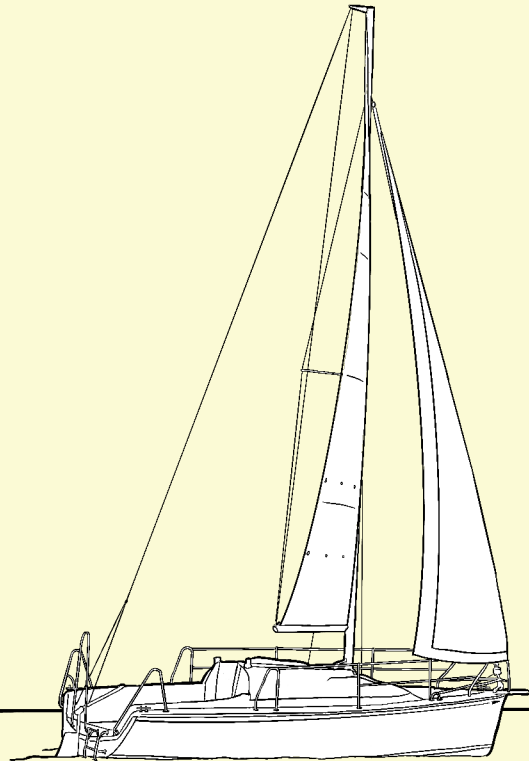


Sarah Paradis

SMOOTH SAILING

A comprehensive legato method
for the beginning trombonist



Cherry Classics Music

Sarah Paradis

Smooth Sailing

A Comprehensive Legato Method
for the Beginning Trombonist

“Correct trombone legato is an elusive concept to the beginning trombone player...and for many band teachers as well.

Smooth Sailing is the book that has been hitherto absent in the development of the beginning trombonist. Vague, often misguided descriptions of trombone legato in band books are common. Dr. Sarah Paradis, through a systematic, step-by-step approach, demystifies trombone legato for the player and the non-trombone-playing band director. It is a vital supplement to the existing literature for the beginner.

Smear no more!!!!

...unless you choose to.”

Peter Ellefson
Professor of Music (Trombone)
Jacobs School of Music
Indiana University

“*Smooth Sailing* is a sequential and comprehensive pedagogical resource that will help developing trombonists acquire the skills to play with a beautiful legato sound. This book includes a series of exercises and musical etudes that can be used to introduce the fundamental characteristics of legato technique and can be revisited for maintenance and further refinement of the related skills during one’s daily routine. Based on a thorough review of existing method books and informed by contemporary learning theory, *Smooth Sailing* fills a significant gap in the pedagogical literature and will be a terrific asset for any school or studio music teacher.”

Peter Miksza, Ph.D.
Professor of Music Education
Jacobs School of Music
Indiana University

Introduction

What Does This Book Do?

- 1) Thoroughly and methodically guides the beginning trombone student through natural slurring and legato articulation
- 2) Isolates each element required to effectively produce a smooth legato articulation
- 3) Provides extended practice of each element

Who Should Use This Book?

Any musician can benefit from the consistent practice of legato articulation fundamentals. Some people that will find this book especially useful are:

- 1) Beginner Trombonists
- 2) Any trombonist in their first three years of study
- 3) Any trombonist who wants to practice their legato articulation

How Can I Use This Book?

1) Follow Your Teacher's Guidelines

Practice exercises in this book as assigned by your teacher. Pay careful attention to their instructions and do not go further in the book until they instruct you to do so. It is crucial that you master each element of legato tonguing before you move on to the next chapter.

2) Start at the Beginning

If you must study without the guidance of a private teacher, start at the beginning of the book and only progress when you have completely mastered the techniques that are described in the text.

3) ...and then Jump Around

Once you are comfortable with the four elements of legato articulation, you may select any exercise for practice and technical maintenance

Why Should I Use *This* Book?

1) Breakdown the Most Basic Elements of Legato

Other legato methods often combine several elements of legato tonguing together from the start, which can lead the student to inconsistent or even faulty tonguing technique

2) Extended Practice

Each chapter offers focused, methodical practice on a specific element of correct legato tonguing technique. Students can use specific exercises to practice and maintain their approach.

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Air only; no tongue, no buzz, no sound

Buzz only; no tongue. Gently let your lips buzz an easy mid-register note.

Buzz only. Start each note with a light "toh" syllable

Air

Buzz

Air

Buzz

Buzz only. When you bend the pitch, maintain a full sound and always keep a steady air flow.

Chapter 1: Natural Slurs

Every slurred phrase in this chapter utilizes only the natural slur, which is a legato connection that does not involve the tongue for articulation. Make your note connections very smooth by maintaining a steady airstream. Only use the tongue for the first note of a slurred phrase. From now on, we will use "tah" to start notes above low B-flat, and we will use "toh" to start all low notes that are B-flat and lower. Set your metronome to 80 bpm for exercises 1-8.

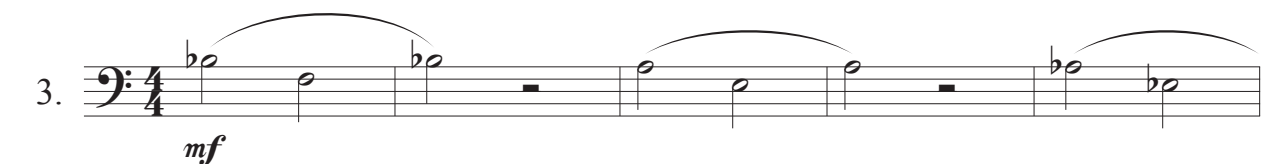
Stay in first position for this entire exercise

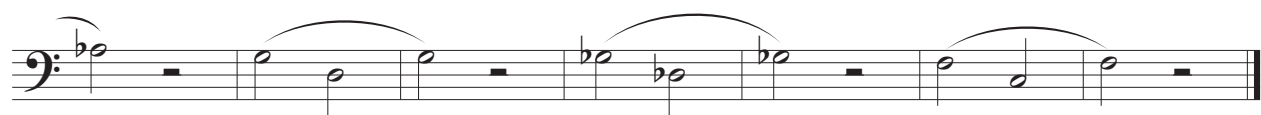
1.  *mf* Repeat this exercise in all seven positions



2.  *mf* Repeat this exercise in all seven positions



3.  *mf*



4. 



