

Alessi's Arban Advice

As seen on alessimusicstudios.ca

Compiled by Jett Walker

Remember, as with any exercise, it's not *what* you practice but *how* you practice!

*Note: Page numbers correspond to the Alessi/Bowman edition

Part I: Tone - p. 13 #1...

- Metronome set to quarter note = 90
- “Tone Cloning”
- Air in, air out – go for immediacy of sound

Part II: Arpeggio - p. 26 #46

- Quarter note = 120
- Aim for consistency of tone and articulation
- Great for working on tuning and building stamina

Part III: Syncopation - p. 29 #9...

- Quarter note = 94 – but have the click be the “up beat”
- Move the slide rhythmically
- Consistency of articulation

Part IV: Dotted Eight Sixteenth – p. 32 #13...

- Quarter note = 94 – have the click set as the “up beat”
- Evenly divide the beat and place the sixteenth note precisely
- Do not “stylize” the rhythm

Part V: Articulation – p. 35 #19...

- Quarter note = 90 – have the click set as the “up beat”
- Again, play rhythm precisely
- Be sure air is behind the tongue and not in the way of the tongue

Part VI: Studies on the Slur – Legato Slurs – p. 43 #1 & 2

- No metronome
- Focus on clarity – make the tongue and slide move together

Part VII: Studies on the Slur – Natural Slurs – p. 44 #3...

- No metronome
- Make each transition perfectly smooth
- Follow the written dynamics

Part VIII: Studies on the Slur – Flexibility and Lip Trill – p. 47 #16...

- Practice these *slowly* in all registers to build strength
- Then, set metronome at quarter note = 76
- Play the slur as half notes, quarter notes, eighth notes, triplets, sixteenths, sixteenth triplets, and thirty seconds

Part IX: Slurred Arpeggio – p. 63 #69

- Metronome at quarter note = 78
- Be very particular about the articulations (slur two vs slur three)
- Don't allow slide technique to get sloppy at faster tempo

Part X: Chromatic Scales – p. 88 #1...

- “Should be a part of the trombonist’s *daily diet*”
- When played slowly the slide should **pause** for each position
- When played quickly the slide should **glide through** each position
- Practice four ways: Fast, Slow, Tongued, Slurred

Part XI: Ornamentation – p. 110 #24

- Metronome at quarter note = 80
- Coordinate the slide so the ornamentation is smooth and accurate
- Make the etude musical

Part XII: Ornamentation Continued – p. 121 #48

- Quarter note = 80
- “the slide should act as a valve”
- Use alternate positions as needed to make the cleanest slurs

Part XIII: Intervals – p. 139 #1...

- Quarter note = 75
- Strive for continuous tone throughout – don't “splat” the lower note
- “Do one full set of exercises a day in a continuous manner”

Part XIV: Octaves and Tenths – p. 147 #8...

- No metronome – focus on clarity
- Start the bottom note with a great sound and blow through up to top note
- Use the vowels ahh and eeh to help achieve smoothness of sound

Part XV: Multiple Tonguing – p. 174 #1...

- Sequence to practice exercises:
- (1) single tongued as fast as possible (2) slowly with only “dah” or “gah” syllable
- (3) double tongued with combined syllables slowly (4) combined syllables quickly