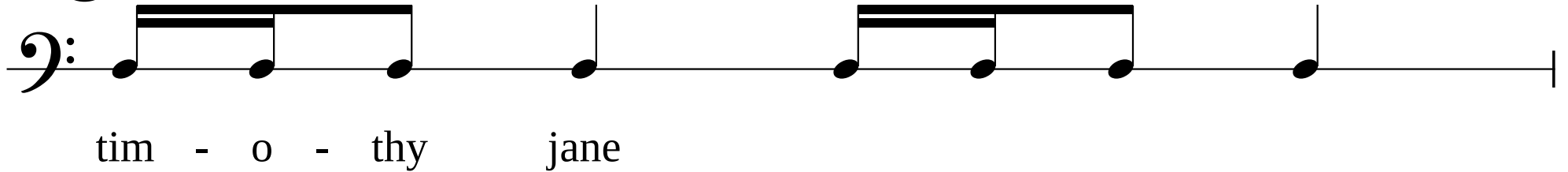


*It may help to think of the words
shown below the rhythm*

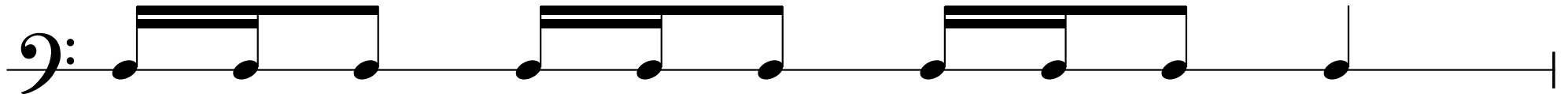
⑥



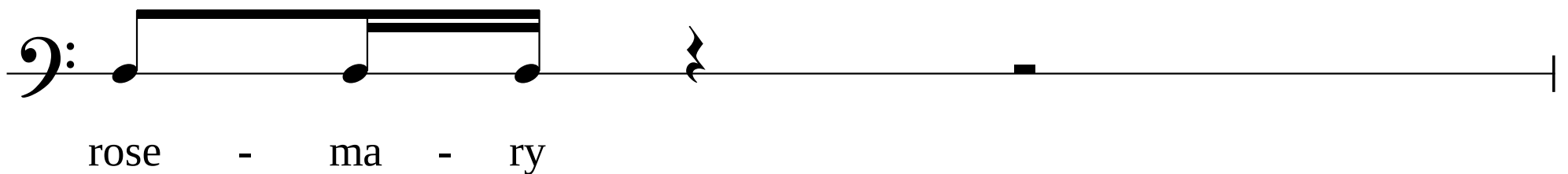
⑦



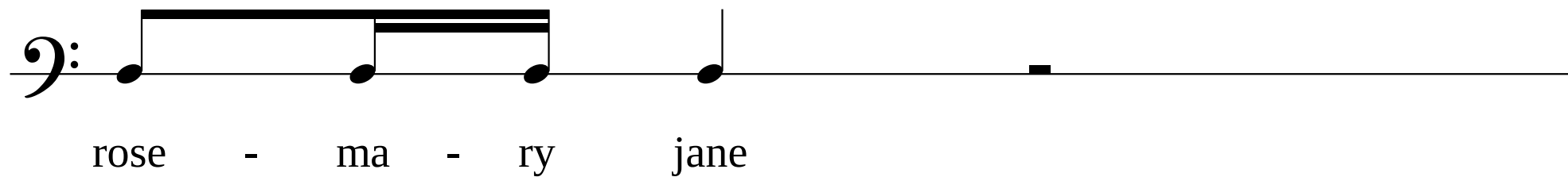
⑧



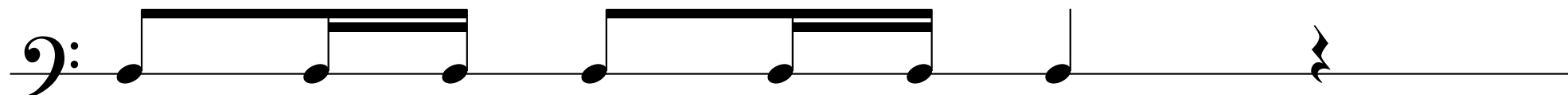
⑨



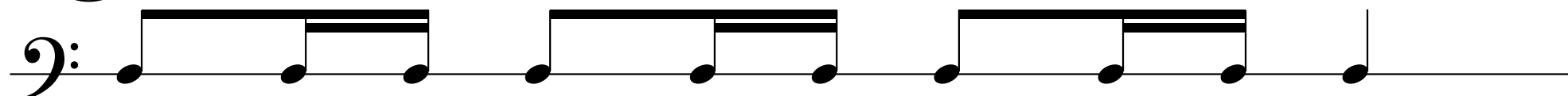
10



11



12



Extending The Slide Sequence

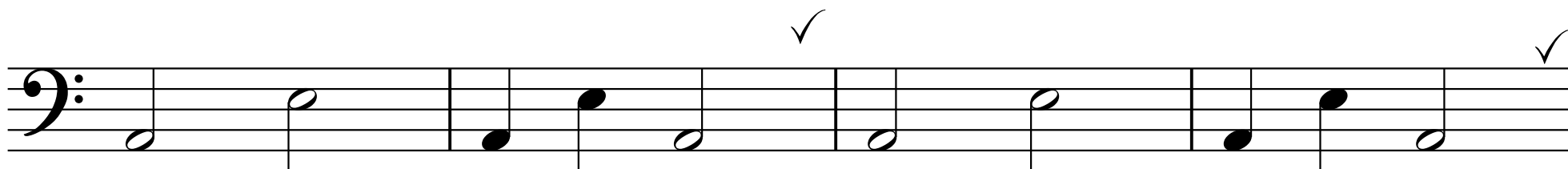
*This exercise continues the basic finger pattern known as :-
going "DOWN THE SLIDE".*

*It is vital for you to learn the simple order of the SLIDE and also
which notes can be played in each position*

