

# B Lasch Routine 2023

This routine is inspired by a combination of exercises compiled from the teachings of Toby Oft, Joseph Alessi, Brad Edwards, and Edward Kleinhammer. I recommend a tuner/metronome on the stand for the entire warmup. This is just what I do most days and works for me. This has changed over the years. Before playing for the day, put on some music that inspires you as you gather your instrument/drink your coffee. This can be anything from Vivaldi to Grøndahl to Beyonce. Get yourself in a creative mindset. Stretching/breathing is great too and should be done daily. At the very start of the warm up, if still tight from the day before, gently buzz a Bordogni on the rim.

\*\* These exercises are to stretch the chops. The first time up and down go to the D partial, and then go to the double octave partial. Focus on ease, not power (think Urbie Green) do NOT press

7th position 1st position

Start in 7th and move up to 1st

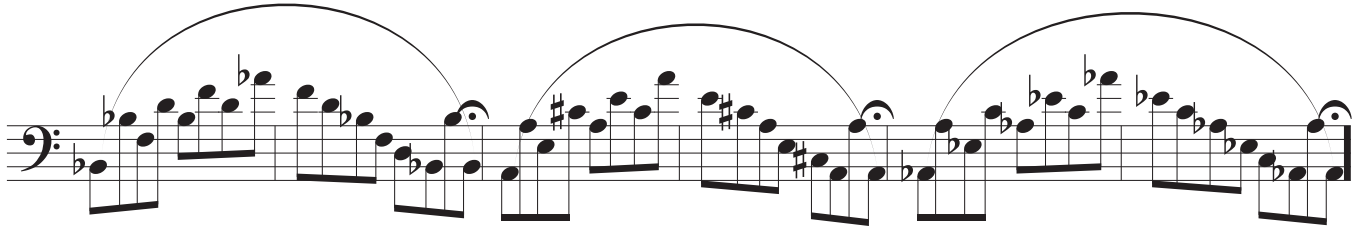
Don't worry if you can't get to the double octave. Make it easy. Slur back down to the starting note if you wish.

\*\*Buzz these Remingtons on the mouthpiece, then play on the trombone. Consider going back and also doing them on the rim (and then play again after) if you really want to focus your buzz and open your sound.

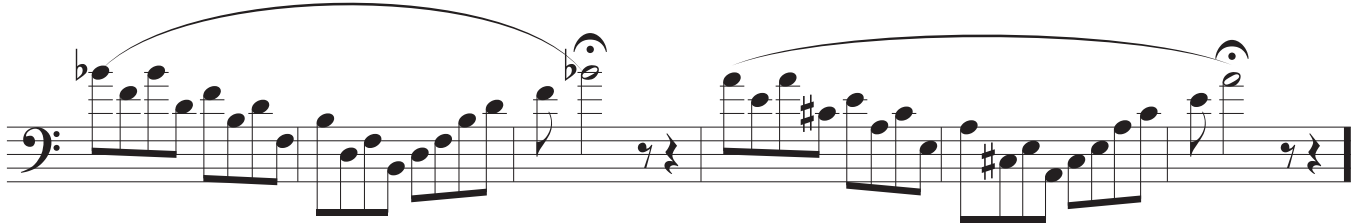
For these simple slurs, strive for your best sound at a slow tempo and a medium full dynamic. Alternate playing them tongued and slurred, and also play them bottom to top on the way back up the slide.

The exercises marked \*\*are ones I do for my brief daily warmup

For these lip slurs, try to use the valve for the lower 3rds of each chord to help maintain all natural slurs.

