



## Secrets Of Achieving Easy Performance On The Trombone (Based On The Pedagogical Experiences Of B. Fayziev)

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**Abstract:** Interest in playing the trombone seems to have waned somewhat recently, but the flow of applicants entering the institute shows that this conclusion is incorrect. Because there are many students who want to learn this instrument.

New students entering the institute will certainly have their shortcomings. In particular: problems with posture, airway, embouchure and tongue technique (attack) are clearly visible.

How to solve these problems? In the next article, we will reflect on this topic and give advice on how to achieve an easier implementation of these problems.

**Key words:** trombone, performance, body, posture, technique, language, embouchure, academicism, breath, exercises.

### TROMBONDA YENGIL IJROGA ERISHISH SIRLARI (B. FAYZIEVING PEDAGOGIK TAJRIBALARI ASOSIDA)

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**Annotatsiya:** Trombon cholg'usiga bo'lgan qiziqish bugungi kunda bir oz susaygandek, lekin, institutga hujjat topshirayotgan abituriyentlar oqimidan bunday xulosa noto'g'ri ekanligiga guvoh bo'lamiz. Chunki, aynan ushbu cholg'u bo'yicha o'qishni xohlayotgan talabalar ko'pchilikni tashkil etmoqda.



Institutga kelgan yangi talabalarning o'ziga xos kamchiliklari bo'ladi albatta. Ayniqsa: gavda holati, nafas yo'llari, ambushyur va til texnikasidagi muammolar yaqqol ko'zga tashlanadi.

Ushbu muammolarni qanday hal etish zarur? Quyidagi maqolada aynan ushbu mavzu bo'yicha fikr yuritiladi va yengil ijroga erishish yo'llari borasida maslahatlar beriladi.

**Kalit so'zlar:** trombon, ijro, gavda, holat, texnika, til, ambyushur, akademik ijro, nafas, mashqlar.

### СЕКРЕТЫ ЛЕГКОГО ИСПОЛНЕНИЯ НА ТРОМБОНЕ (НА ОСНОВЕ ПЕДАГОГИЧЕСКОГО ОПЫТА Б.ФАЙЗИЕВА)

**Аннотация:** Интерес к игре на тромбоне в последнее время, кажется, несколько угас, но по потоку поступающих в институт абитуриентов видно, что такой вывод неверен. Потому что есть много студентов, желающих изучить этот инструмент.

Новые студенты, поступающие в институт, обязательно будут иметь свои недостатки. Особенно: отчетливо видны проблемы с осанкой, дыхательными путями, амбюшуром и техникой языка (атака).

Как решить эти проблемы? В следующей статье мы поразмышляем над этой темой и дадим советы о том, как добиться облегченной реализации этих проблем.

**Ключевые слова:** тромбон, исполнение, тело, положения, техника, язык, амбюшур, академичность, дыхание, упражнения.

This article talks about the secrets of ease in playing the trombone. According to most people's understanding, the words trombone and relief seem to be somewhat contradictory concepts. At this point, the question arises as to why composers do not write pieces of technical performance specifically for the trombone, or why such works are rare. Many people answer this question: the trombone is a little rough in nature, it is difficult to master this instrument compared to other similar instruments, the technical performance process loses clarity in the sounds, or breathing requires a lot of force. limited to answers.

"Composers used the trombone part to express the images of "heroism", "fear", "tragedy", as well as to reveal the drama in the coda and the final part of the



work, mainly in the bees written for the orchestra." [4. Page 64] Why is the trombone not used in lyrical or romantic situations?

The part written for trombone performance in "Bolero" by French composer M. Ravel, a representative of the avant-garde current, is perfectly written, and not all trombonists are able to play this performance at a perfect performance level. The piece is exciting and has a sharp Spanish rhythmic character. Nevertheless, this piece is considered one of the most difficult pieces for trombone performance. Because, "revealing the image and character in the work is only characteristic of a trombonist-composer who has mastered his instrument in every way." [3. page 44]

Shunday ekan, trombon ijrosidagi yengil ijroga erishish uchun qanday amallarni bajarish va nimalarga e'tibor berish lozim degan savol tug'ilishi tabiiydir.

