



# Trombone Posture

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- Correct posture can help make huge improvements in playing
- Consider using an exercise ball to sit upright and find balance for efficient posture

## **-Playing while sitting**

- Find your balance
- Do NOT lean against the back of the chair
- Keep your feet flat on the floor

## **-Playing while standing**

- Keep your feet flat on the floor, about hip width apart
- Stand tall and look straight forward

## **-Angle the Trombone correctly**

- The Trombone is a directional instrument
- It must be pointed toward the audience
- Do NOT point it down toward the ground
- Pick a target in the audience and aim there

## **-Music stand placement**

- Do NOT play right into your sheet music
  - It can badly block your sound
  - You can accidentally hit your slide on the stand, which can damage your instrument or hurt your face
- You must be able to see the conductor and colleagues
- Keep your slide and bell on the left hand side of the music stand
- Get the slide out from under the music stand
- Move your music to the left side of the stand, if needed

## **-Holding the Trombone**

- Left Hand: use an "L" shape with the left hand and put it under the grip
  - Do NOT use the chicken wing left elbow
  - Keep the left forearm as a pillar of support: make it more vertical
- Right Hand: use a slide cradle with the thumb, pointer, and middle fingers
  - Let the slide weight rest on the fingers with the thumb easily on top
  - Keep the hand and wrist limber and flexible
  - Also keep a secure grip to avoid throwing off your slide, accidentally