

Daily Practice Checklist

Whether you have 2 hours or 30 minutes, try to get to each of these components in your practice every day. **Set a timer to ensure you do not spend too much, or too little, time on any given item - you can always come back if you want or need more time.**

 Breathing Exercises

- Relaxed, tension free breath through the mouth
- In 4 out 4, 8, 12, 16, etc.

 Mouthpiece Buzzing

- With and/or without a resistance tube
- And/or free buzzing if discussed in lessons

 Glissandos

- With long tones, lip slurs, etudes, etc.

 Long Tones

- As I tell my students, and myself, "If you think you are doing enough long tones, you're probably wrong."

 Dynamic Exercises

- Remember to work crescendos, decrescendos, and different dynamic levels.
- This could be done with long tones, lip slurs, or any other type of exercise.
- If we do not make a conscious effort to address this in practice, we typically just play mezzo forte.

 Lip Slurs

- Brad Edwards, Emory Remington, etc.

 Scales / Exercises

- Major scales, Minor scales, Modes, etc.
- Chromatic
 - As Joe Alessi says in his annotated version of the Arban's - 10 minutes a day!
- Need ideas? Check out *The Scales Handbook*.

 Play Something in 12 Keys

- This could be a folk song or simple scale pattern.
- Utilize different scales to work your brain, develop your ear, and work all key centers.

 Articulation

- Single, Multiple
- Legato, Staccato, Accented, etc.

 Technical Exercises

- Arbans, etc.

 Play Something You Enjoy

- Sometimes we forget why we got into music; because it was fun and enjoyable. Make sure to play something you enjoy each and every day.

 Assigned Repertoire

- Solos, etudes, exercises, etc.

 Ensemble Music

- Practice your music for any ensembles you are involved in. And yes, even practice the easy music; do not skip this!
- Seek out recordings; listen and follow along with your music and play along with the recording.

 Warm Down

- Long, low notes to relax the chops
- Very important for recovery and long term chop health!

Do Not Forget to Use
A Tuner / Piano / Pitch Source
A Metronome / Drum Groove
Voice Memos

Additional Material for Advanced Students

Transposition

- Simple ideas, folk songs, exercises, etudes, etc.
- B-Flat Treble Clef - Read as tenor clef, add two flats.

Clef Studies

- Tenor, Alto clef — Fink, Blazhevich
- C Treble Clef

Orchestral Excerpts

- Tuba Mirum, Hungarian March, Bolero, Saint-Saens Organ Symphony No. 3, Mahler 3, etc.

Range Studies

- Not only to further develop your upper and lower register, but to expand your comfortable register.

Pitch Bending

Piano

- Basic theory - triads, seventh chords, scales, folk song harmonizations, etc.

Sight Reading

- Anything and everything you can find.

Sight Singing

- Folk songs, hymns, scale patterns, interval exercises, etc.

Trigger Exercises

Listening

- Trombone soloists, trombone ensembles, etc.

Additional Material for Jazz Students

Transcriptions

- Improvised jazz solos
- Transcribe, learn, play, and analyze

Listening

- Jazz soloists and ensembles
- Vocalists, instrumentalists from all eras

Vocabulary

- Patterns, Licks, etc.
- Jazz rhythms, phrases, and inflections

Learning / Maintaining Tunes

- Listen to different versions of these tunes.
- Play the harmonies on piano.
- Chord outlines - 1-3-5-7, etc.
- Guide Tones
- Do this for tunes you are presently learning and...
- Tunes you already know
 - This will help to keep the information fresh and help it from fading.

Improvisation

- One chord improvisations, so that you get the opportunity to explore the sounds of a mode/harmony without having to worry about an upcoming chord change.
- Over tunes that you know and are working on
 - Allow yourself to improvise freely but also...
 - Use improvisation exercises that allow you to implement a specific improvisational concept.
 - This way you are forced to work on specific skills and cannot hide behind the “I meant to do that because I was improvising” excuse.