

Thoughts on Music, Practice, and Trombone

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Purpose

Why do I do what I do? Why do I want to do this? What do I hope to achieve or accomplish in my journey?
What do I hope to do for others?

Concept

What do I want to sound like? Do I have a clear picture in my head of my goals? Do I know what steps come next?

Attitude

“Can do!” “Better, not perfect.” “Sneak Preview.” “Acceptance”

Words to remove from your musical vocabulary: “Perfect,” “Can't,” “Should,” “Don't,” “Hard,” “Careful”

Action

Addressing all 3 overlays. Thoughtful and purposeful.

Other Thoughts

Troubleshooting checklist:

- 1 Ear
- 2 Air = 60-70%
- 3 Chops
- 4 Tongue
- 5 Arm

1 A suggestion on how to improve the ear:

- Listen
- Sing
- Buzz

2 A suggestion on how to improve the air:

- Flutter
- Gliss
- Legato
- As written

3 A suggestion on how to improve the chops:

- Air attacks (“puh,” or “buh”)
- Control the aperture size
- Equalize embouchure strength with air

4 A suggestion on how to improve the tongue:

- Fix the air (“Air-ticulation” -NB)
- Consonants (“T” “D” “N” “L”)
- Vowels

5 A suggestion on how to improve the arm:

- Stopping or sliding?
- Glissando for intonation and timing

Causes of inferior performance: 1) Put yourself in circumstance 2) Unprepared 3) Don't know how to fix on the fly

“Why I didn't perform well?”
“Luck is when preparation meets opportunity.” - Seneca