# Sonic Foundations

## Tuba

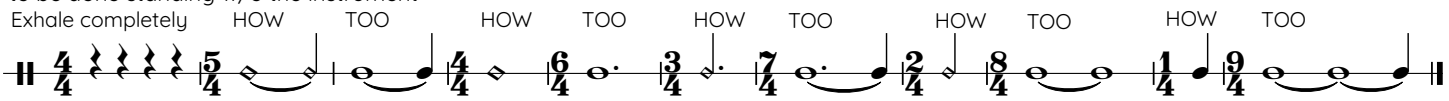
a low brass fundamentals routine with backing tracks
for individuals, small groups, lessons, sectionals, or group warm-up sessions

## Breathing Exercises

Brett Copeland

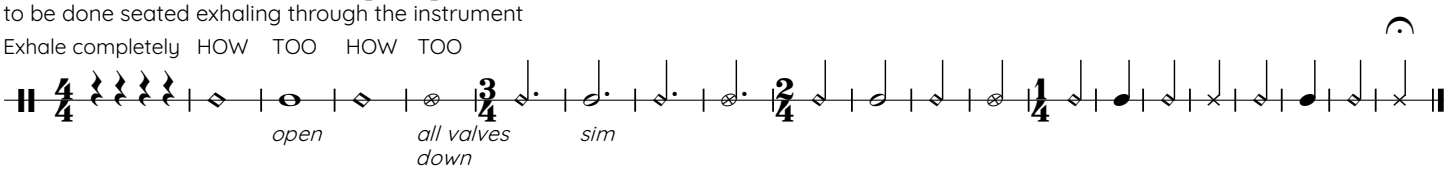
### 1. Breathe to Expand [1:08]

to be done standing w/o the instrument



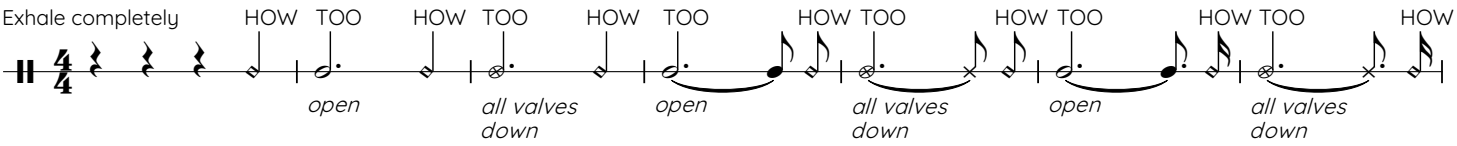

### 2. Breathe without Friction [0:59]

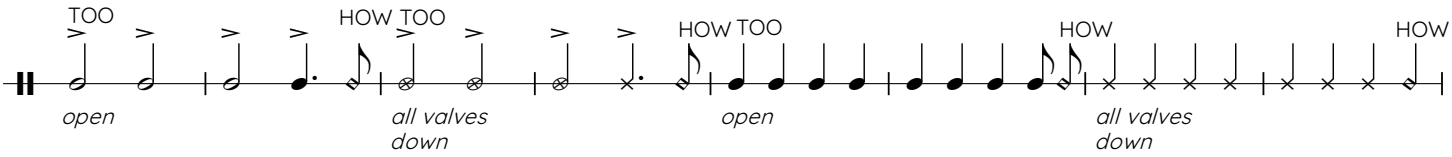
to be done seated exhaling through the instrument

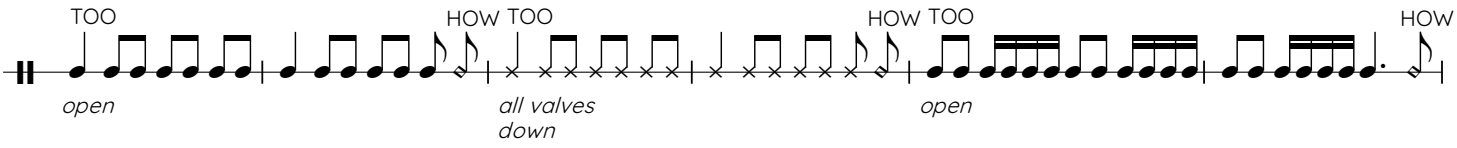



### 3. Rhythmic Breathing [1:52]

energize your airstream following the articulation



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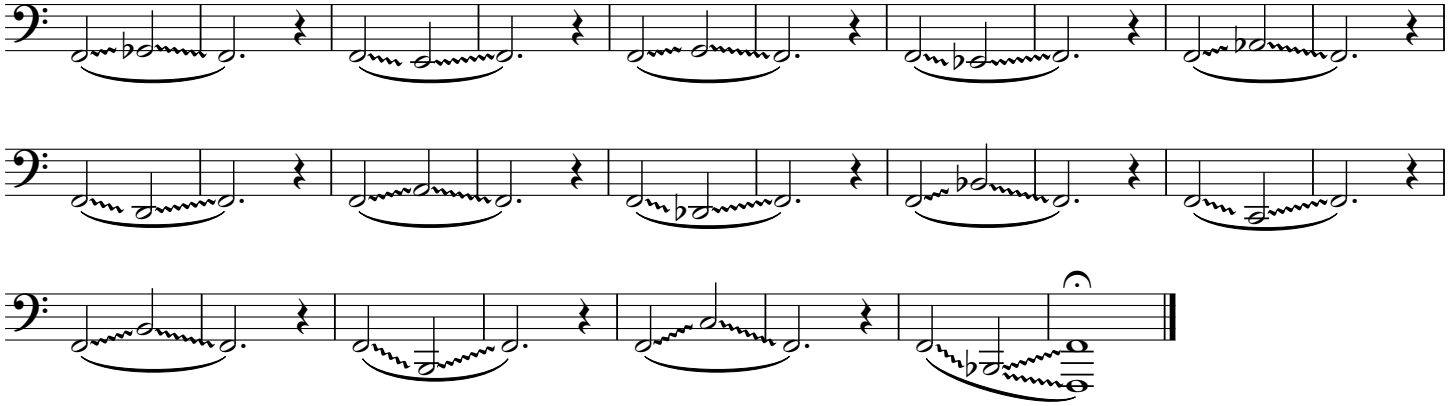
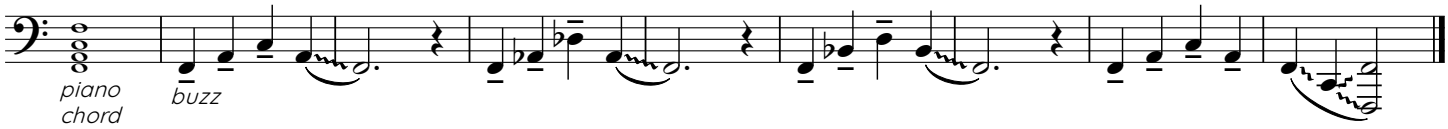
# **Mouthpiece Buzzing** play the exercises on the instrument after buzzing it

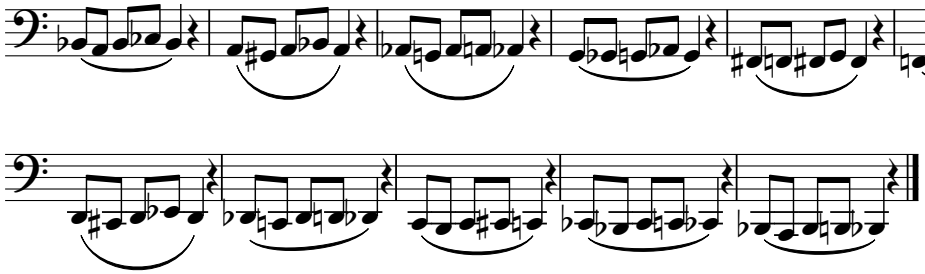
**4. Gooey Spiders [1:30]** - one bar lead in
air attack all articulations
focus on smooth and connected glissando slurs



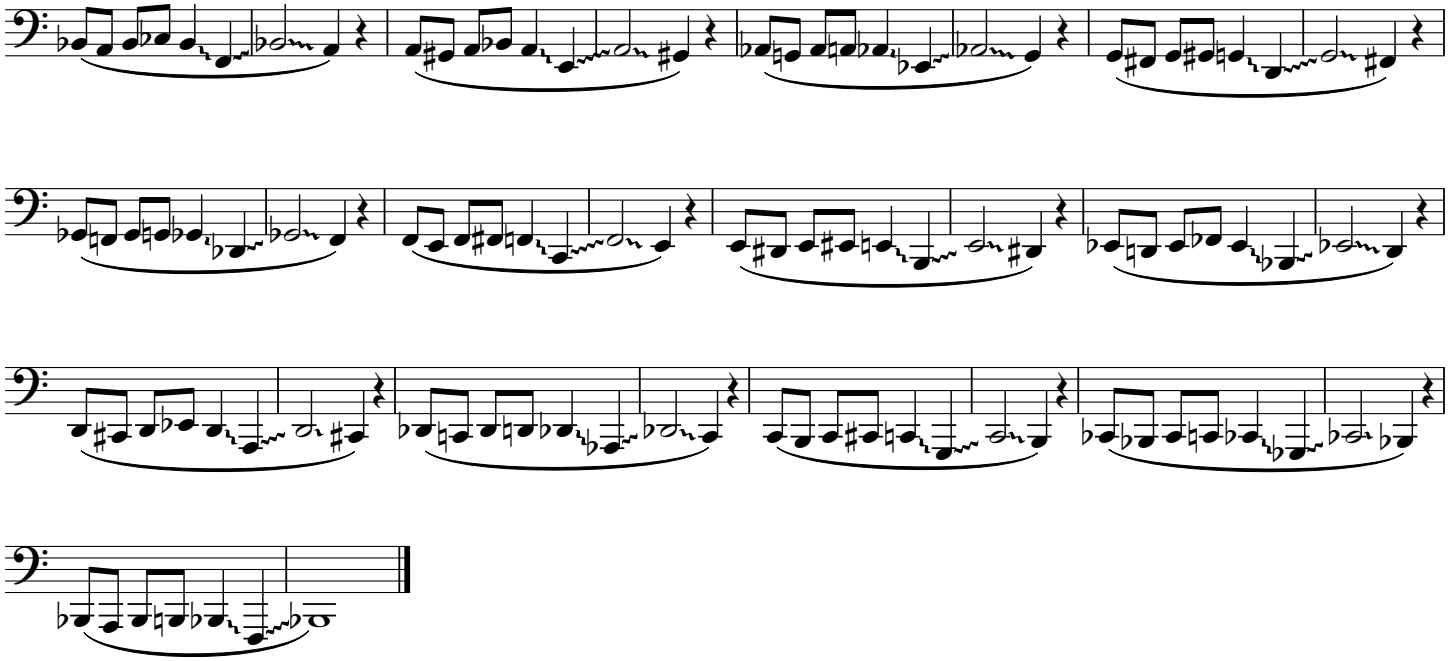
**5. Common Tone Chord Arps [0:44]**
strive for accuracy, excellent intonation, and clear articulation




