

Tim Smith Masterclass
Sunday, May 17, 2009 7:00pm
San Diego State University

The Complete Arban's Book Practice Routine
Inspired by Charlie Vernon

- Considerations
 - This is primarily a technique-oriented routine
 - Articulation
 - Slide technique
 - Range
 - Scale proficiency
 - Time
 - plan on at least 1 hr/day
 - Alternate days with another routine for balance (see below)
 - Endurance
 - Be modest with your physical abilities
 - Save energy if you have a big event on the near horizon
 - Give yourself plenty of breaks
 - Equipment
 - Alto/tenor/bass/euphonium/bass trumpet
 - Record
 - Recording the 'mundane' practice gives the best insight
 - Listen back a day or two later and adjust your practice accordingly
 - Tuner/metronome
 - Non-negotiable! Do not waste your own time and energy!
 - Journal
 - Keep records of what/how/how long you played
 - Minimize wasted time
 - Supplement Arban's Book with slur/long tone routines
 - Ellefson, Remington, Schlossberg, Pichereau, Adam
 - Focus on sound and ease of production

Note: I will be referring to the 'original' *Arban's Famous Method for Trombone* edited by Charles Randall and Simone Mantia throughout this routine. If you have the Alessi/Bowman edition, it is up to you to find the correlations.

Below, I have broken down the Arban's Book into 18 sections. Those listed in italics are what I would consider optional, especially for the first few times. Those in bold I consider absolute staples to the routine.

You may further notice that I have not included the famous Characteristic Studies section in this routine. After a few weeks of dedication to this method, it is my hope that these will become simple etudes! I would suggest picking one to work on steadily and use it to complete your routine each day.

- Breaking down the sections
 - 1. **First studies** pp. 17-29
 - 2. **Syncopation/Studies in Dotted 8th and 16th Notes** pp. 30-43
 - 3. **Studies for the Slur** pp. 44-62
 - 4. Major Scales pp. 63-78
 - 5. Minor Scales pp. 79
 - 6. **Chromatic Scales** pp. 80-83
 - 7. **Chromatic Exercises** pp. 84-90
 - 8. Studies for Grace Notes pp. 92-125
 - A) **Preparatory Studies for the Gruppetto** pp. 93-95
 - B) pp. 96-125
 - 9. **Intervals** pp. 126-134
 - 10. Octaves and Tenths pp. 135-6
 - 11. Triplets/Studies for 16th Notes pp. 136-150
 - 12. **Perfect Chord in Major and Minor Keys** pp. 151-5
 - 13. **Chord of the Dominant Seventh** pp. 156-7
 - 14. **Chord of the Diminished Seventh** pp. 158-160
 - *Optional: Cadences*
 - 15. **Triple Staccato (Triple Tonguing)** pp. 162-184
 - 16. **Double Staccato (Double Tonguing)** pp. 185-193
 - 17. Slur in Double Staccato pp. 194-9
 - 18. Tonguing as Applied to the Trombone pp. 200-202
- Practice method
 - Play as written, tenor clef, tenor clef 8vb, up an 8ve, down an 8ve, tenor clef 15vb (where possible)
 - Always end exercise with a low transposition to relax chops
 - Apply primarily to 1-3, 6-9, 15-16
 - Use secondary instrument (alto/euph/etc.)
 - Cleanliness and ease of sound/articulation throughout registers
 - Scales – why are they not in bold?
 - I personally prefer other scale routines
 - Arban's range is limited; patterns incomplete
 - Use the patterns as templates
 - Journal
 - Write down what you've done, and how (ie. 8ve, tenor clef, etc)
 - Resume next day with next study
 - If you complete a section, start back at the beginning of that section