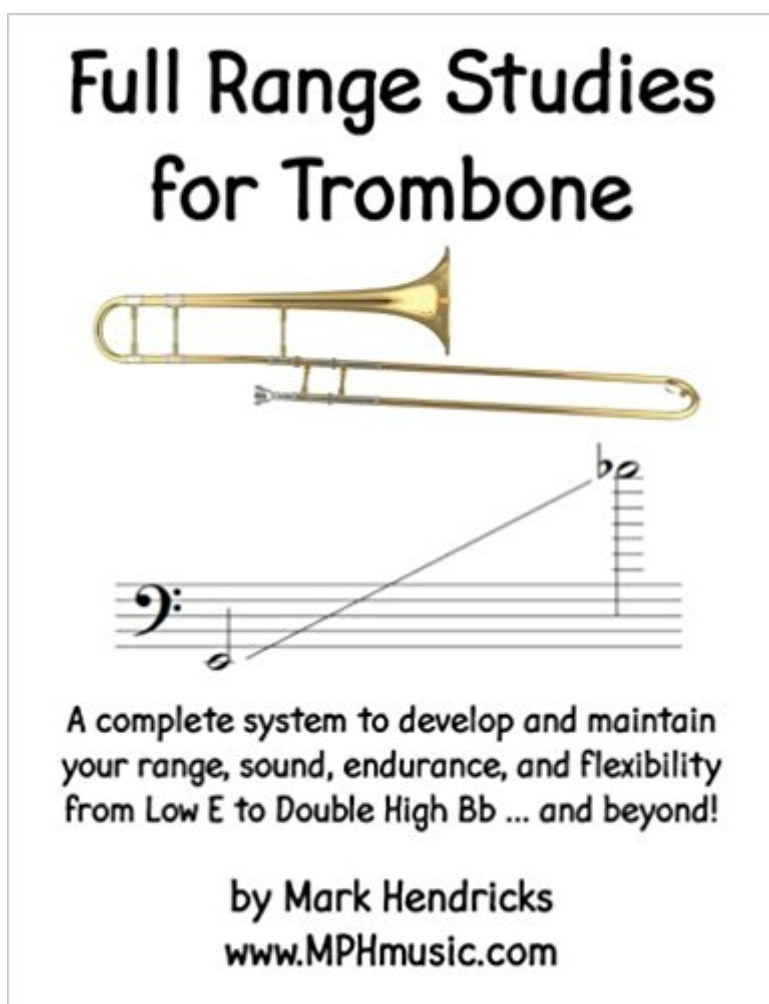


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Full Range Studies For Trombone: A Complete System To Develop And Maintain Your Range, Sound, Endurance, And Flexibility From Low E To Double High Bb ... And Beyond!





Synopsis

The Full Range Studies for Trombone book is a complete step-by-step system that includes everything you need to develop and maintain your range, sound, endurance, and flexibility from Low E to Double High Bb ... and beyond! The Full Range Studies for Trombone book can be used by all trombone players, at any level of playing. Whether you're a beginner, intermediate, advanced, comeback player, or professional - this book will be very valuable to you over the years to come. The FRS system consists of 18 studies. One study of the 18 should be played every other day on a rotation basis (1, 2, 3, 4|17, 18), and three times a week is recommended. You will do the complete rotation every 6 weeks. Don't try to play all of the studies in one day, these are meant to build you up, not beat you up. Each study session will take you approximately 20-30 minutes to complete. If you rest correctly during the practice session, your embouchure should feel good, not beat up. If you feel beat up then you didn't rest enough or you went too far in the study. Only goes as far in each study as you can without playing incorrectly. It does no good to practice incorrect habits. If you want to work on your pedal register, simply extend the exercises down into the lower octaves. A Few Things To Remember: - Be diligent in your practice, you will be rewarded for your discipline by following the routines in the 18 studies - using these studies in this step-by-step system will get you playing better, and much quicker, than a haphazard approach to practicing - Rest as much as you play and rest as much as you play within each practice session, you should still feel good at the end of each practice session - Always strive for a great sound on every note - Always play musically - don't just play, make music - Slow and good is better than fast and bad - you will learn faster by practicing slowly, then speed up in small increments to improve your coordination to play faster and still sound good - Practice all of the articulations when indicated (S=Slur, T=Tongue, B=breath, etc.) - Use a metronome to help you improve your coordination as you speed things up - If you can't reach some notes, give it three tries and then move on - they will come in time - Play with other people, whether it be duets, trios, quartets, quintets, band, orchestra, jazz ensemble, church services - get out there and rehearse, perform and make music with others - Each study is meant to be played once and then move to the next one on the next FRS practice day of the week (every other day, three days a week is fine). These are not technically hard, so you don't have to "practice" them with repetition, so just move on to the next study in rotation. Just keep progressing step-by-step through the lessons - and start with Study 1 - When you get to the end of the 18 studies after 6 weeks, start at Study 1 again and continue through the studies to Study 18. Then once again go back to Study 1 and do the same, again and again for development and maintenance

- As you advance in these studies, you can begin playing two phrases together without removing the mouthpiece and resting. Do the whole book this way (1-18 in rotation), then on the next time through the book do 3 phrases without removing the mouthpiece, and the next time through the book 4 times, etc. - always end your practice session feeling good so you can practice other things or perform later - Listen to great trombone players in all styles of music - this will help you know what a trombone is supposed to sound like so you can model your sound by emulating the best players around - Have fun!! If you have any questions, feel comfortable in contacting me at my email address that is on the bottom of each webpage at our website. Go for it and have a great time!
Mark Hendricks - MPHmusic.com

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