

# The Basics for Trombone

## Posture and Holding Position

- **Sit your very tallest**, as if you were standing from the waist up. Have your head straight and tall.
- Make sure that the bell and slide form a 90 degree angle with the bell on top.
- Your left hand brings the horn to you and the right hand controls the side. With your left hand, form a pointer and wrap your pointer finger around the lead pipe. Take the remaining three fingers and wrap them around the top brace.
- With your right hand, take the first two fingers and the thumb and place them at the base of the slide. Use this to control slide movement, avoid using your fist.
- **Bring the instrument to you** do not come to the instrument. The mouthpiece should come to you without moving your neck or head.
- **Slide Basics 101:**
  - **1<sup>st</sup> position** is all the way in. **2<sup>nd</sup> position** is barely out. **3<sup>rd</sup> position** is before the bell. **4<sup>th</sup> position** is past the bell. **5<sup>th</sup> position** is a little stretch. **6<sup>th</sup> position** is a big stretch! **7<sup>th</sup> position** is almost all the way out! **Don't let go of your slide!!!**

## Setting Your Embouchure: YEP-MM-BUZZ!

- **Keep your corners back and firm** as if you were saying “YEP.” Avoid a smile or frown.
- **Bring your lips together** as if you were saying “MM.” Avoid puckering or swallowing your lips.
- **Have your lips buzz** by blowing air through them.

## Starting a Note: SET-BREATHE-TONGUE

- Set your embouchure.
- **Breathe in from the corners of your mouth**, not your nose. Make the air go to the bottom of your stomach.
- **Start the buzzing by tonguing as if you were saying “TOH”**. Avoid spitting the lips out to start a note.

**LOW NOTES= RELAXED WINDOW FOGGING AIR!**  
**HIGH NOTES= FAST, FOCUSED, LAZER BEAM AIR!**