

Warm-Up's and Fundamentals

Dr. Brett Copeland

Basic Warm-Up
♩ = 60 [2 bar drum intro]

Basic Warm-Up musical notation in bass clef, 4/4 time. It consists of four staves of whole notes. The first staff has notes: C2, D2, E2, F2, G2, A2, B2, C3. The second staff has notes: D2, E2, F2, G2, A2, B2, C3, D3. The third staff has notes: E2, F2, G2, A2, B2, C3, D3, E3. The fourth staff has notes: G2, A2, B2, C3, D3, E3, F3, G3.

Variation 1 *etc.*

Variation 1 musical notation in bass clef, 4/4 time. It consists of a single staff of eighth notes: C2, D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4.

Variation 2 *etc.*

Variation 2 musical notation in bass clef, 4/4 time. It consists of a single staff of eighth notes: C2, D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4.

Variation 3 *etc.*

Variation 3 musical notation in bass clef, 4/4 time. It consists of a single staff of sixteenth notes: C2, D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4.

Variation 4 *etc.*

Variation 4 musical notation in bass clef, 4/4 time. It consists of a single staff of eighth notes with sixteenth-note triplets. The notes are: C2, D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4.

Variation 5 *etc.*

Variation 5 musical notation in bass clef, 4/4 time. It consists of a single staff of sixteenth notes with dynamic markings: *pp*, *mp*, *pp*, *pp*, *mp*, *pp*.

Variation 6 *etc.*

Variation 6 musical notation in bass clef, 4/4 time. It consists of a single staff of eighth notes with dynamic markings: *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *simile*.

Variation 7 *etc.*

Variation 7 musical notation in bass clef, 4/4 time. It consists of a single staff of eighth notes with dynamic markings: *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *simile*.

Variation 8 *etc.*

Variation 8 musical notation in bass clef, 4/4 time. It consists of a single staff of quarter notes with dynamic markings: *fp*, *fp*, *fp*, *fp*.

Beautiful Sounds
♩ = 60-100 [2 bar drum intro]

The image displays 11 staves of musical notation for bass guitar. Each staff consists of two measures of music, separated by a double bar line. The first measure of each staff is a continuous eighth-note line. The second measure is a series of notes with stems pointing up and down, also in eighth notes. The key signature changes from one flat to two flats, then to one sharp, and finally to one flat. The music is written in bass clef.

Peanut Butter Long Tones

♩ = 60-120

Make these the stickiest and most connected slurs you can possibly play.

Three staves of musical notation in bass clef. Each staff contains four measures of music. The notes are slurred together across the measures. The first staff has notes: G2, A2, B2, C3, D3, E3, F3, G3. The second staff has notes: G2, A2, B2, C3, D3, E3, F3, G3. The third staff has notes: G2, A2, B2, C3, D3, E3, F3, G3.

Peanut Butter Long Tones II

Two staves of musical notation in bass clef. Each staff contains four measures of music. The notes are slurred together across the measures. The first staff has notes: G2, A2, B2, C3, D3, E3, F3, G3. The second staff has notes: G2, A2, B2, C3, D3, E3, F3, G3.

Bai Lin Lip Slurs

♩ = 60-120

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Three staves of musical notation in bass clef. Each staff contains four measures of music. The notes are slurred together across the measures. The first staff has notes: G2, A2, B2, C3, D3, E3, F3, G3. The second staff has notes: G2, A2, B2, C3, D3, E3, F3, G3. The third staff has notes: G2, A2, B2, C3, D3, E3, F3, G3.

Noodles Down from *The Caruso Method*

♩ = 60-180

Breathe as often as needed. This could also be played one octave lower and one octave higher.

Two staves of musical notation in bass clef. Each staff contains eight measures of music. The notes are slurred together across the measures. The first staff has notes: G2, A2, B2, C3, D3, E3, F3, G3. The second staff has notes: G2, A2, B2, C3, D3, E3, F3, G3.

Noodles Up

Two staves of musical notation in bass clef. The first staff contains six measures of eighth-note patterns, and the second staff contains six more measures, ending with a double bar line. The notes are primarily eighth notes and quarter notes, with some accidentals.

Arpeggios from Giuseppe Concone's Thirty Daily Exercises
♩ = 60

Five staves of musical notation in bass clef, 4/4 time. Each staff shows a sequence of arpeggiated chords. The first four staves each have two measures of arpeggios followed by a whole rest. The fifth staff has four measures of arpeggios. The notes are eighth notes, and the chords change across the staves.

Chord Studies from Giuseppe Concone's Thirty Daily Exercises
♩ = 60

Three staves of musical notation in bass clef, 4/4 time. Each staff contains two measures of triplet eighth-note patterns. The notes are eighth notes, and the chords change across the staves. The first measure of each staff is bracketed with a '3' above it, and the second measure is also bracketed with a '3' above it.

Exercise in Octaves
♩ = 60-120

pf

Musical score for Exercise in Octaves, consisting of three staves of bass clef notation. The first staff begins with a dynamic marking of *pf*. The exercise features eighth notes and rests, with various accidentals (sharps, flats, naturals) and key signatures (one sharp, one flat, and natural). The piece concludes with a double bar line.

Arban's Fundamental Exercise #16
♩ = 60, 80, 100, 120

f

Musical score for Arban's Fundamental Exercise #16, consisting of three staves of bass clef notation. The first staff begins with a dynamic marking of *f*. The exercise consists of quarter notes and rests, with various accidentals and key signatures. The piece concludes with a double bar line.

Arban's Fundamental Exercise #48
♩ = 60, 80, 100, 120

f mp

Musical score for Arban's Fundamental Exercise #48, consisting of nine staves of bass clef notation. The first staff begins with dynamic markings of *f* and *mp*. The exercise features eighth notes and rests, with various accidentals and key signatures. The dynamic markings alternate between *f* and *mp* across the staves. The piece concludes with a double bar line.

Slippery Triplets from Chris Olka's "Dirty 30" Warm-up Routine

♩ = 60-120 Play both slurred and articulated

The image displays a sheet of music for bass clef instruments, consisting of 12 staves. Each staff contains three measures of music, with a '3' above each triplet. The key signature and time signature vary across the staves. The first staff is in C major and 4/4 time. The second staff is in D major and 4/4 time. The third staff is in E major and 4/4 time. The fourth staff is in F major and 4/4 time. The fifth staff is in G major and 4/4 time. The sixth staff is in A major and 4/4 time. The seventh staff is in B major and 4/4 time. The eighth staff is in C major and 4/4 time. The ninth staff is in D major and 4/4 time. The tenth staff is in E major and 4/4 time. The eleventh staff is in F major and 4/4 time. The twelfth staff is in G major and 4/4 time. The music is a warm-up routine for triplets, with a tempo of 60-120 beats per minute. The instruction is to play both slurred and articulated.