Repeat this exercise in all seven positions

36. $\text{♩} = 50 - 100$
mf

5 6 7

37. $\text{♩} = 46 - 88$
f

5 6 7

Chapter 4: Legato Tongue with a Moving Slide

Review exercises #1-3 from chapter 3 before you begin chapter 4. Play exercise #1 below with the exact same legato tongue that you use in exercise #1 from chapter 3. The only difference is that you will add a quick, effortless slide movement when you change positions. Always aim for a smooth connection between notes.

Moderato

1. 

mf-mp T D D D D

simile

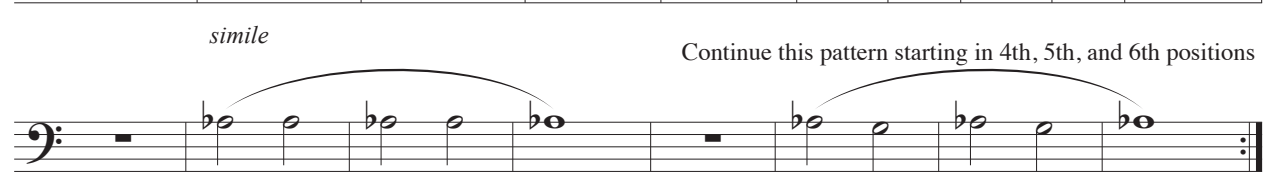
Continue this pattern starting in 4th, 5th, and 6th positions



mf-mp T D D D D

simile

Continue this pattern starting in 4th, 5th, and 6th positions



mf-mp T D D D D

simile

Continue this pattern starting in 4th, 5th, and 6th positions

Moderato

2. 

mf-mp T D D D D

simile

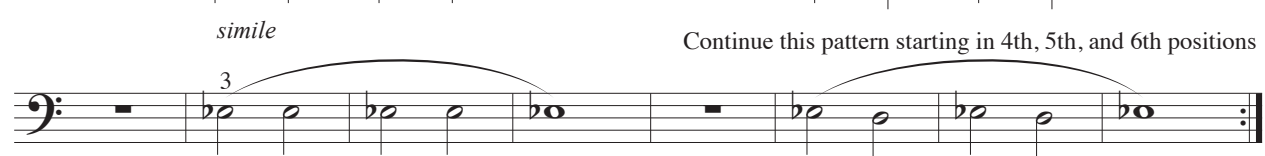
Continue this pattern starting in 4th, 5th, and 6th positions



mf-mp T D D D D

simile

Continue this pattern starting in 4th, 5th, and 6th positions

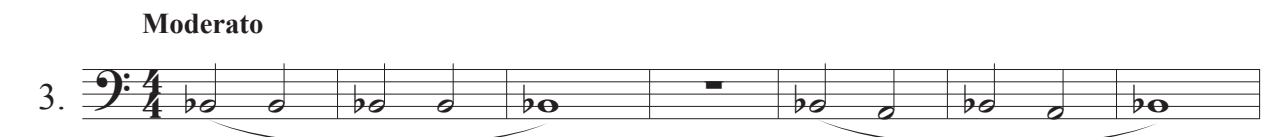


mf-mp T D D D D

simile

Continue this pattern starting in 4th, 5th, and 6th positions

Moderato

3. 

mf-mp T D D D D

simile

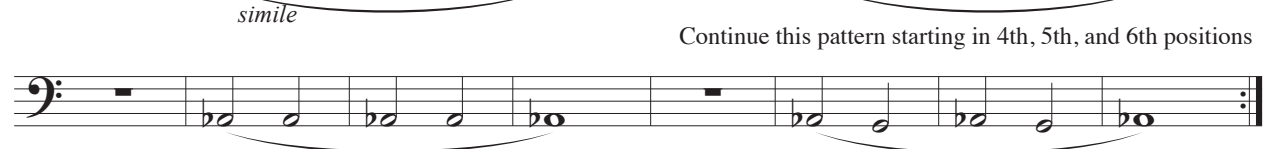
Continue this pattern starting in 4th, 5th, and 6th positions



mf-mp T D D D D

simile

Continue this pattern starting in 4th, 5th, and 6th positions



mf-mp T D D D D

simile

Continue this pattern starting in 4th, 5th, and 6th positions

Chapter 5: All Together Now!

Now we will combine the skills that you have learned in chapters 1-4. Be sure to practice these songs very slowly at first. The goal is to make your legato tongue articulation sound the same as the natural slurs. You will see some tonguing indications below notes. T = "toh/tah", D = "doh/dah", and N = Natural slur, or No tongue.

Falling Leaves Paradis

1. 

T D N D N D D T D D D N T D N D N D D T D D D N

Lullaby Welsh Folk Song

2. 

mf-mp T D D N T D D D T D D N T D D

Fais Dodo French Folk Song

3. 

mf-mp T N D D D D D N N T N D D D N N D

Rain, Rain Traditional

4. 

T N N D N T D N N D D N T D D D D D D T N D D D N D

Bouffons Arbeau

5. 

f-mp T D N D D D D N N N D T D N D D D D N D D D