**6. Gooey Chromatics [0:56]** - one bar lead in
strive for excellent intonation and a ratio of 60% air 40% buzz

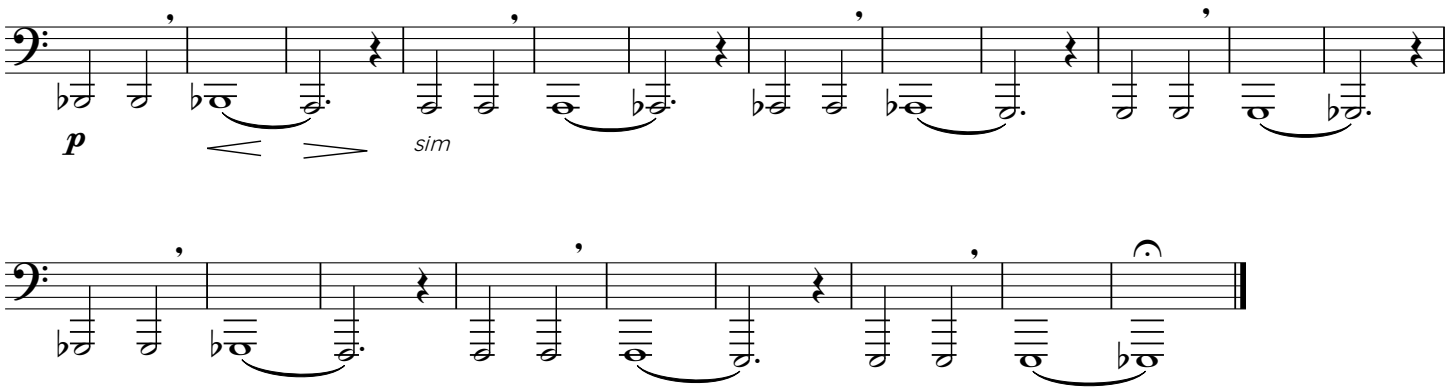


**7. Gooey Chromatics II [1:27]** - one bar lead in
strive for consistent air flow and an even sound throughout

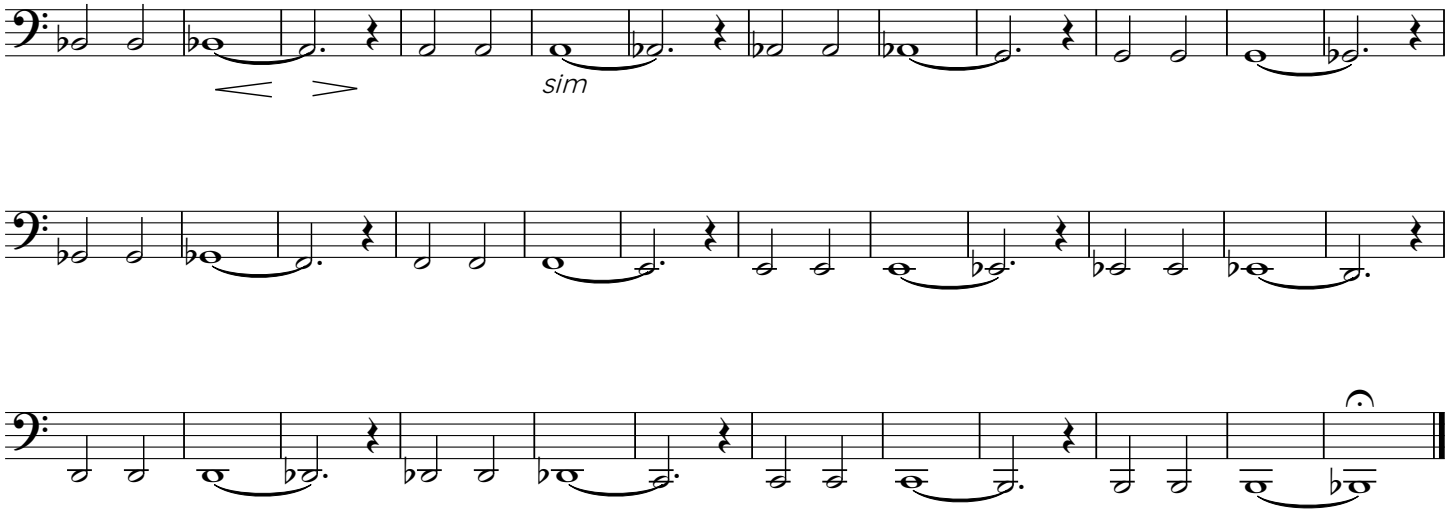


# Tone Production

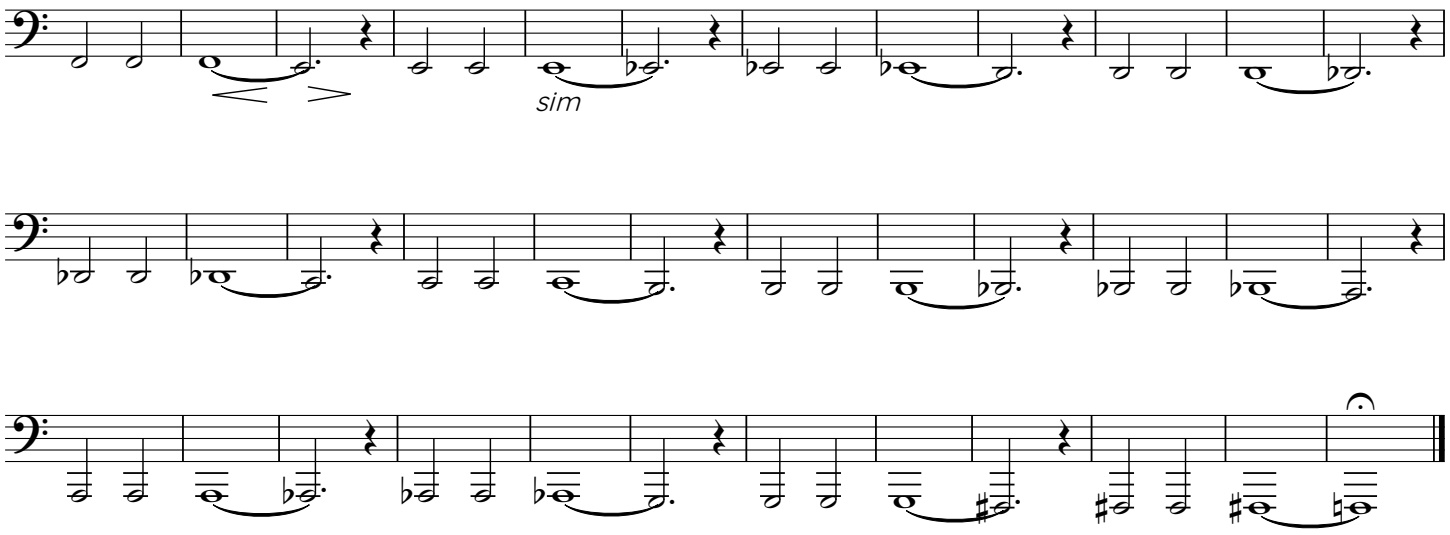
**8. Klangvorstellung "the concept of sound" [1:36]** - one bar lead in
play with your fullest and most colorful sound



