

## II. Basic Routine

### 1. Breathing

As you exhale through the tuba, strive to keep the sound of the air flow consistent except for the very end of the note. For the end of the note, increase the intensity of the air flow slightly. Plan ahead as you are blowing and save a little air to accomplish this. 0 = open and All = all valves down (regardless of how many valves your tuba has).

$\text{♩} = 80\pm$

Inhale      Exhale through tuba      Inhale      Exhale through tuba

0      All

5      Inhale      Exhale through tuba

0

Repeat as desired. Take breaks to prevent lightheadedness.

### 2. Long Tones

$\text{♩} = 80\pm$

Inhale      Play      Inhale

6      Play      Continue to inhale over 4 beats.

10

14

18

22

26

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### 3. Dynamics

Play faster, if necessary, to make each phrase in one breath. Don't strain to make the phrase! If you aren't able to play the phrase in one breath even at a faster tempo, insert a breath as needed.

$\text{♩} = 80\pm$



The musical score consists of four staves of music in bass clef, 2/4 time, with a key signature of two flats (B-flat and E-flat). The tempo is marked as quarter note = 80±. The first staff starts with a dynamic of *p* (piano) and ends with *p*. The second staff starts with *p* and ends with *p*. The third staff starts with *p* and ends with *f*. The fourth staff starts with *f* and ends with *p*. The notes are: Staff 1: G2, A2, B2, C3, D3, E3, F3, G3; Staff 2: G2, A2, B2, C3, D3, E3, F3, G3; Staff 3: G2, A2, B2, C3, D3, E3, F3, G3; Staff 4: G2, A2, B2, C3, D3, E3, F3, G3.

### 4A. Articulation: Tenuto

Play with a variety of dynamics and articulations.

$\text{♩} = 80\pm$



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### 4B. Articulation: Staccato

Keep all notes flowing together on one constant, steady airstream; don't puff the air for each articulation.

♩ = 66±

5

### 5. Low and Resonant

To get your most resonant sound, keep your teeth apart and your tongue low because this creates space in your mouth, or oral cavity. Your oral cavity is a resonating space for your tuba playing, so keeping your teeth apart and your tongue low creates a bigger cavity and more resonance. In this exercise, you will experiment with your tone by moving your jaw up and down. When you play with your teeth together as instructed in bar two, you will get an unpleasant, nasal sound, but that is only so you can understand how it feels to do the opposite! Your goal is to achieve your most beautiful, effortless, resonant sound by keeping your teeth apart and your tongue low.

♩ = 76± For the note with the X notehead, play with your teeth together for a nasal sound.

Open Closed Open Resonant

7 Open Closed Open Resonant

13 Open Closed Open Resonant

19 Open Closed Open Resonant