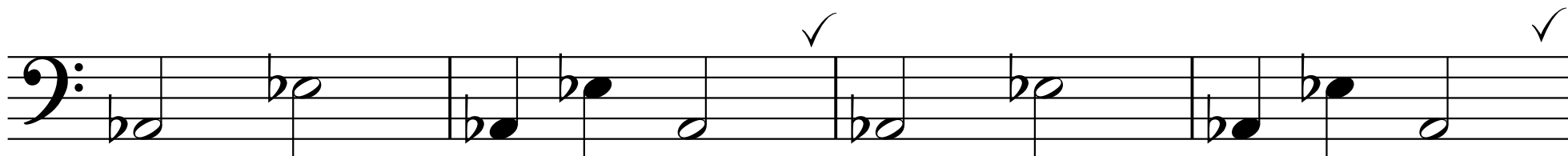
PPCD 4:tbc



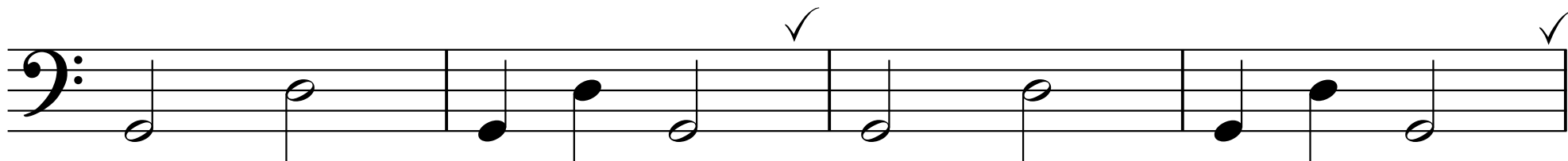
all notes are played in position 1



all notes are played in position 2



all notes are played in position 6



all notes are played in position 4



LOW Gb is played in pos. 5

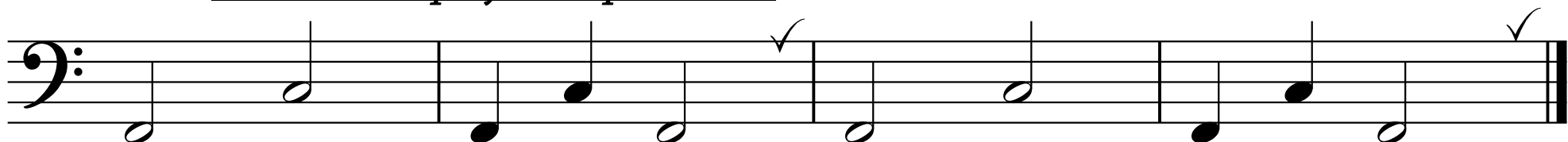


all notes are played in position 5



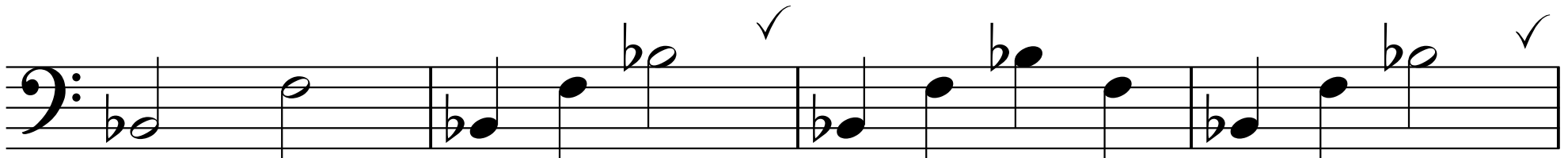
LOW F is played in pos.6

all notes are played in position 6

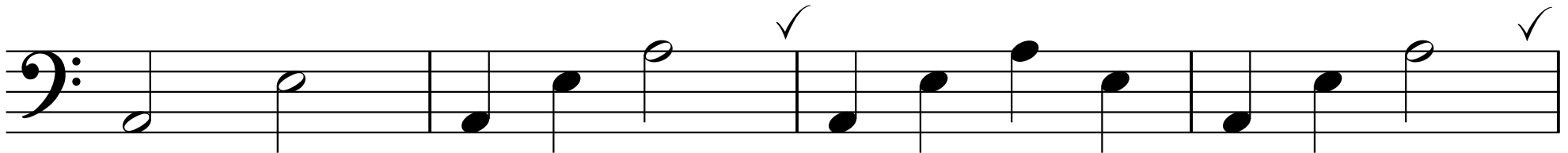


3 note Patterns

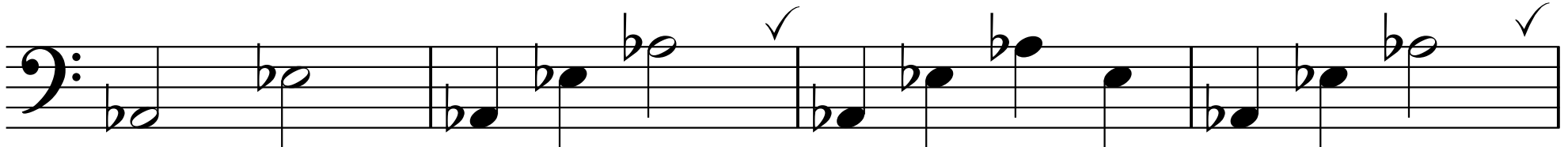
PPCD 4 :tbc



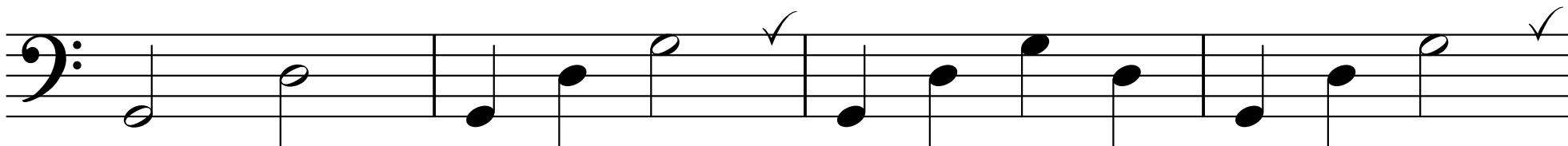