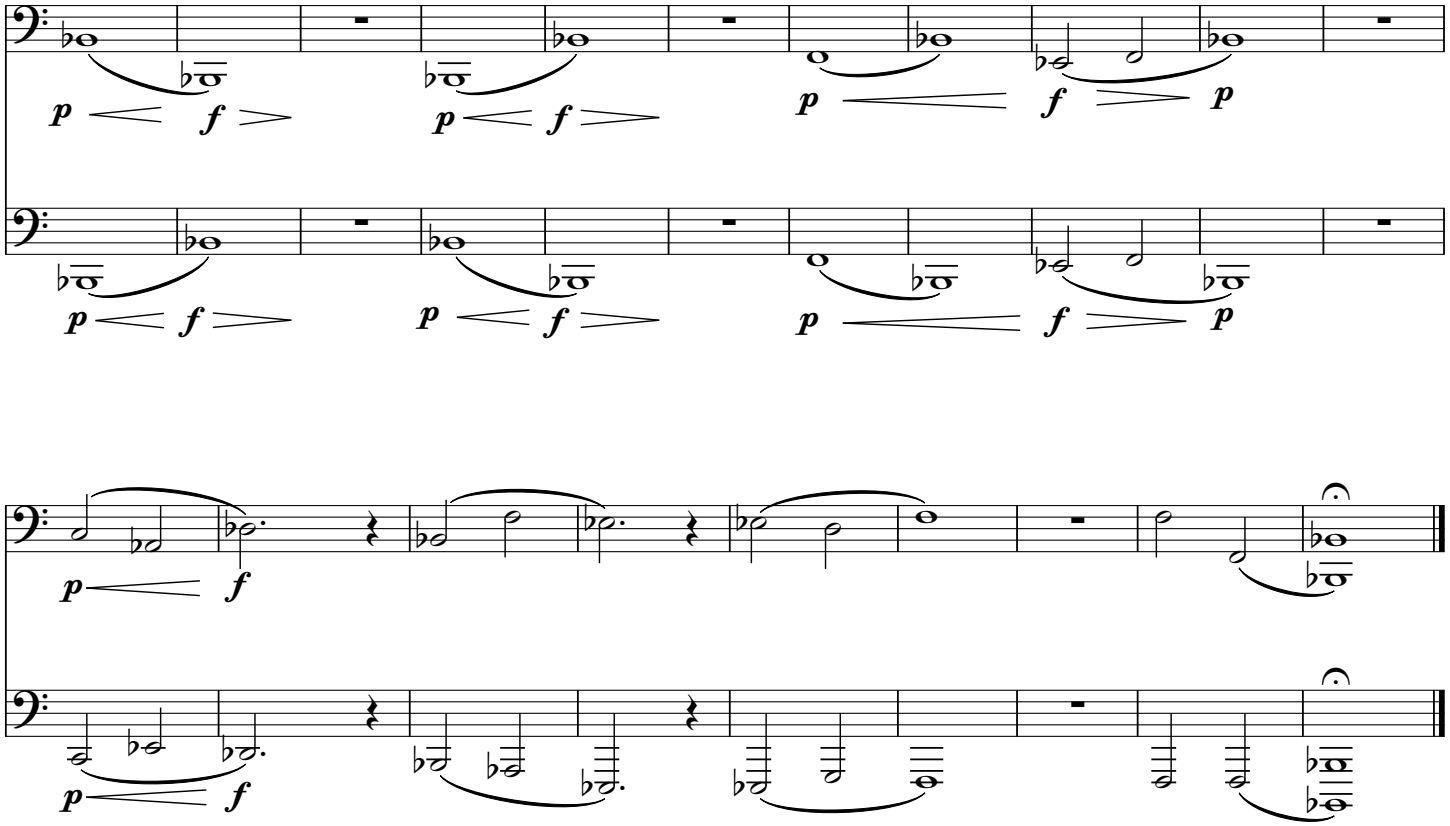

**8.1** - optional 8vb.



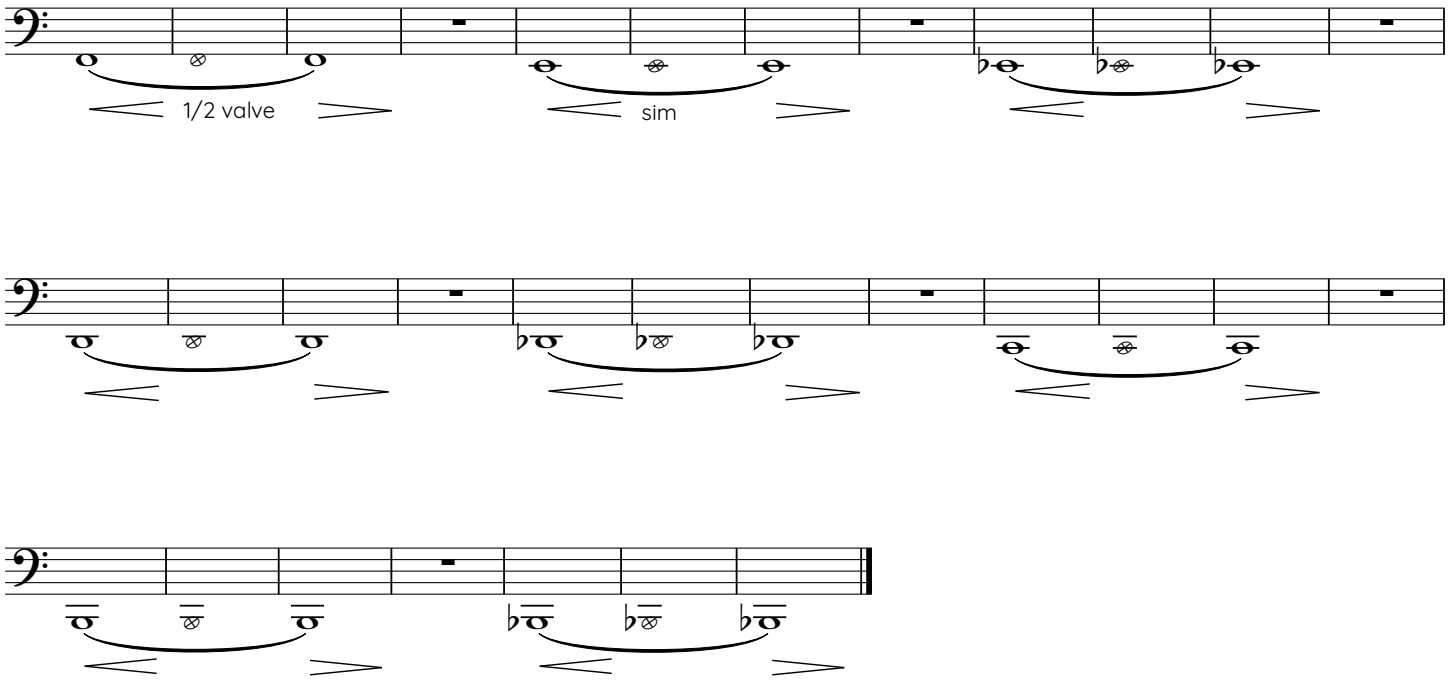

**8.2**



**9. Breathe & Blow [1:33]** - one bar lead in
breathe without friction and focus on smooth transitions between inhalation and exhalation
alternate which line you play each time you do this exercise

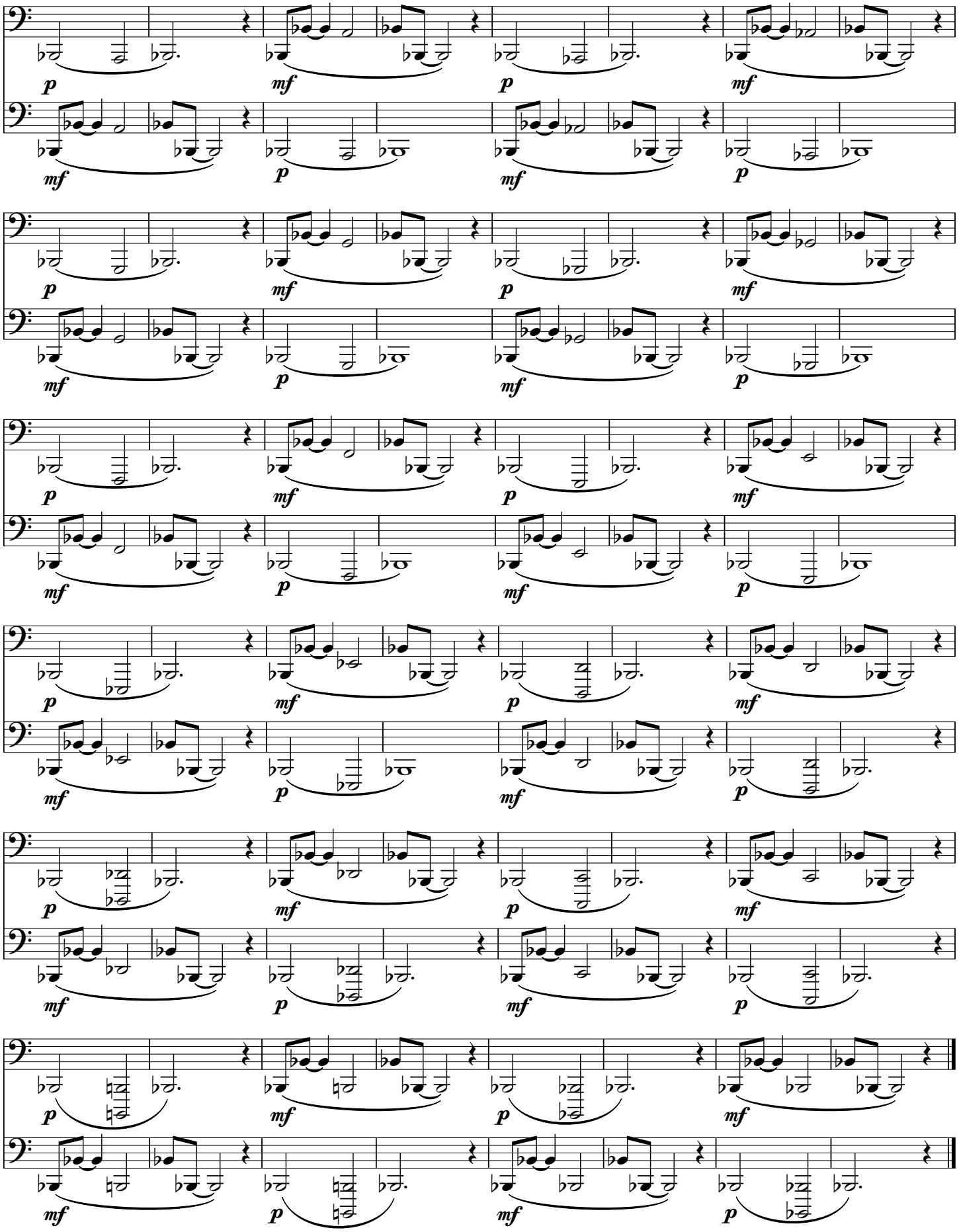



**10. Tone Openers [1:51]** - one bar lead in
increase your air flow as you 1/2 valve and focus on keeping a consistent pitch
find your most resonate sound for each note

