

Exercise

for Trombone - Glasgow Sequenza XVII
by J. Simon van der Walt

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Programme note

Music - playing trombone:

Playing the trombone requires deep and steady breathing, and may also engage the arms, shoulders and back muscles to carry and hold the instrument in place. The trombone is a relatively large and heavy instrument that requires lots of energy to carry and lift; playing the trombone can be a mild to moderate calorie burning exercise, and is typically a solo activity.

From 'The Daily Plate - Helping you to eat smarter'

Overview

Over the course of an extended period of time (30-60 minutes) the trombonist is asked to play a 'virtuosic' passage in alternation with vigorous bouts of physical exercise. The piece becomes harder to execute as it progresses; not through any development in the music, but through the physical deterioration of the player. At intervals during the performance we hear a tireless computer rendition of the piece as it 'ought' to be.

Performance instructions

- The performance should ideally take place in a public or semi-public space rather than a concert hall
- Included with the score is a synthesised computer rendition of the piece, looped; a means of amplifying this will be necessary
- An exercise machine of some sort for the player to use would be highly appropriate, although not absolutely essential
- There are two costumes for the piece; formal concert wear (the more formal the better) and sports wear. There are two performance modes possible, left up to the choice of the player; either perform *Exercise* (and the exercise) in concert wear and change into sports wear at the end, or vice versa. Whichever way, the costume change should be performed in front of the audience as the closing gesture in the piece
- The performance is a loop, as follows;
 - Perform *Exercise* (~ 2 mins)
 - Perform exercise (~ 2½ mins)
 - Listen to ~ 30 secs of the computer rendition (playing the file from wherever it stopped the last time)
 - ... etc repeat the above 5-10 times
 - Finish with the last performance of *Exercise*, do costume change, take bow

*for Davur Juul-Magnussen, with thanks
JSVDW Glasgow 3 April 2009*

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Quasi cadenza

f 3 3 3

con rubato, teasingly

p

poco cresc *f subito*

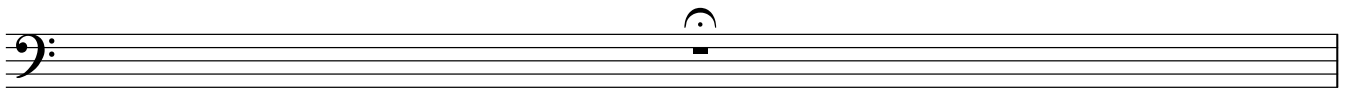
take your time

will he make it? *yes!* *starting slowly*

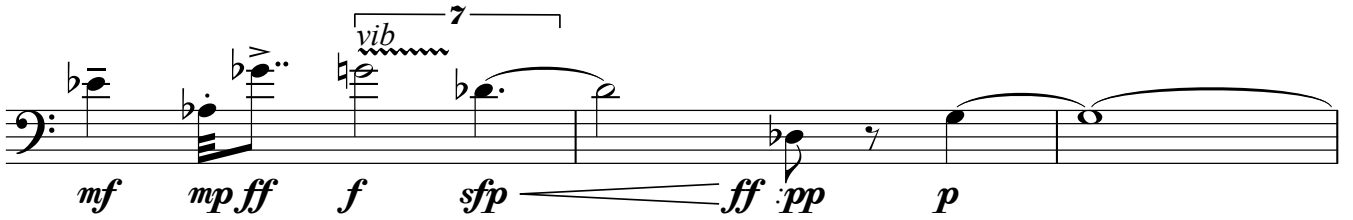
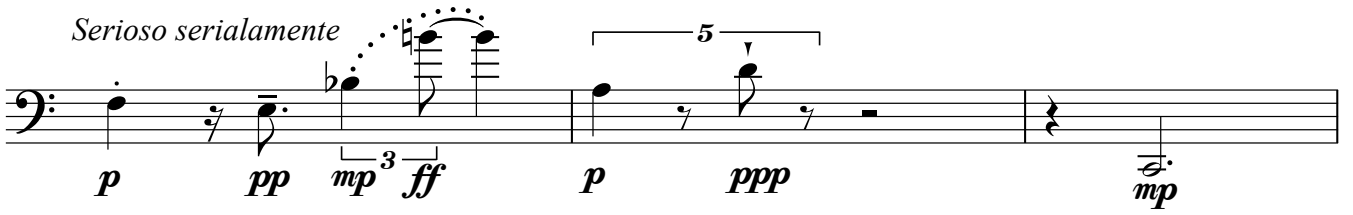
accell

take a breath where you need to!

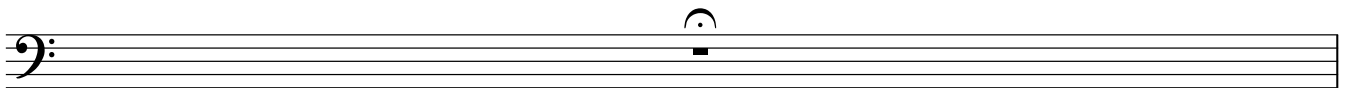
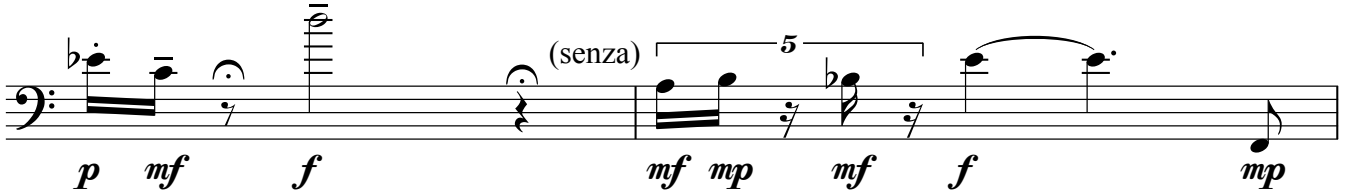
rall



Serioso serialamente



con sord



Ancora heroica

