

# Flexibility Exercises

Keep the tone well sustained throughout the slur indicated, leaving no gaps between the tones. The slur must be made smoothly and evenly by the flexibility of the embouchure.

Adhere strictly to the fingerings given. Trombone positions will be indicated above the notes.

**Positions** 1 2 3 4 4 3 2 1

**Fingerings** 0 2 1 1/2 1/2 1 2 0

1

2

3

4

5

6

7

Detailed description of the exercises:  
 Exercise 1: Quarter notes, slurred. Positions: 1, 2, 3, 4, 4, 3, 2, 1. Fingerings: 0, 2, 1, 1/2, 1/2, 1, 2, 0.  
 Exercise 2: Quarter notes, slurred. Positions: 1, 2, 3, 4, 5, 6, 6, 5, 4, 3, 2, 1. Fingerings: 0, 2, 1, 1/2, 2/3, 1/3, 1/3, 2/3, 1/2, 1, 2, 0.  
 Exercise 3: Quarter notes, slurred. Positions: 1, 2, 3, 4, 4, 3, 2, 1. Fingerings: 0, 2, 1, 1/2, 1/2, 1, 2, 0.  
 Exercise 4: Quarter notes, slurred. Positions: 1, 2, 3, 4, 5, 6. Fingerings: 0, 2, 1, 1/2, 2/3, 1/3.  
 Exercise 5: Eighth notes, slurred. Positions: 6, 5, 4, 3, 2, 1. Fingerings: 1/3, 2/3, 1/2, 1, 1/2, 1, 2, 0.  
 Exercise 6: Eighth notes, slurred. Positions: 6, 5, 4, 3, 2, 1. Fingerings: 1/3, 1/3, 2/3, 2/3, 1/2, 1/2.  
 Exercise 7: Eighth notes, slurred. Positions: 6, 5, 4, 3. Fingerings: 1, 1, 2, 2, 0, 0, 1, 1, 2, 2, 0, 0.



# Flexibility Exercises for BB $\flat$ Bass

Keep the tone well sustained throughout the slur indicated, leaving no gaps between the tones. The slur must be made smoothly and evenly by the flexibility of the embouchure.

Adhere strictly to the fingerings given.

The page contains 11 numbered staves of musical notation for flexibility exercises in BB $\flat$  bass clef. Each staff begins with a treble clef, a key signature of two flats (B $\flat$  and E $\flat$ ), and a common time signature (C). The exercises are as follows:

- Staff 1:** A sequence of eighth notes with slurs. Fingerings: 0, 2, 1, 1/2, 1/2, 1, 2, 0.
- Staff 2:** A sequence of eighth notes with slurs. Fingerings: 0, 2, 1, 1/2, 2/3, 1/3, 1/3, 2/3, 1/2, 1, 2, 0.
- Staff 3:** A sequence of eighth notes with slurs. Fingerings: 0, 2, 1, 1/2, 1/2, 1, 2, 0.
- Staff 4:** A sequence of eighth notes with slurs. Fingerings: 0, 2, 1, 1/2, 2/3, 1/3.
- Staff 5:** A sequence of eighth notes with slurs. Fingerings: 1/3, 2/3, 1/2, 1, 2, 0.
- Staff 6:** A sequence of eighth notes with slurs. Fingerings: 0, 2, 1, 1/2, 1/2, 1, 2, 0.
- Staff 7:** A sequence of eighth notes with slurs. Fingerings: 1/3, 2/3, 1/2, 1, 1/3.
- Staff 8:** A sequence of eighth notes with slurs. Fingerings: 1, 2, 0.
- Staff 9:** A sequence of eighth notes with slurs. Fingerings: 1, 2, 0.
- Staff 10:** A sequence of eighth notes with slurs. Fingerings: 1/3, 2/3, 1/2, 1, 1/3.
- Staff 11:** A sequence of eighth notes with slurs. Fingerings: 2, 2/3, 0, 1/2, 1, 2.

# Scales and Arpeggios

B $\flat$  Major

1

*simile*

2

*simile*

*simile*

[E $\flat$  Bass omit to end]

3

*simile*