all notes are played in position 1



all notes are played in position 2



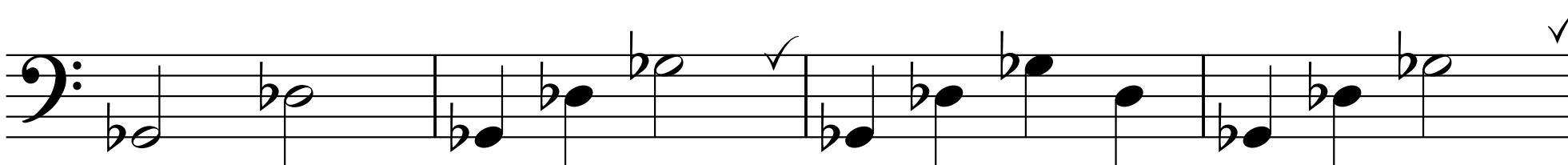
all notes are played in position 3



all notes are played in position 4



LOW Gb is played in pos.5



all notes are played in position 5



LOW F is played in pos.6

all notes are played in position 6



"Aerobics for Brass 4"

Using The Slide To Go Higher

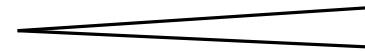
PPCD 4

Exercise 1

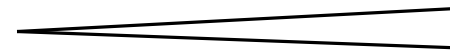
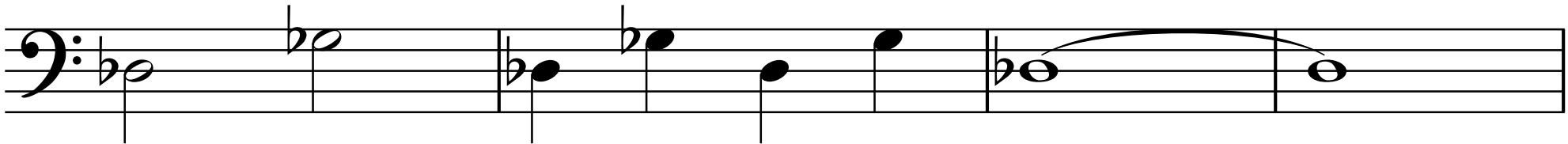
4



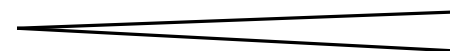
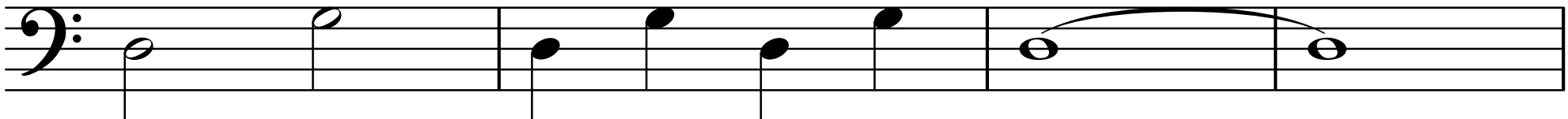
Play all notes in 6th