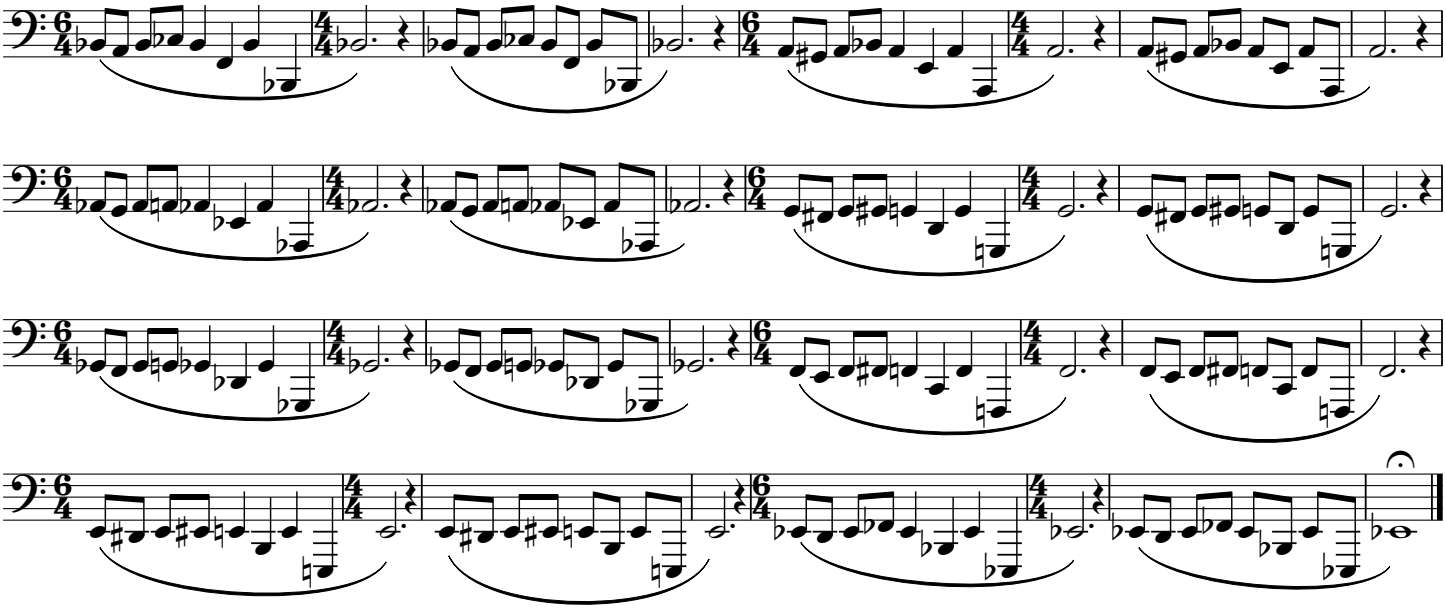


## Flexibility

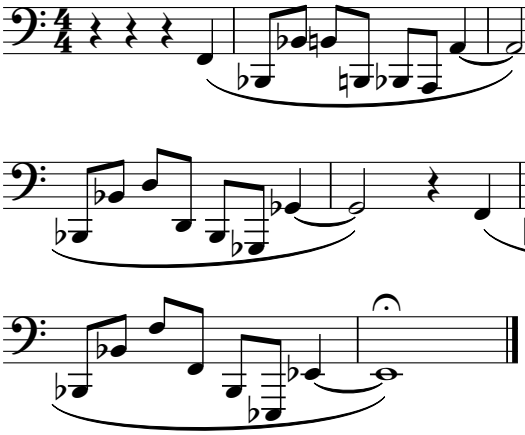
**11. Peanut Butter Long Tones [3:36]** - one bar lead in
make these the stickiest and most connected slurs you can possibly play



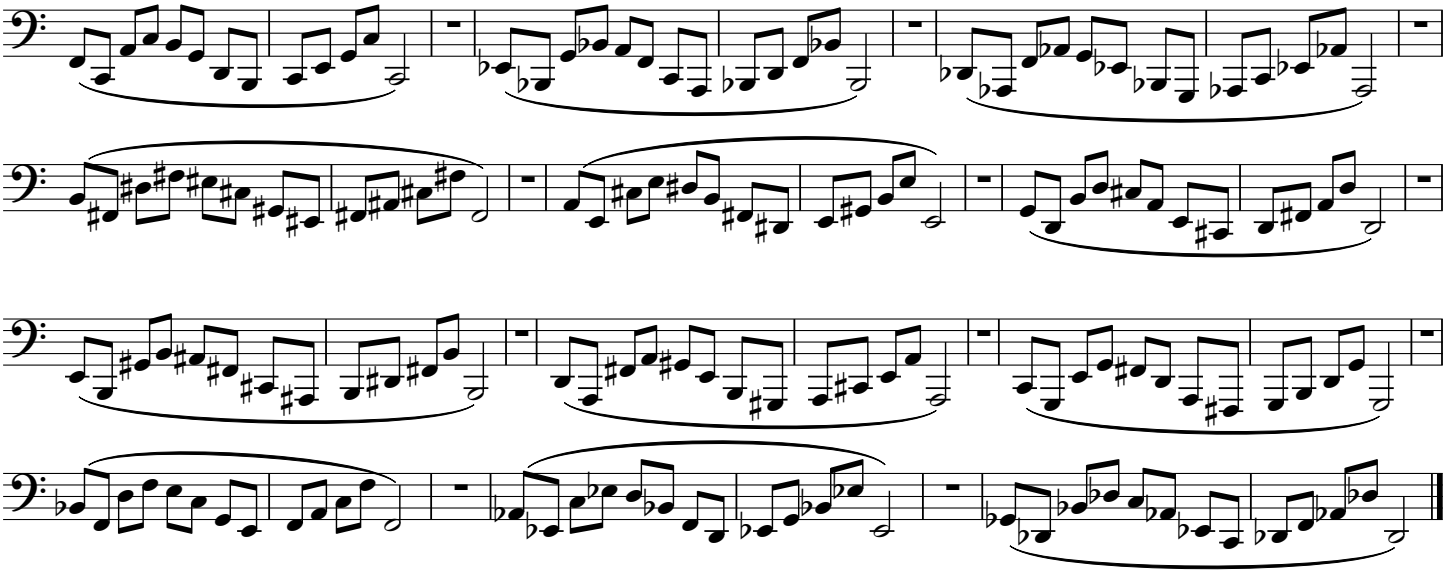
**12. Chromatic Noodles [2:15]** - 6 count lead in
energize your air stream and strive for smooth slurs with minimal embouchure change



**13. Don Harry Slurs [1:05]** - 3 count lead in
strive for smooth slurs and a consistent tone throughout



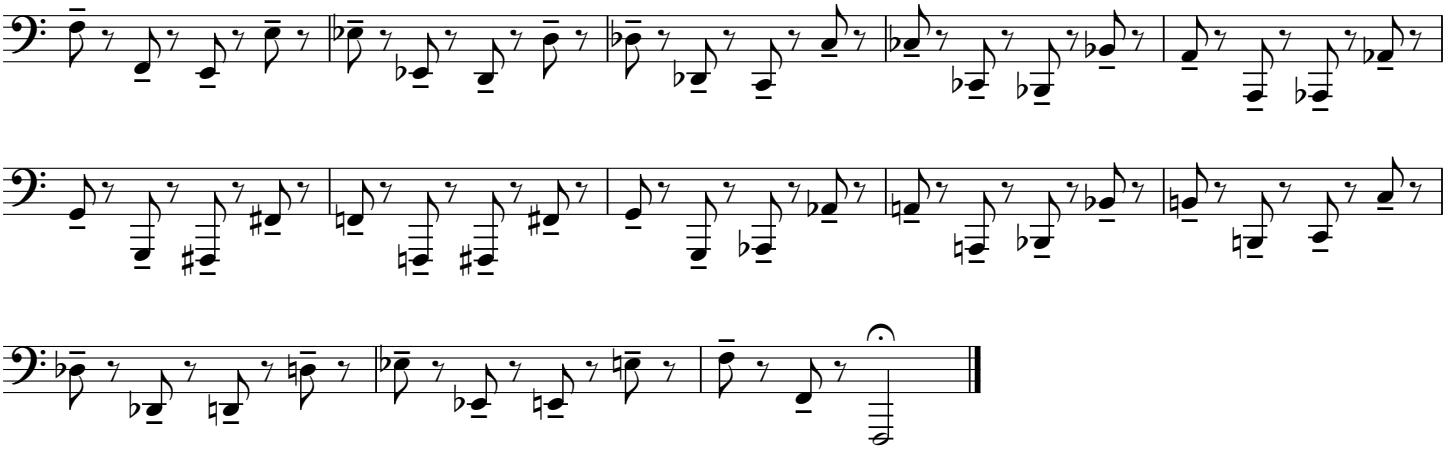
**14. Smooth ii-V-I slurs [2:27]** - one bar lead in
as smooth as possible
60, 80, 100, 120, 140 BPM backing track options



