

# Quarantine Practice 101

## How to Take Advantage of This Time to Improve Your Playing

Jett Walker

### FUNDAMENTALS & ROUTINES

- **Alessi Music Studios**
  - <http://alessimusicstudios.com/> (COVID-19 Discount - \$25 per year for students)
  - Great for working on excerpts
  - Contains instructional videos on a wide range of topics
  - Extensive warm up routine – with playing examples
  - Includes a how-to-practice for Arban
  
- **Schlossberg Challenge**
  - Day 1 - #1, 11, 21, 31, 41, etc
  - Day 2 - #2, 12, 22, 32, 42, etc
  - Do for atleast 10 days (but the real fun is doing it for a full 30)
  - Great way to get back in shape and expose yourself to difficult challenges
  
- **Arban**
  - Scale challenge
    - Major scale section – start with #1 and number off the full section #1-7
    - Day #1 do all number 1, Day #2 all number 2, etc
    - Great way to approach scales in multiple patterns and articulations
  - Ornementation
    - Has anyone ever actually practiced out of this section?!?! (jk)
    - Use this as an opportunity to learn how to truly play ornamentation
    - Check out Alessi Music Studios for great how-to
  - Interval Studies
    - Need I say more?
  - Multiple Tonguing
    - See above...
  - Characteristic Studies and Solos
    - Musical ways to apply all the techniques covered in the book
    - Check out Peter Moore's postings of the Characteristic studies
  
- **Bordogni – Play Five Ways**
  - As written
  - In tenor clef
  - Down and octave
  - Up an octave
  - Tenor clef down two octaves

- **A Scale a Day**
  - Pick a certain key a day and use it for all fundamentals
  - Long tones, dynamics, articulation, technique, tuning, etc
  - Use a drone
  - Could also correspond to slide positions and days of the week (McCain)
    - Mondays – 1<sup>st</sup> position (F/Bb)
    - Tuesdays – 2<sup>nd</sup> position (E/A)
  
- New Routines
  - Peter Steiner
  - Nathan Zgonc
  - Chris Van Hof
  - David Vining
  - George Curran

## **SOCIAL MEDIA CHALLENGES**

- Christopher Bill
  - C Bleezy Challenges
  - So far one on flexibility and one on range
  
- Paul Deemer
  - PDE challenges
  
- MANY MORE!

## **VIRTUAL DUETS & ENSEMBLES**

- Acapella
  - Record your favorite duets or more
  - Up to a minute for the free version
  
- Multi Track Videos 101
  - [https://docs.google.com/document/d/10INppaod\\_51963Lw0yKNrq4ig0KvYhrJttETn74916k/edit?usp=sharing](https://docs.google.com/document/d/10INppaod_51963Lw0yKNrq4ig0KvYhrJttETn74916k/edit?usp=sharing)
  
- David Vining Freebies
  - Mountain Peak Music – “Free Stuff”
  - Contains free samples of duets from his books along with a play-along track that he recorded

## **VIRTUAL SEMINARS/WORKSHOPS AND COMPETITIONS**

- Virtual Trombone Workshop
  - Free!
  - <https://virtualtrombonewor.wixsite.com/virtualtrombone>
  
- Southeast Trombone Symposium
  - <http://www.southeasttrombonesymposium.com/>
  
- Eastman Trombone Online Workshop
  - <https://summer.esm.rochester.edu/course/trombone-online-workshop/>
  
- Rafael Mèndez Brass Virtual Brass Institute
  - <https://www.mendezbrassinstitute.com/>
  
- Virtual International Trombone Convention
  - <https://www.facebook.com/events/258566155332924/>
  
- Online Trombone Competition
  - <https://www.facebook.com/events/258566155332924/>
  
- The Online Brass Institute (TOBI)
  - <https://www.tobyoft.com/tobi>