

TROMBONE



LESSON ONE

GOAL: Become an "expert" on good **Breath Support** and proper **Embouchure**

Breath Support is another name for the air pressure you get when you blow air (not just breathe) through your instrument. Using your stomach muscles to push the air through your instrument is the key. It controls your tone and helps strengthen your embouchure.

Embouchure (ahm-boo-shure) is the position your teeth, lips and other face muscles should be in to play a wind instrument for the best sound.

DAILY ASSIGNMENT FOR NEXT LESSON

1. Hold the mouthpiece backwards, making sure it is between your teeth, and take a few deep breaths in and out. Keep shoulders down and stomach relaxed when breathing in. **Push** the air out using your stomach muscles.
2. Practice blowing a steady stream of air at a small piece of paper. Try to make the paper "fly" straight out for as long as possible. Using the same piece of paper, try to hold it against the wall as long as you can and from as far away as you can with just your air stream. Make sure your air stream is full of energy. Challenge your family members and friends to a contest. Try this exercise with the mouthpiece also.
3. In front of a mirror, blow air through your mouthpiece keeping your teeth apart. Use the piece of paper to make sure air is going through the mouthpiece. With each breath, gradually firm your lips together until they **buzz**. Work to get a steady loud pitch, always making sure the air is going through the mouthpiece.
4. Buzz the mouthpiece as high and low as possible by firming then relaxing your lips for a few minutes. Make siren sounds if possible. It may help to moisten/lick your lips and or the mouthpiece rim. Use the piece of paper to make sure air is going through the mouthpiece.
5. Play a simple song by ear on the mouthpiece. "Huff" each note, and be careful not to stop the notes with your throat or tongue. Always make sure the air is going through the mouthpiece.
6. Record your practice time each day on your white calendar.

**THIS ASSIGNMENT SHOULD TAKE ABOUT 10 MINUTES.
PRACTICE IT SEVERAL TIMES.**

Bring a sharpened pencil with you to your next lesson.

Remember not to chew gum, eat, or drink right before or while practicing.