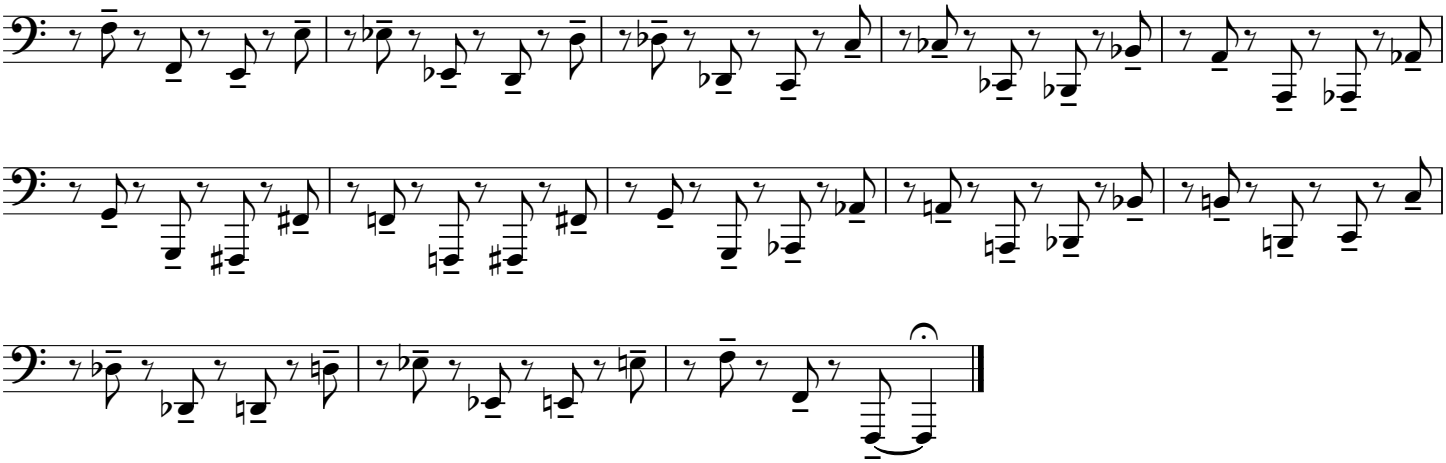
# Articulation



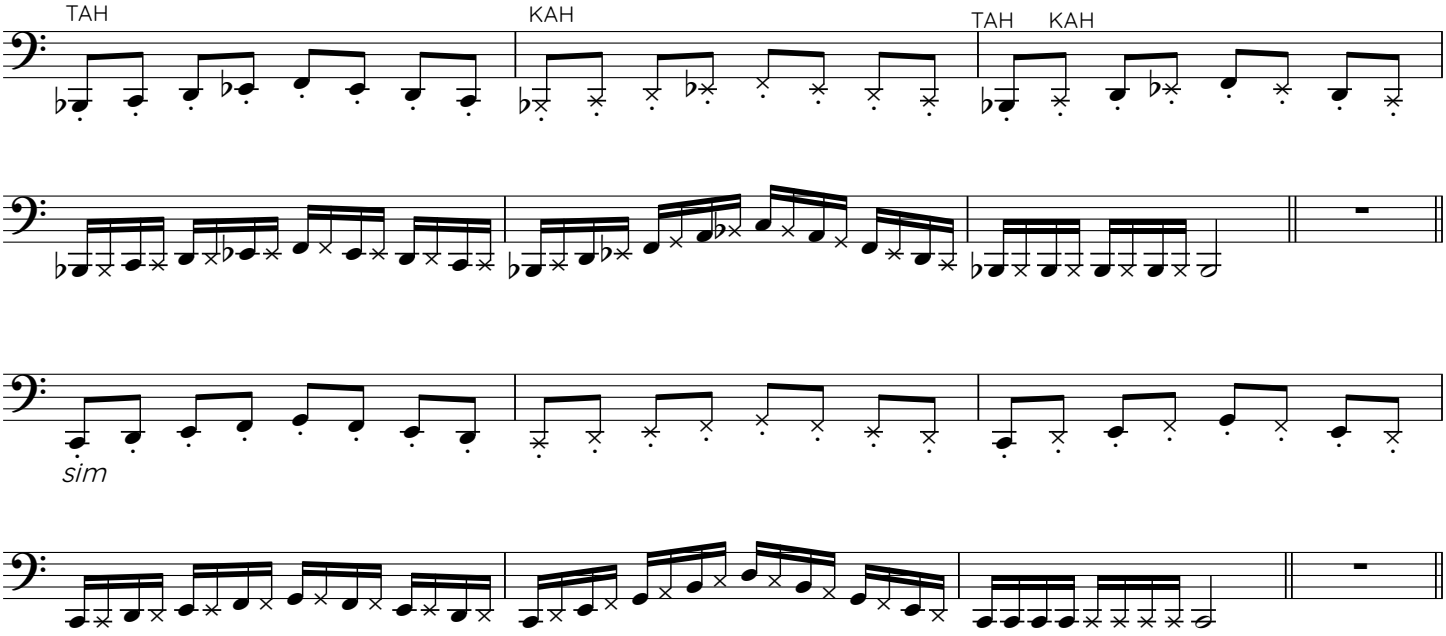
**15. Exercise in Octaves [0:57]** - one bar lead in (2 clicks + 2 beats of drums)
play at both ***p*** and ***f*** dynamics
focus on accuracy and clear articulations

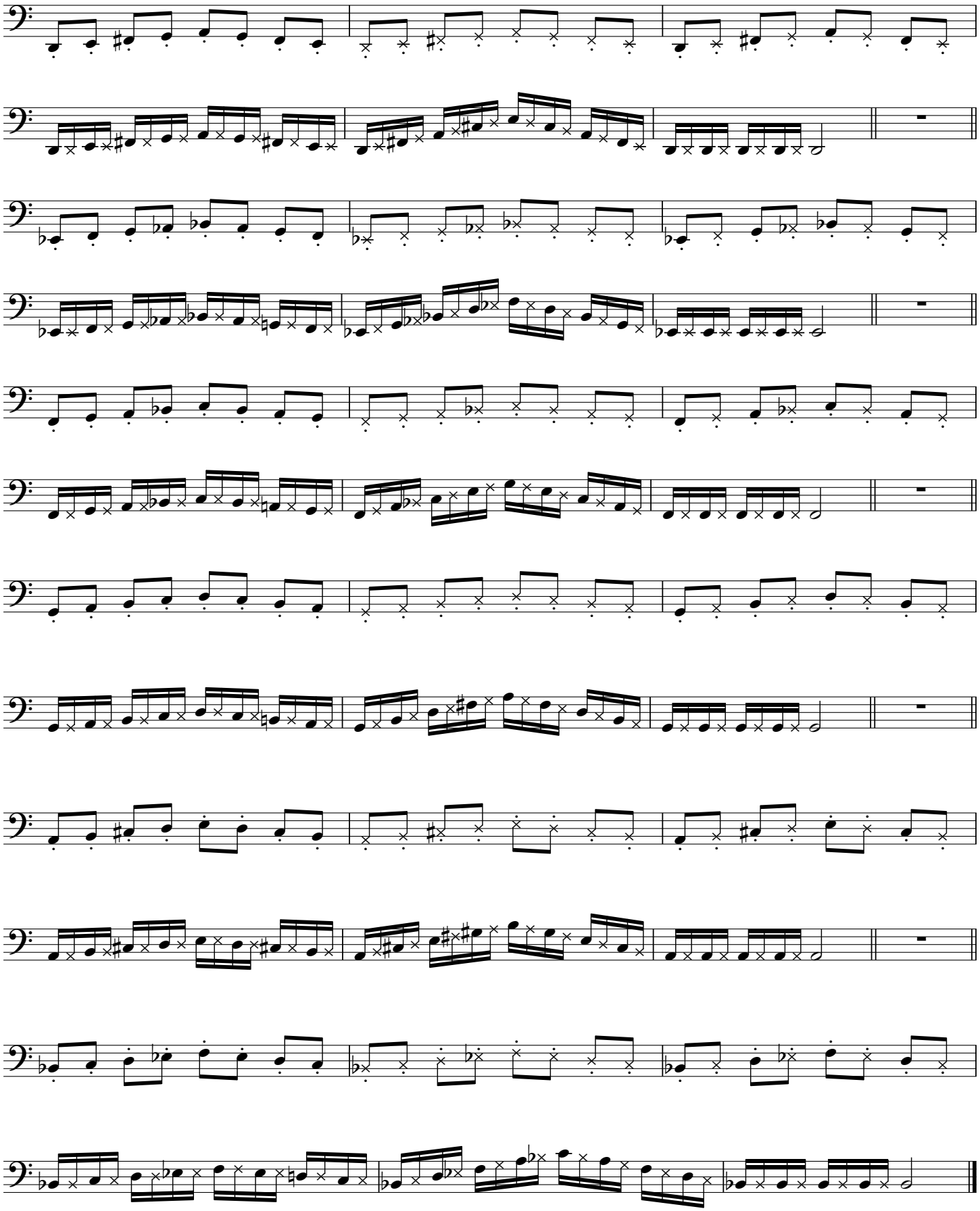


**Rhythmic Variation**

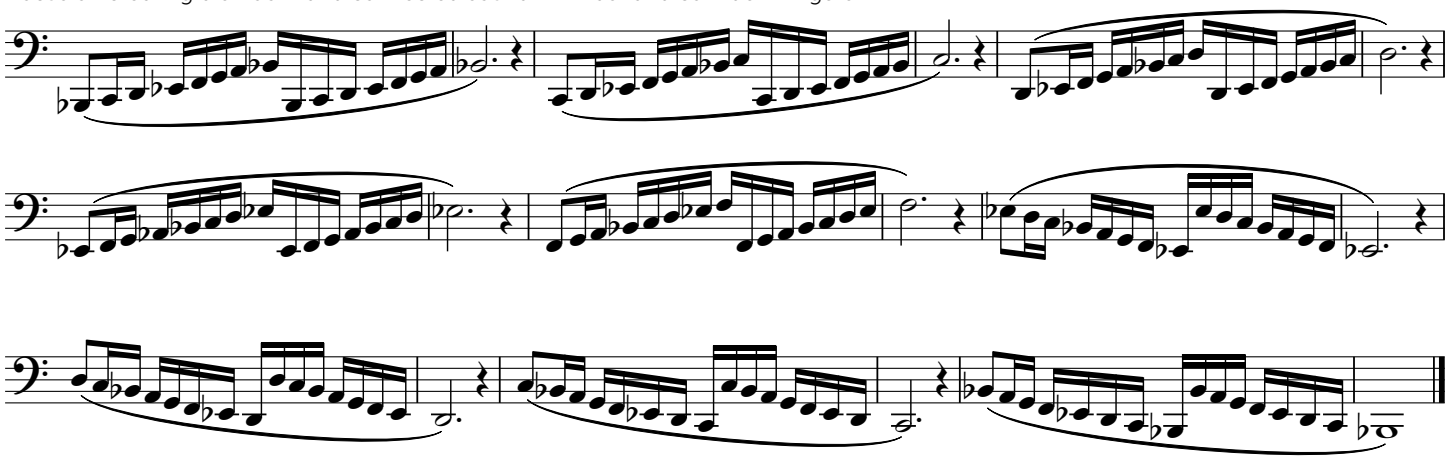


**16. Tah-Tah Kah-Kah [2:52]** - one bar lead in
be sure to support your articulation with air
start with speaking the exercise with the correct articulations, then wind pattern, then play
this backing track is available at 80, 100, and 120 bpm