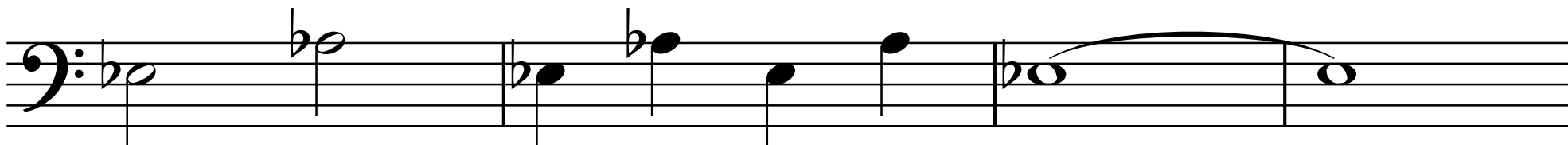
Play all notes in 5th



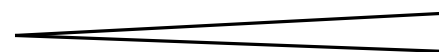
Play all notes in 4th



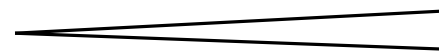
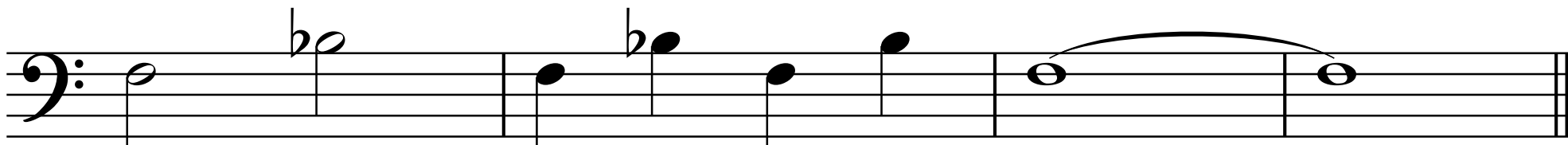
Play all notes in 3rd



