

The Complete St. Jacome Flexibilities+

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All exercises to played with fingerings: 0,2,1,12,23,13,123 or down 7 positions.

Level 1

1t

Musical staff for 1st Trombone (1t) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

2t

Musical staff for 2nd Trombone (2t) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

3f

Musical staff for 3rd Trombone (3f) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

4i

Musical staff for 4th Trombone (4i) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

5t

Musical staff for 5th Trombone (5t) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

Level 2

6t

Musical staff for 6th Trombone (6t) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

7f

Musical staff for 7th Trombone (7f) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

8i

Musical staff for 8th Trombone (8i) in bass clef, 4/4 time, key of B-flat major. The staff contains a sequence of notes: G2, F2, E2, D2, C2, B1, A1, G1. This is followed by a series of eighth-note triplets: G2-A1-B1, A1-G1-F1, G1-F1-E1, F1-E1-D1. The final measure contains a whole note G1.

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9i

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25i

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33f

3 3 3 3

34f

3 3 3 3

35i

3 3 3 3

36i

3 3 3 3

37i

3 3 3 3

38f

3 3 3 3

39f

3 3 3 3

Level 4

40f

3 3 3 3

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41f

3 3 3 3

42f

3 3 3 3

43f

3 3 3 3

44f

3 3 3 3

45t

3 3 3 3

46t

3 3 3 3

47t

3 3 3 3

48t

3 3 3 3

Models The Complete St. Jacome Flexibilities+

7

1 Slur 2

2 Slur 2 alternate

3 Slur each beat

4 Slur all

Definitions

- Level 1-** Highest note is staff C (concert Bb)
- Level 2-** Highest note is E (concert D)
- Level 3-** Highest note is G (concert F)
- Level 4-** Highest note is high C (high concert Bb)

Groups

- t-** Trill study. Alternates between two notes.
- f-** Flexibility study. Four-note up and down pattern.
- i-** Interval study. Returns to a common tone.

Practice Tips

1. Practice 4 exercises daily. Tongued and slur all.
2. Practice 2 exercises daily. All 4 models.
3. Practice 1 exercise from each level.
4. Practice 1 exercise from each group.
5. On higher exercises, begin on 123 (7th pos.) and work upward.
6. To save time, omit triplets.
7. Stay on the same exercises for one or two weeks.
8. Rest frequently.