
UNI All-State Workshop: Tuba / Euphonium

Sunday September 24, 2023 | RSL 116 | 2-5 p.m.

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Workshop Outline:

Introductions

Breathing

Warm-Up vs. Routine

Mouthpiece Buzzing

Warm-Up and Fundamental Exercises

How to structure your practicing

Practice Techniques: Divide and Conquer

Tuba Etude #1 -Blazevich #8

Scale Studies for Etude #1 / Group Play Along

Euphonium Etude #1 – Voxman C major

Scale Studies for Etude #1 / Group Play Along

Audition Day Tips and Suggestions

Euphonium Etude #2 – Voxman F# minor

Scale Studies for Etude #2 / Group Play Along

Tuba Etude #2 – Blazevich #26

Scale Studies for Etude #2 / Group Play Along

Breathing

- Do 1-2 minutes of breathing exercises before you play to help focus and prepare your body to play
- “WHOE” as you breathe in
- Feel how your lungs expand when you breathe in. Can you do this with no tension or effort?

Warm-Up vs. Routine

Think of your warm up as an activation of good habits and finding your best sound

The first 15 minutes of your day on the instrument will determine how you play for the day

Discussion Questions:

- What’s the purpose of a good warm-up?
- What’s the purpose of a good routine?
- How would a **great** tuba/euphonium player warm up?

Mouthpiece Buzzing

- What are some benefits of buzzing on the mouthpiece?
- The Buzzing Book by James Thompson
- Audiation Skills

Warm-Up and Fundamental Exercises

- Basic Warm-Up
- Beautiful Sounds
- Peanut Butter Long Tones

How to structure your practice sessions

- Shoot for 90 minutes – 2 hours a day
 - TWO 45-60 minute sessions
 - Session 1: Warm-Up and Fundamentals + Scales
 - FYI If you play through all of the warm-up and fundamental exercises and all of the scale exercises it takes about 45 minutes
 - Session 2: Solo Rep, Etudes, Sight Reading
- Prioritize music you need to work on, not music you can already play
- SCALES
 - Use scales and scale studies as a tool to help you improve faster
 - Focus on scales you are not good at
 - Play your scales with as much musicality as you would a solo
- How you do anything is how you do everything
 - This applies to your fundamentals, your scales, solos, etudes, etc.

Practice Techniques: Divide and Conquer Method

5 Step Process

1. **Divide** each etude into small chunks. I try to divide them into **5** chunks (one for each day of the week I intend on practicing)
2. Set a timer for 20-30 minutes when you are practicing. This is the *scientifically backed amount of time we can focus with intensity. Lock in, set your phone to Do Not Disturb, and get to work.
3. Practice the small chunk of music that you need to practice for the day with the goal of mastering it. Start by running the entire chunk without stopping. Find the tempo you need to go to make it through without stopping and use that as your starting point for the day. I typically start at 50% of the goal tempo and gradually increase the tempo from there.
 - This is the hierarchy of concepts I am trying to “master” in this time:
 - Time – correct rhythms, consistent tempo, and a sense of “groove”
 - Pitch – correct notes, excellent intonation, and “slotting” every note
 - Style – dynamics, correct articulations, appropriate note shapes, extra musical flavorings, etc.
4. When the timer goes off **record yourself “performing” the chunk**. Treat this as you would a real performance and imagine yourself playing this in an audition room.
5. Listen to that recording -***This is the most important yet most often skipped step.***
 - Listen to your recordings objectively and listen for what you like and what you want to improve. I typically listen to the recording as soon as I’m done and I review it the next time I prepare to practice.
 - You are becoming a better listener, player, and teacher by doing this. All of which helps you become a better musician.
 - Alter your warm-up and fundamental routine to address the areas of your playing that you want to improve based on these recordings.

Bonus points: send these recordings to your teacher(s) and peers for feedback

Audition Day Tips and Suggestions

Nutrition, Hydration, and Sleep are key

- Get adequate rest the day/night before the audition
- Stay hydrated
 - drink water with citrus in it to help prevent dry mouth during performances
- Keep it light leading up to the audition or performance. I stick with fruits only until after I play.
- The Trifecta™ - Apple | Orange | Banana
 - The apple will keep you satiated and give you energy
 - The orange is citrus and will help hydrate you and prevent dry mouth
 - The banana is full of potassium will can help calm performance nerves.
- Limit your caffeine intake.

Do the same warm-up you've been doing

Try not to play too much. Sing through your solo and etudes

Play the beginning of each etude but start them at half tempo

When in the audition:

- Make sure your instrument has NO water in it. Empty it completely before the audition.
- Breath in thru your nose and out your mouth as you prepare to play
- Sing what you're about to play in your head (this is also called audiating)
- **Follow the 10% Rule**
 - As you sing the music you're about to play in your head, slow it down 10% and it'll probably be the perfect tempo. Don't let your adrenaline affect your tempi and go intentionally slower than you think you should.

Take big breaths

PLAY PRETTY