Play all notes in 2nd

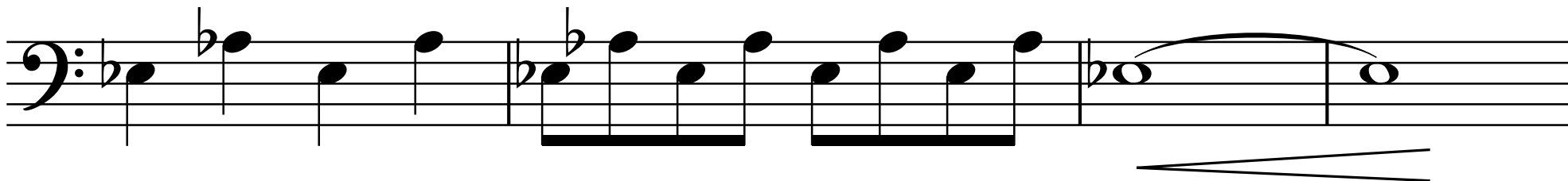


Play all notes in 1st

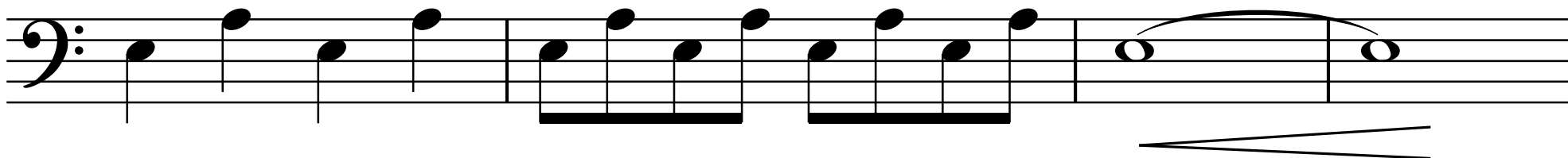


Exercise 2

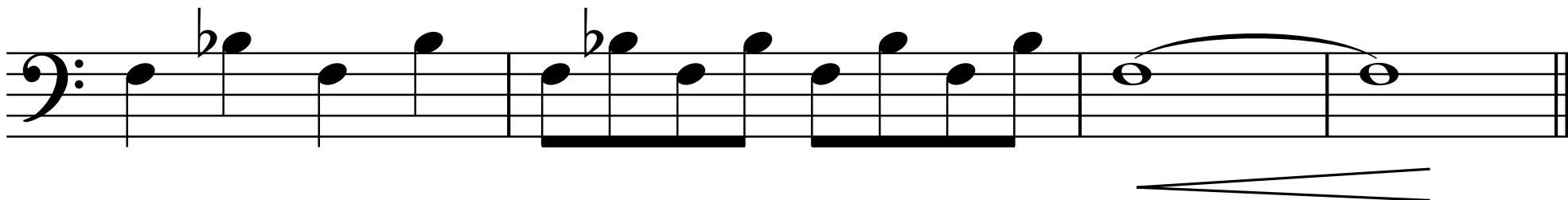