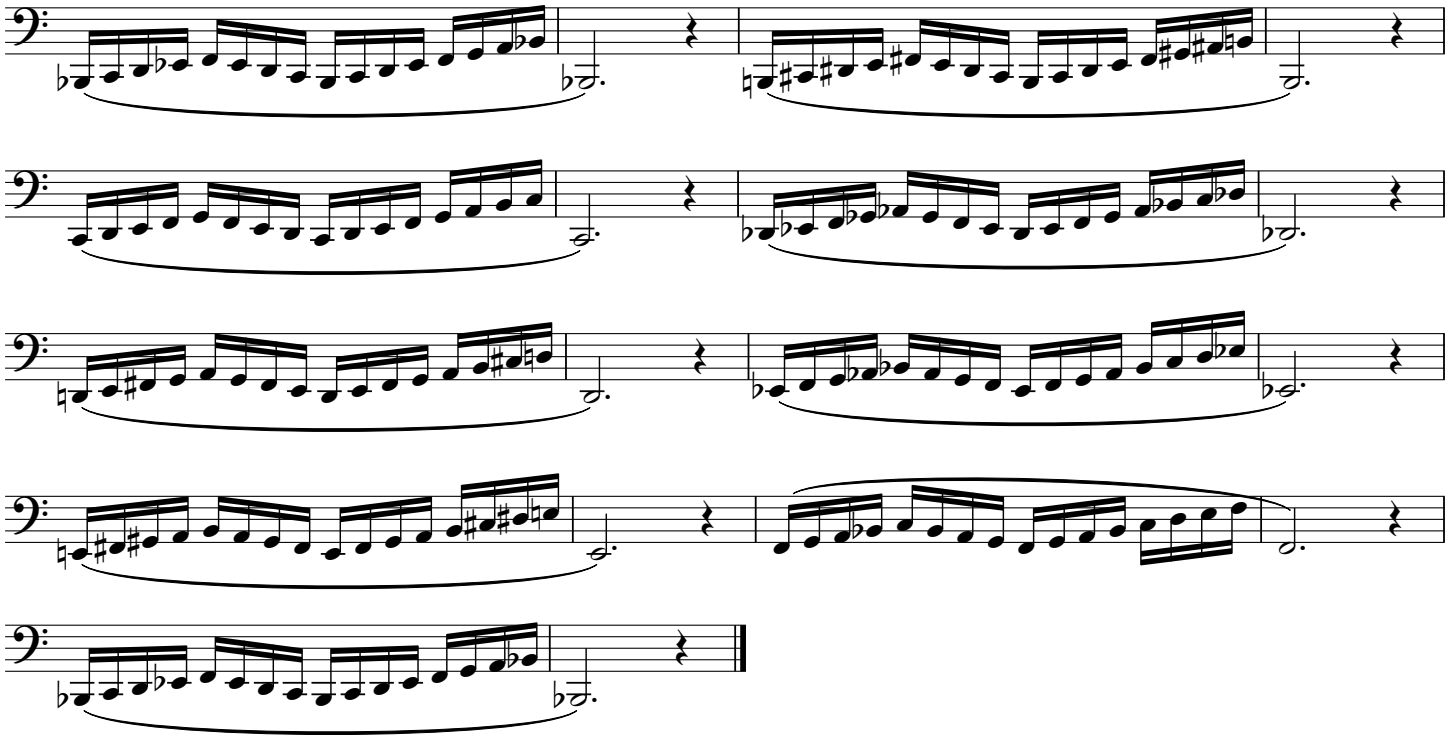




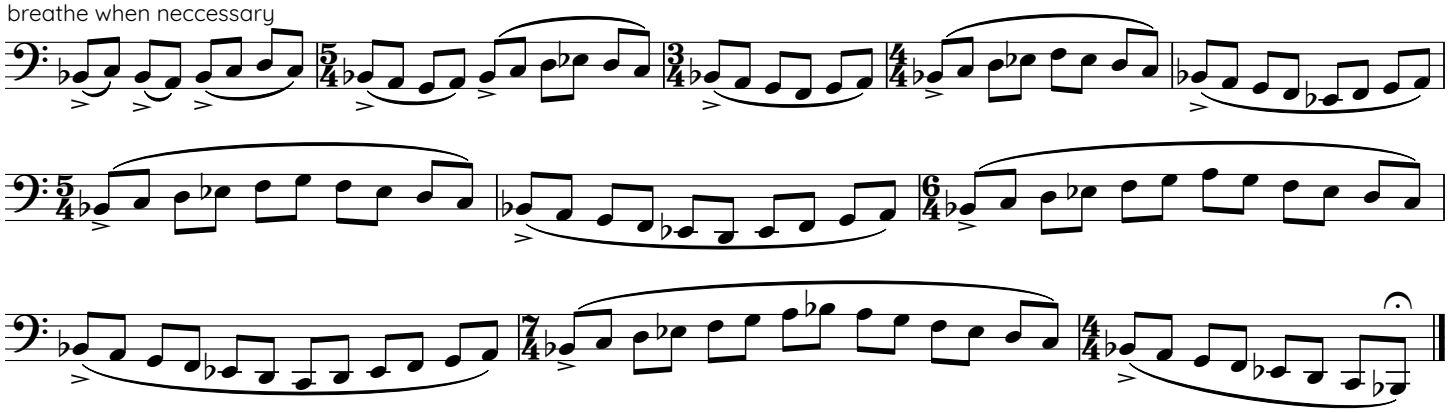
**17. Concone Scale+Modes [1:01]** - one bar lead in
focus on creating a smooth and connected sound with fast and confident fingers



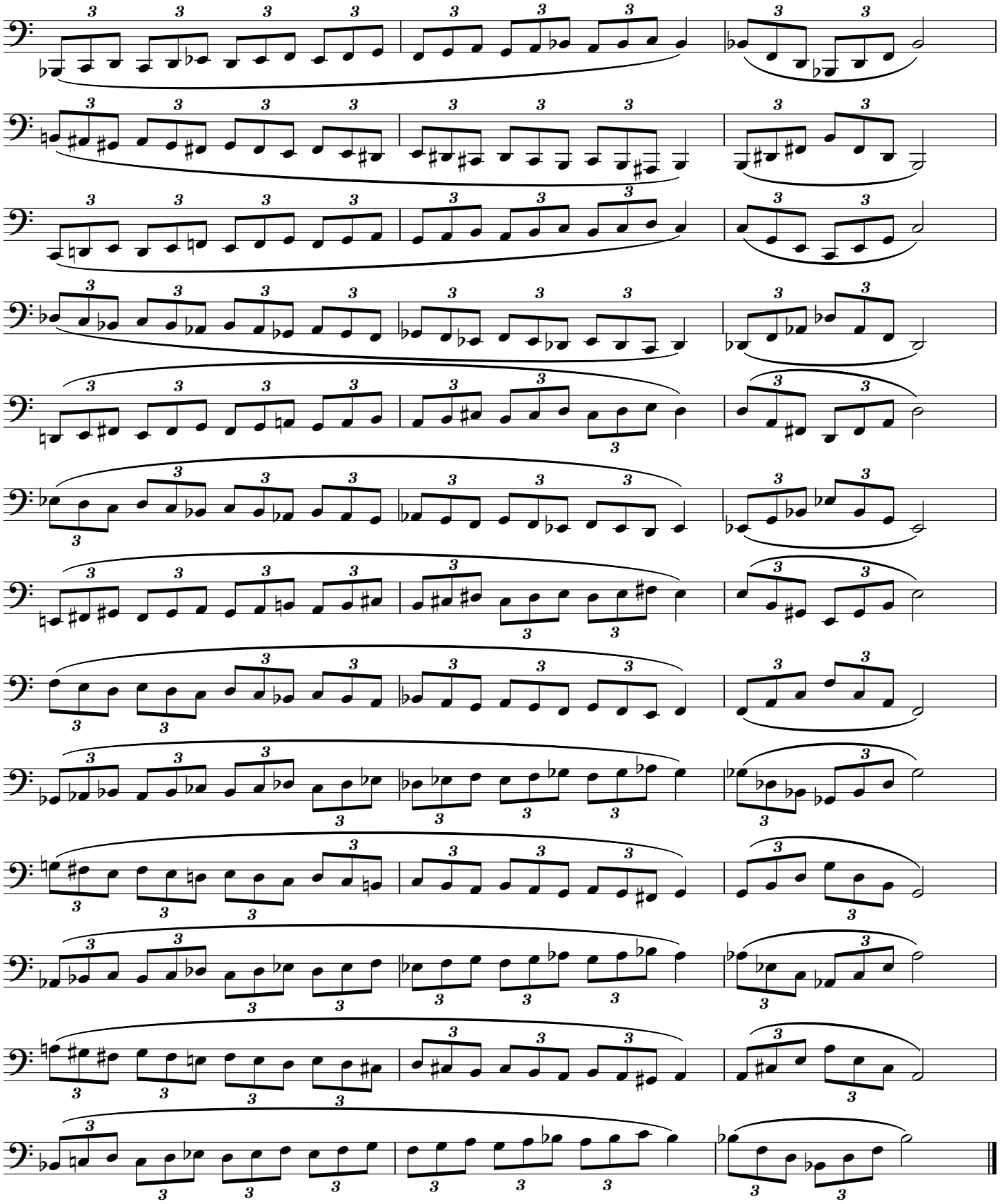
**18. Concone I-V-I-Octave Scales [1:01]** - one bar lead in
focus on creating a smooth and connected sound with fast and confident fingers



**19. The Dreamweaver [0:47]** - one bar lead in
focus on creating an effortless and colorful sound
breathe when neccessary

