Bass Trombone Practice Chart

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| **Goals/Desired Outcomes** | | | | | | | |
|  | **Monday** | **Tuesday** | **Wed.** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| CORE | | | | | | | |
| Why? |  |  |  |  |  |  |  |
| Imagine the Best! |  |  |  |  |  |  |  |
| Stretching and Breathing Exercises |  |  |  |  |  |  |  |
| Tones or Glisses |  |  |  |  |  |  |  |
| Basic Tonguing |  |  |  |  |  |  |  |
| Rapid Tonguing |  |  |  |  |  |  |  |
| Basic Lip Slurs |  |  |  |  |  |  |  |
| Legato |  |  |  |  |  |  |  |
| Basic Trigger and Pedal Tones |  |  |  |  |  |  |  |
| Dynamic Flexibility |  |  |  |  |  |  |  |
| Legato Etude |  |  |  |  |  |  |  |
| Technical Etude |  |  |  |  |  |  |  |
| Strength/Challenge Etude |  |  |  |  |  |  |  |
| Upcoming Performance Prep. |  |  |  |  |  |  |  |
| Joy Music |  |  |  |  |  |  |  |
| Sight Reading |  |  |  |  |  |  |  |
| EXTENDED | | | | | | | |
| Scales |  |  |  |  |  |  |  |
| Chromatics |  |  |  |  |  |  |  |
| Octaves |  |  |  |  |  |  |  |
| High Range |  |  |  |  |  |  |  |
| Extended Trigger and Pedal Work |  |  |  |  |  |  |  |
| Trigger Cs and Bs |  |  |  |  |  |  |  |
| Valve Dexterity |  |  |  |  |  |  |  |
| Advanced Flexibility |  |  |  |  |  |  |  |
| Multiple Tonguing |  |  |  |  |  |  |  |
| Extreme Dynamics |  |  |  |  |  |  |  |
| Clefs |  |  |  |  |  |  |  |
| Duets/Ensemble Playing |  |  |  |  |  |  |  |
| Large Group Rehearsal |  |  |  |  |  |  |  |
| Tunes by ear or Transposition |  |  |  |  |  |  |  |
| Jazz Improvisation |  |  |  |  |  |  |  |
| Metronome/Tuner/Record self |  |  |  |  |  |  |  |
| Slide Only Practice |  |  |  |  |  |  |  |
| Other Etudes |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| SUPPLEMENT | | | | | | | |
| Aerobic Exercise |  |  |  |  |  |  |  |
| Ear Training/Singing |  |  |  |  |  |  |  |
| Listening |  |  |  |  |  |  |  |
| Mental Practice |  |  |  |  |  |  |  |
| Instrument Maintenance |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

Brian Kay, April 7, 2003, www.BrassStages.com