Play all notes in 3rd



Play all notes in 2nd

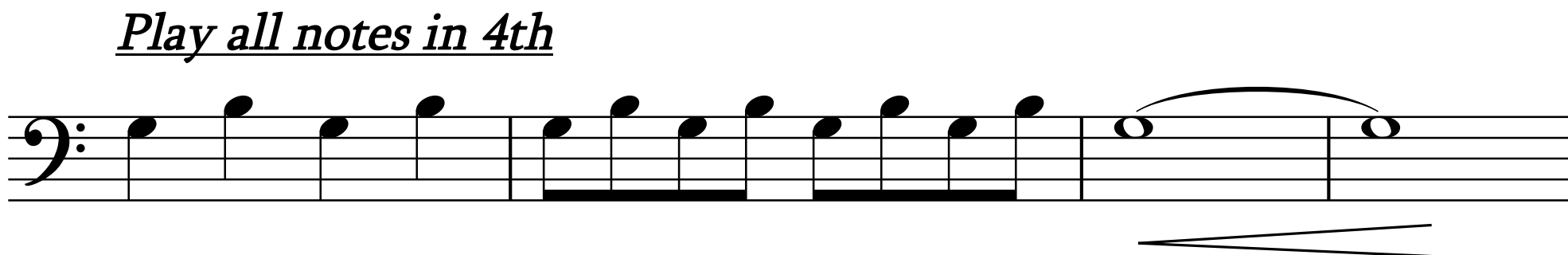
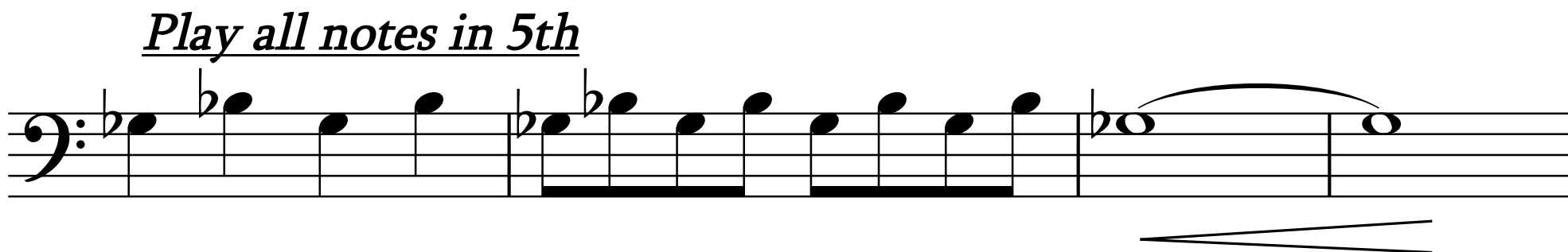
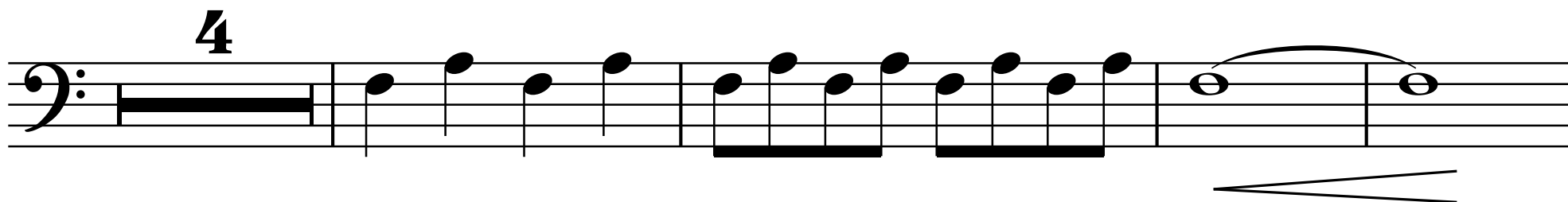


