

Virtual Band Camp

Video 4 Skill Sheet - Trombone Hand Position Exercises

1. Ls and Ducks

- Practice making an L shape with your left hand and a duck with your right hand.
- Then, practice putting your L and duck in the correct places on the trombone.
- Repeat this 5 times every day!

2. Bulging Biceps

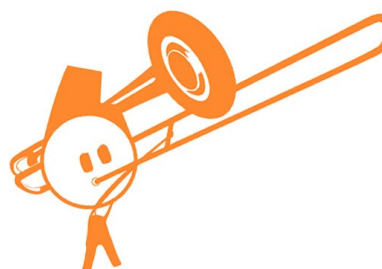
- Pick up your trombone with your left hand, using your L shape.
- Using your left arm only, lift your trombone over your head like you're lifting weights at the gym.
- Can you lift your trombone 3 times? 5 times? 10 times?
- If you feel a little burn in your upper arm, that means you're building your bicep muscles!

3. Put it down, Pick it up.

- Put your trombone on its rubber stopper, then pick it up and see how quickly you can correctly position your hands.
- Time yourself. Can you get the correct hand position in 5 seconds? 3 seconds? *1 second??*
- Do this 5 times each day!

Practice Chart

Each time you do one of the exercises above, check it off below. The more checks you get, the better you'll become at playing trombone.



Exercise	Checks
Ls and Ducks	
Bulging Biceps	
Put it Down, Pick it Up	