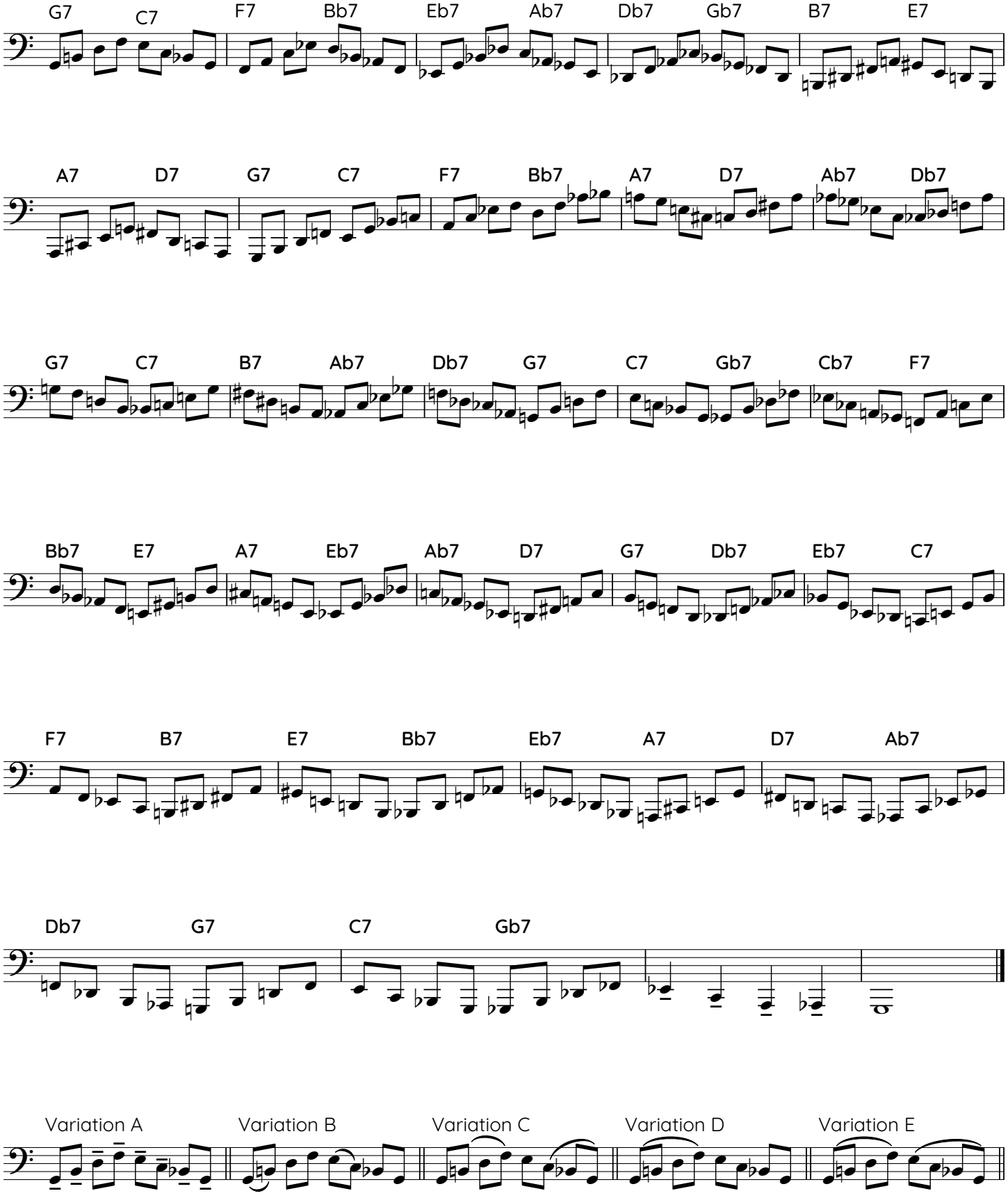


**20. Slippery Triplets [3:01]** based on an exercise from Chris Olka's *Dirty 30* routine - one bar lead in
avoid adding accents to the beginning of each set of triplets
strive for a consistently beautiful sound
play at a dynamic that allows you to play each line in one breath

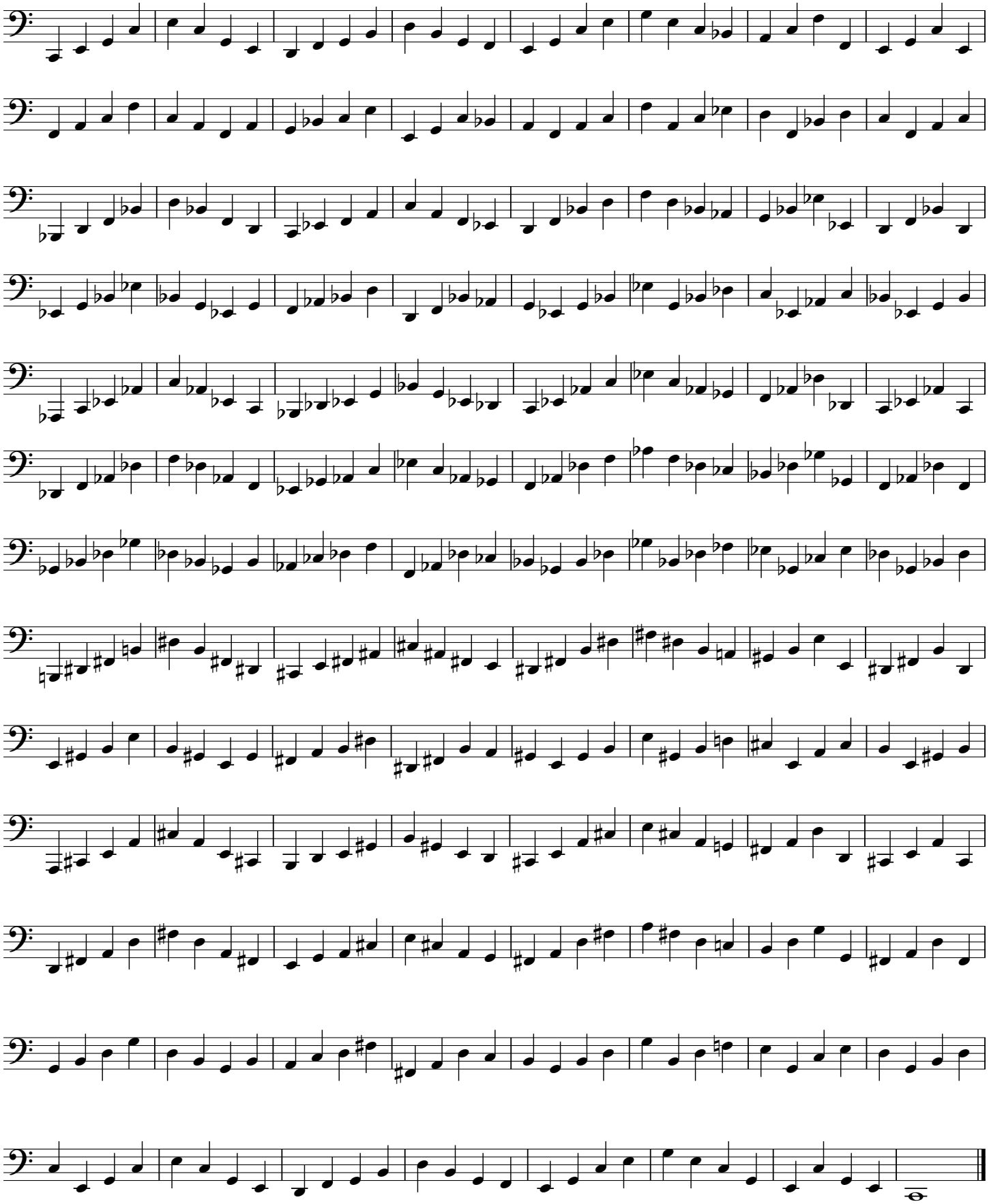


# Chord Studies / Endurance Drills

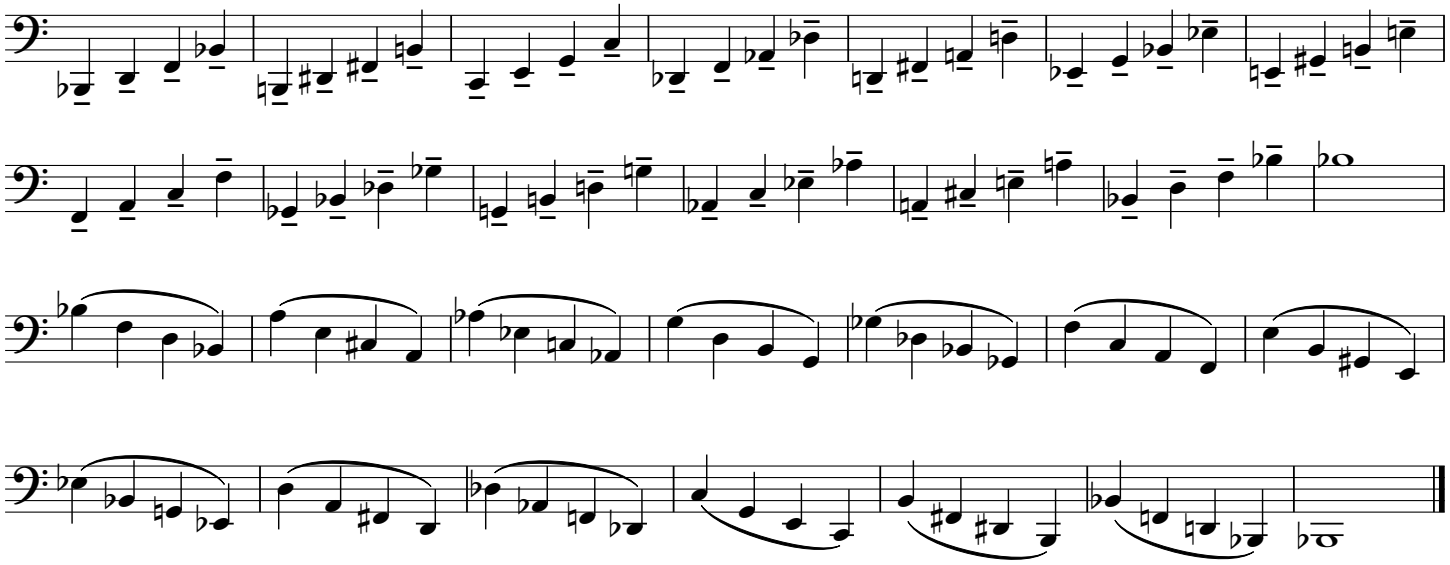
**21. Joe Tarto Chord Drill [2:02]** - one bar lead in
vary your articulation pattern each time you do this exercise
focus on excellent intonation and clarity of articulation
this backing track is available at 60, 80, 100, and 120 bpm