Play all notes in 1st

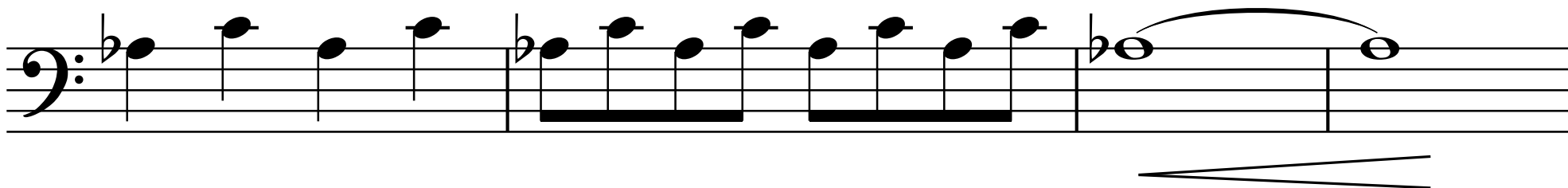


Exercise 3

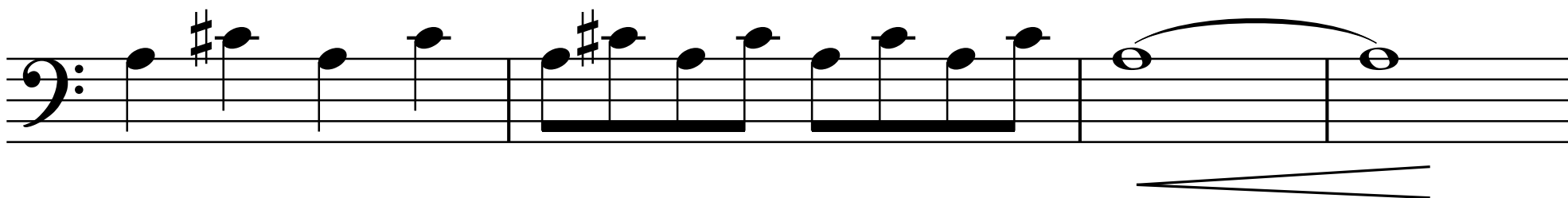
PPCD 4



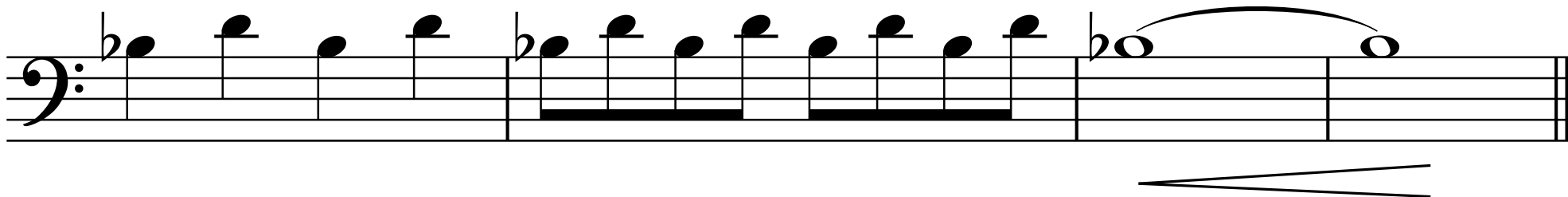
Play all notes in 3rd



Play all notes in 2nd

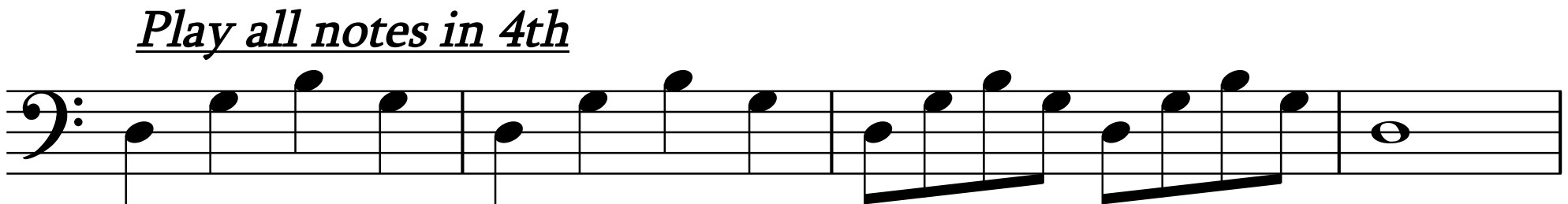
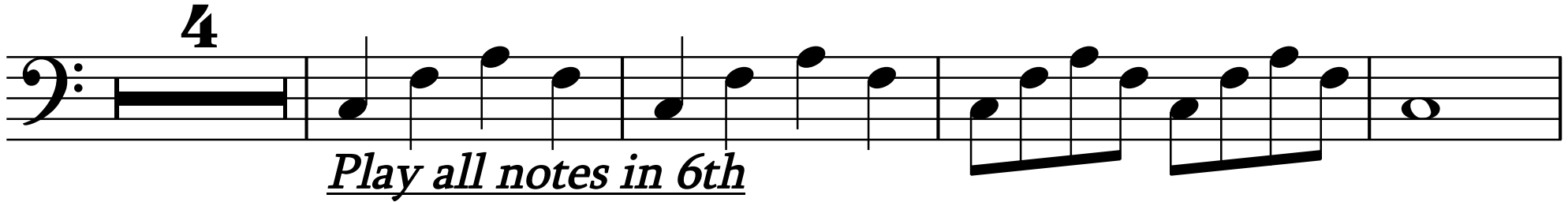