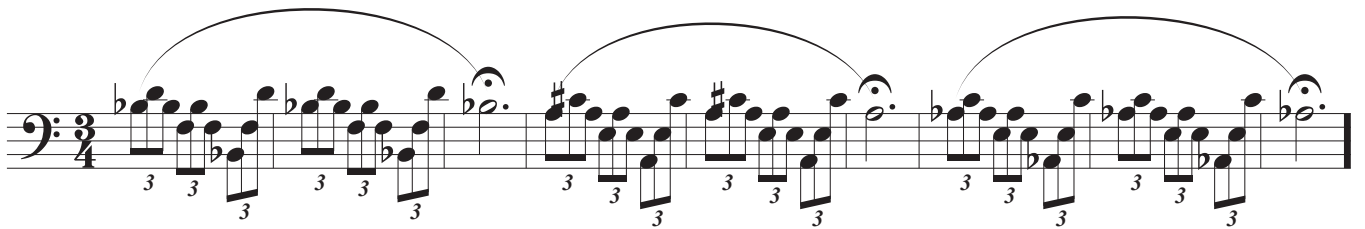


For the top starting arpeggios, feel free to tag on another octave (going up\_ at the end if you're feeling good! Use the valve to maintain natural slurs in lower octave.



Go all the way down to 7th position

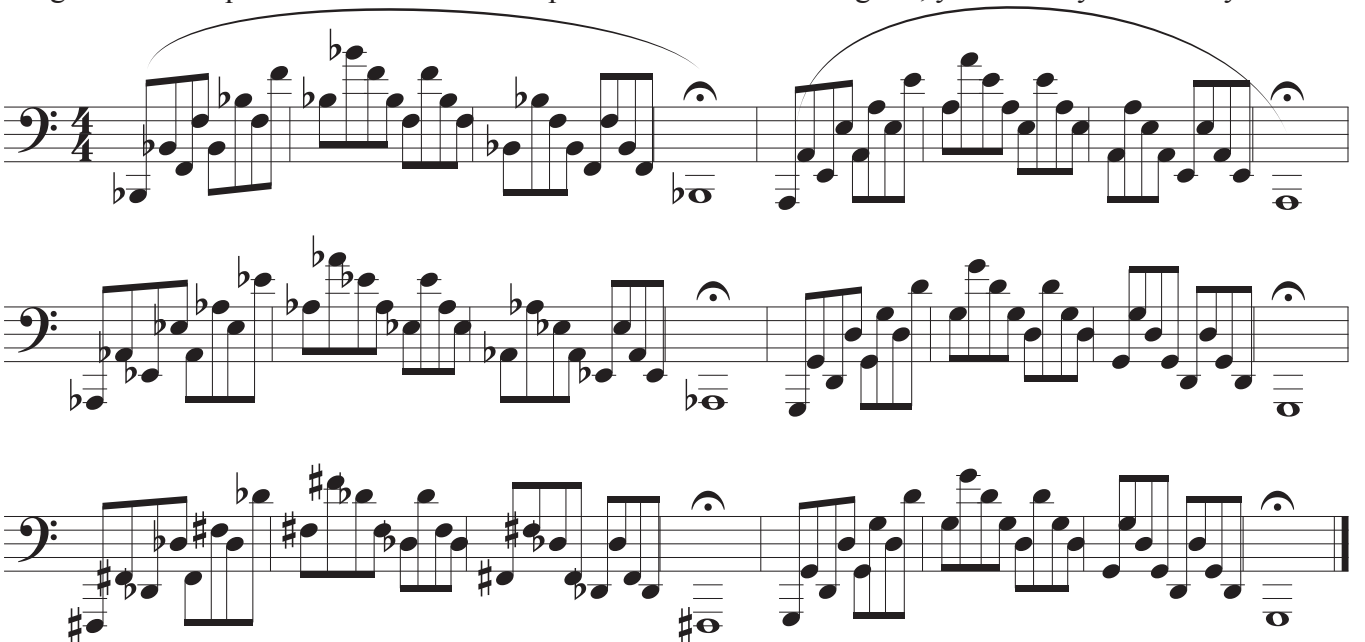
These slurs are for speed and ease to make sure your agility is ready for the day.



Go all the way down to 7th position

\*\*Toby Oft "wicked slurs": these take some practice to master but are fun to play.

A big breath is required at the start of each position. If these sound good, you're ready for the day!



Next, play all major, minor, harmonic minor, and melodic minor scales at least two octaves. Combine articulation and dynamics to maximize your practice. Vary this from day to day as needed. Also, consider using extreme range on both ends as needed. Suggested pattern (breathe after the quarters):



Use scales in thirds to work on multiple tongue. Consider the patterns below:



Be sure to work on "Ta-Ka" as well as "Da-Ga" and all other varieties and speeds.