Pedagogik tajribalarimga asoslangan va talabalardagi ijro holatlarini ko'rgan xolda quyidagi asosiy xatolar, trombonning yengil ijrosiga erishishda to'sqinlik qiladi:

- 1- Gavda holatining noto'g'riligi;
- 2- Nafas yo'llarining to'la ochilmaganligi;
- 3- Labning (ambushyur) noto'g'ri ishlatilishi;
- 4- Til texnikasining noto'g'ri ishlatilishi va h.k. [5]

Therefore, it is natural to ask what actions to perform and what to pay attention to in order to achieve an easy trombone performance.

Based on my pedagogical experiences and seeing students' performances, the following main mistakes prevent the achievement of easy trombone performance:

- 1- Inaccuracy of body position;
- 2- Incomplete opening of airways;
- 3- Improper use of the lip (embouchure);
- 4- Improper use of language techniques, etc. [5]

These conditions create the main obstacles to achieving light performance on the trombone, as we mentioned above.

How to overcome such performance problems?

- 1- Incorrect posture. Young trombone players have a slightly bent posture. In this case, there is a blockage of the airways and prevents full breathing for performance.



To solve this problem, first of all, it is necessary to control that the body is in an upright and correct position. It is necessary to pay more attention to the back of the shoulder, that is, to repeat the process of free opening and closing of the trap several times in a standing position. [2. Page 58] And it is important to remember this situation and keep control during the execution. This control is carried out until the posture of the body can be maintained naturally.

2- Incomplete opening of airways. The throat should be opened up to the throat and lungs. This position helps to breathe fully and freely.

In this case, exercises are performed to feel all parts of the throat without playing the instrument. For example: speaking and breathing in the front part of the throat, doing the same in the middle and lower parts of the throat. In it, the timbre of the voice thickens towards the bass. Breathing becomes easier and allows more air to enter the lungs. The last situation should be controlled and remembered. After all, the easy and full intake of air is one of the main factors that make it easier to get different kinds of sounds in the trombone.

3- Improper use of the lip (embouchure). Although the completeness of internal air has been studied, controlling it through the lips is also one of the main tasks in ensuring the quality of performance.

It is necessary to control the special use of the lip muscles - tightening, loosening, stretching, and how to use these conditions during the performance. These positions are generally called lip apparatus (ambushur) and are studied under the teacher's supervision as much as possible. In it, it is important that the strength of the lips does not interfere with the free release of breath. It is strengthened in the process of independent learning with the tasks given by the teacher.

4- Improper use of language techniques. Tongue technique, such as ambushure, is one of the most important aspects of the performance process.

To improve the technique of the language: it is necessary to practice exercises such as "ta-tu-ta", "da-du-da" or "tf-tf-tf" without playing the instrument. These activities do not require special equipment, space or time. You can easily do it on the way, when you are free. Also, practicing saying the exercise "ta-ya-da, ta-ya-da, ta-ya-ta-ya-da" helps the throat to open wide and the tongue to work at the same time. In the process of practicing this exercise, it is necessary to pay attention to the functioning of all parts of the throat and the accurate pronunciation of the tongue. [1. page 73]



Many such exercises can be mentioned. However, some of the main problems that prevent easy performance on the trombone instrument and some of the situations encountered in the pedagogical experience to eliminate them have been touched upon.

In conclusion, it can be said that mastering performance on the trombone instrument, like all instruments, has its own difficulties. Perfect mastery of trombone performance and achieving ease in it, especially lyrical and dynamic performances, requires experience and time. Therefore, hard work, will and patience, following the teacher's instructions will lead to the desired results. After all, it is well known that such qualities are only useful for all professions.

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