Play all notes in 1st

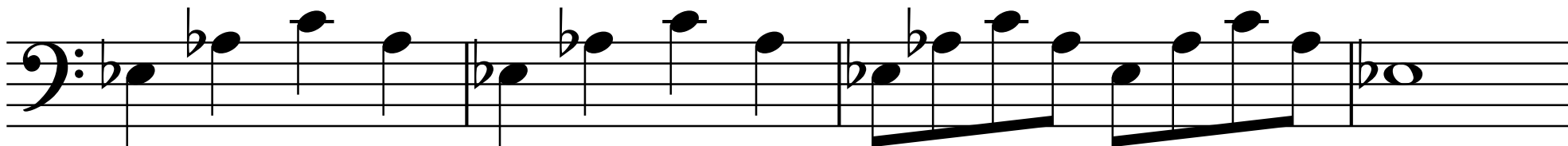


Exercise 4

PPCD 4



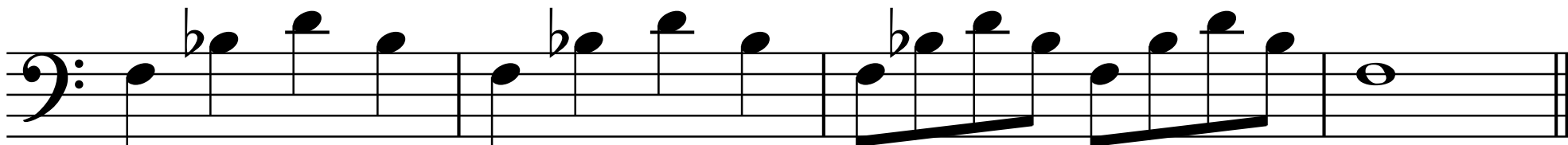
Play all notes in 3rd



Play all notes in 2nd



Play all notes in 1st



(working on range extension to Top "D")

pos.4

PPCD 4

PPCD 4

PPCD 4

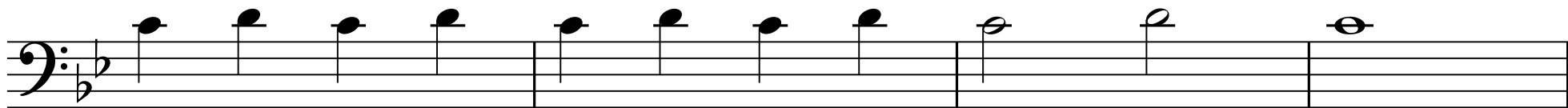
⑤

PPCD 4

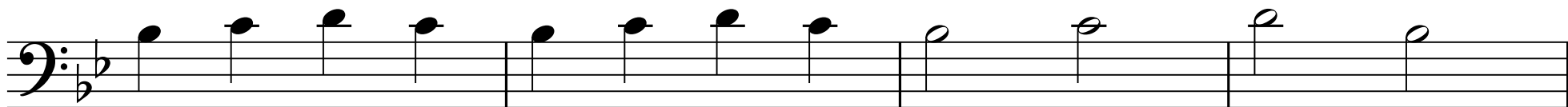
2



⑥



⑦



⑧