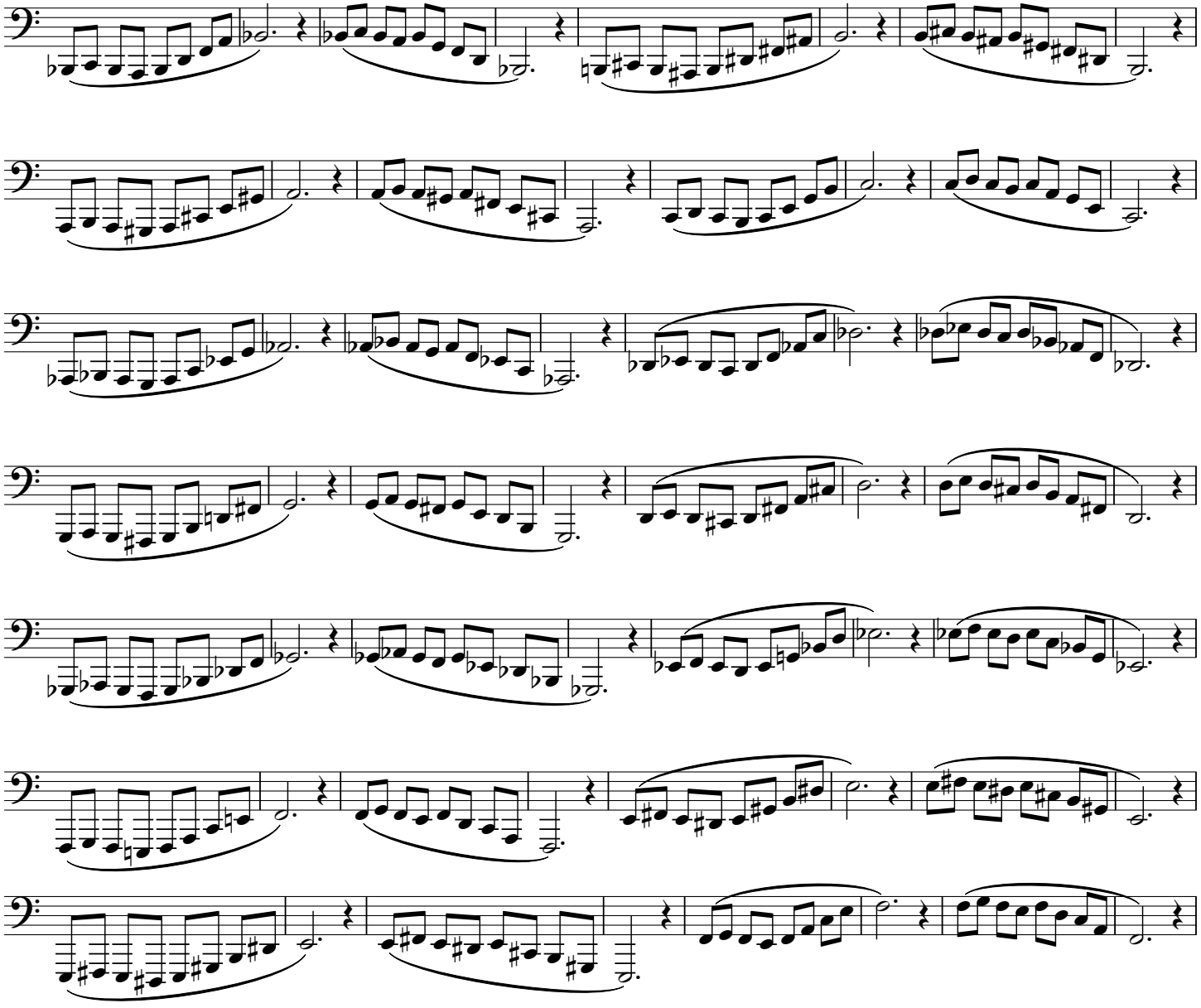
**22. Arban's Fundamental Exercise #46 [3:32]** - one bar lead in
focus on playing these progressions with musicality and consistent articulation

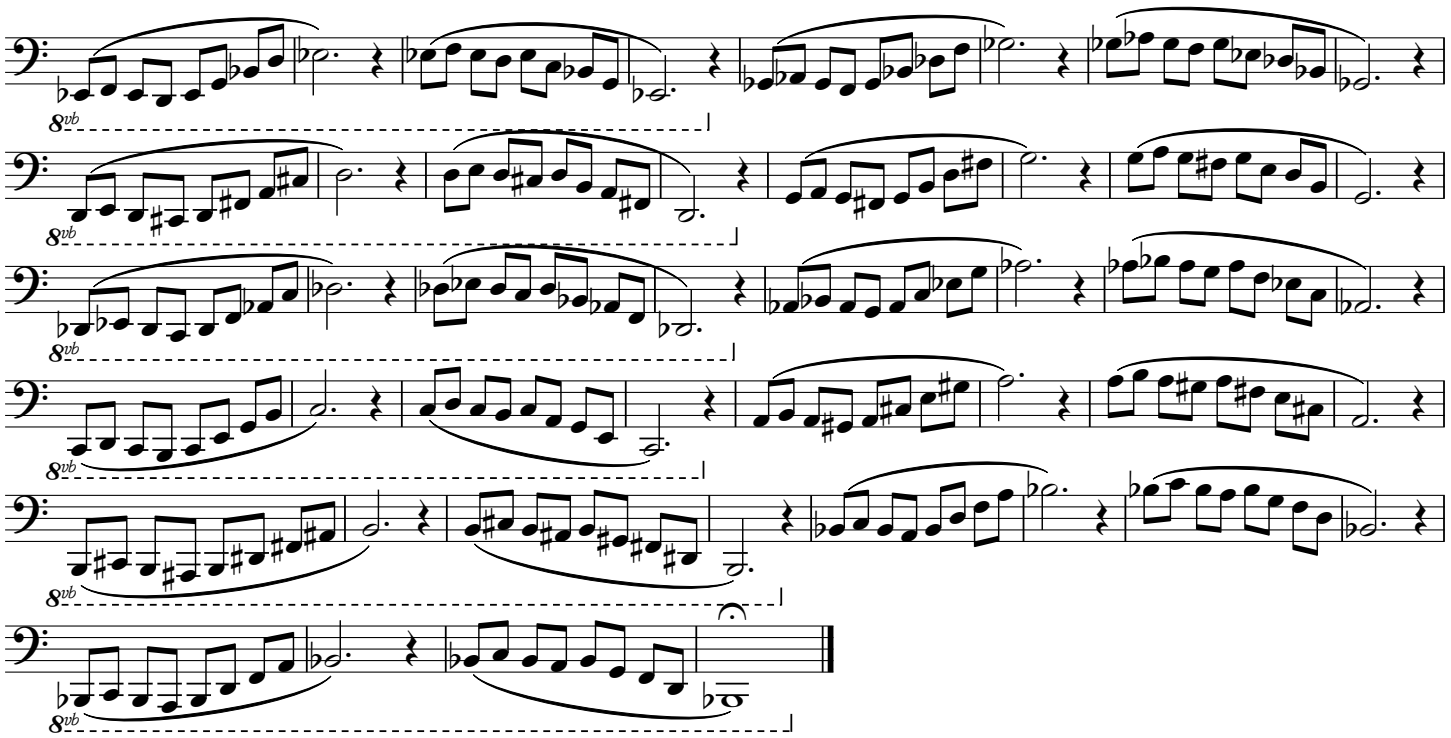


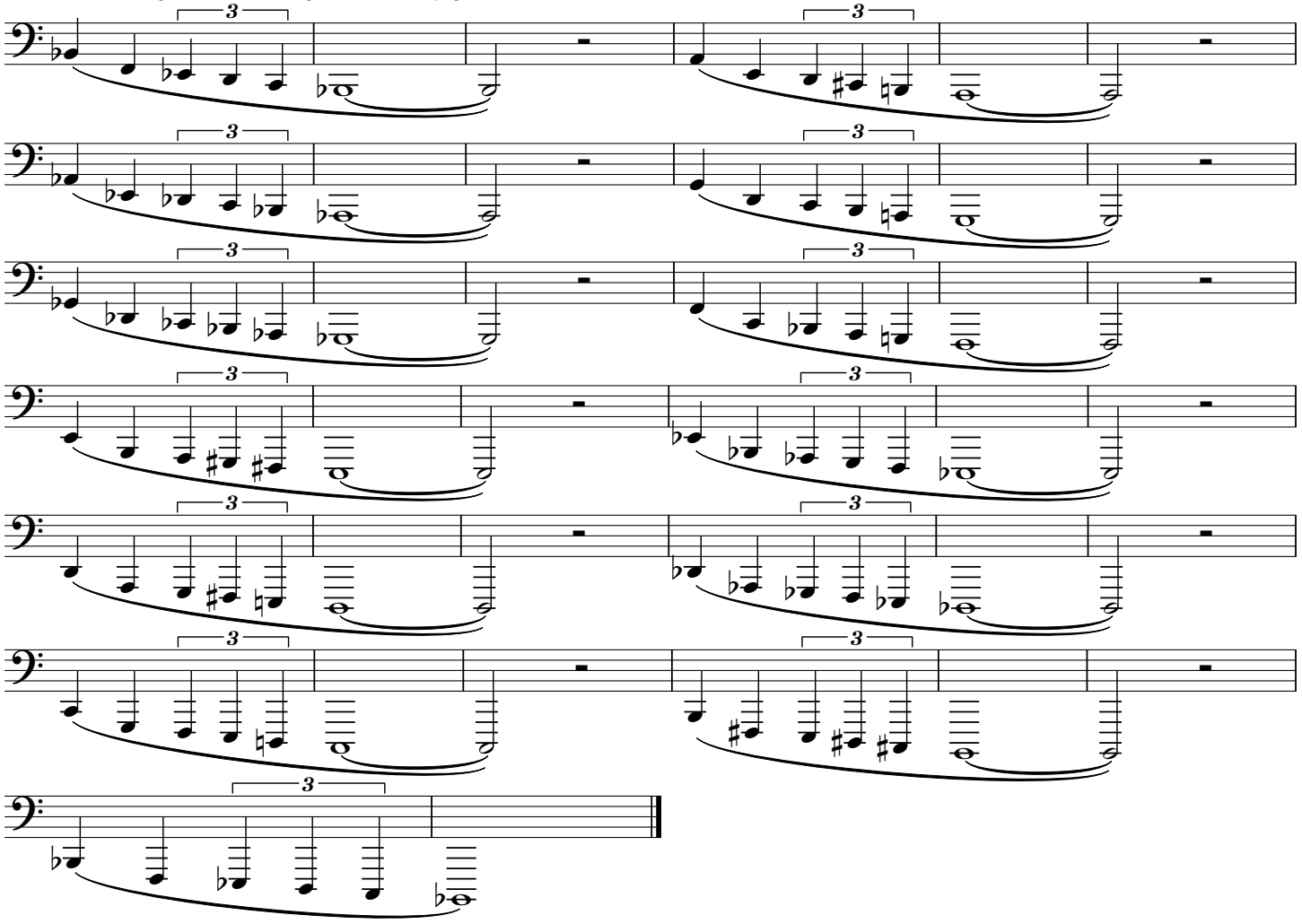
**23. Arnold Jacobs Chromatic Major Arpeggios [1:02]** - one bar lead in



**24. Beautiful Sounds [5:23]** - one bar lead in






## Warm-Down / Relaxation

**25. Bruckner Cooldown [2:40]** - one bar lead in
focus on relaxing into the low register and keep your sound full of color and resonance