HIP-Bones: An Approach to a Trombone Warm-Up
(Common Intellectual Experiences)

Abstract:
Most developing and experienced trombonists will agree that a proper daily routine consisting of several warm-up exercises is crucial for a productive playing day. Even with the knowledge of the information stated above, many trombonists do not put in the necessary warm-up routine needed. Why not? Perhaps boring? Why not make it more interesting. As an applied music educator, helping trombonists establish a daily routine is one of the most important fundamentals to be taught.

Learning Objectives:
- Develop an understanding for a daily routine.
- Demonstrate a good characteristic tone, good intonation, proper articulations, and precise technique.
- Understand how to adapt these fundamental exercises in different solo/chamber ensemble settings.
- Increase playing control, endurance, flexibility, range, and enhance the overall playing.

Phase I:
- The trombonist will play a series of warm-up exercises alone.
  - Consisting of long tones, tonguing, lip slurs, flexibility, range, scales, etc…
  (It is important to play with the best tone possible, good articulations, and good technique.)

Phase II:
- The trombonist will play the same series of warm-up exercises with a trombone reference and a rhythm accompaniment.
  - The accompaniment will help with matching pitch, keeping a steady tempo, good articulations, etc… The audio aid serves as a model to imitate and allows for immediate feedback.

Phase III:
- The trombonist will play the same series of warm-up exercises without the trombone reference, but still with the rhythm accompaniment.
  - With the absence of the trombone reference, the individual responsibility increases. This allows the trombonist an opportunity to pay closer attention to each note that is played and helps refine ear training skills.