

Warm-Up & Fundamentals

2023 Edition

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Long Tones

Play with a drone on Bb. Take full and relaxed breaths. Strive to make your best possible sound with each note you play.

(Bb Drone)

Lip Flexibility Exercises

Exercise One

Buzz each line on the mouthpiece first then play on the tuba. Strive for connected glissandos with copious amounts of air in the mouthpiece while buzzing. Relax the embouchure and depend on your airstream to connect notes.

Exercise Two

Reminder: Buzz each line on the mouthpiece before playing them on the tuba.



Exercise Three

Reminder: Buzz each line on the mouthpiece before playing them on the tuba.



Articulation

Focus on good finger technique at all times. Play these exercises legato and marcato. Use "doh" or "toh" in the middle/upper register and "daw" or "taw" in the lower register. Always play with a metronome and a drone on F. Only speed up once you can play the exercises with a clear tone and clean articulation consistently.

Exercise 1

Once you've mastered this exercise in F, transpose and play it in other keys

♩ = 72 - 152 (F Drone)

Exercise Two

(Bb Drone)

Focus and Accuracy

1. Take in a deep, full, relaxed breath.
2. Play the first pitch of the scale fortissimo and as short as possible while using up as much of the breath as possible.
3. TAKE THE MOUTHPIECE AWAY FROM THE EMOUCHURE and rest for three counts. On the fourth count reset the embouchure and breathe in preparation to play the next note of the scale.
4. Only play the scale ascending.
5. Proceed to the next scale, one half step higher. Do as many scales as possible (at least all 12 majors). You can also do two octave scales.

♩ = 80 (F Drone)

Spreading the Butter

Play this exercise with a metronome and drone on F. Pay attention to your sound, make sure you are always moving from note center to note center. Also pay close attention to your intonation throughout. You can use this exercise as an alternative to the first Long Tone exercise.

♩ = 60 - 100 (F Drone)

The musical score consists of 12 staves of music in bass clef, 3/4 time, and F major. The notes are: F2, G2, A2, Bb2, C3, D3, E3, F3. The exercise is divided into two main sections. The first section, from staff 1 to 7, features a melodic line with slurs and rests, with a '(Full Relaxed Breath)' instruction under the first slur. The second section, from staff 8 to 12, features a drone accompaniment where the notes are held for the duration of the exercise, with slurs and rests in the melodic line. The tempo is marked as ♩ = 60 - 100.

Peanut Butter Long Tones

(Watch Chris Olka's YouTube video about this exercise before playing it)
Play with a drone on B \flat and a metronome.

$\text{♩} = 60 - 100$ (B \flat Drone)

The main exercise consists of four staves of music in bass clef, 4/4 time, with a key signature of two flats (B \flat and E \flat). Each staff contains three measures of music, with a repeat sign at the end of the fourth measure. The notes are: Staff 1: G \flat 2, A \flat 2, B \flat 2, C3; Staff 2: B \flat 2, C3, D3, E \flat 3; Staff 3: D3, E \flat 3, F3, G \flat 3; Staff 4: F3, G \flat 3, A \flat 3, B \flat 3. Chord diagrams are provided below each staff: Staff 1: C major; Staff 2: D major; Staff 3: E \flat major; Staff 4: F major.

Variation 1

Variation 1 consists of four staves of music in bass clef, 4/4 time, with a key signature of two flats. Each staff contains three measures of music, with a repeat sign at the end of the fourth measure. The notes are: Staff 1: G \flat 2, A \flat 2, B \flat 2, C3; Staff 2: B \flat 2, C3, D3, E \flat 3; Staff 3: D3, E \flat 3, F3, G \flat 3; Staff 4: F3, G \flat 3, A \flat 3, B \flat 3.

Variation 2

Variation 2 consists of four staves of music in bass clef, 4/4 time, with a key signature of two flats. Each staff contains three measures of music, with a repeat sign at the end of the fourth measure. The notes are: Staff 1: G \flat 2, A \flat 2, B \flat 2, C3; Staff 2: B \flat 2, C3, D3, E \flat 3; Staff 3: D3, E \flat 3, F3, G \flat 3; Staff 4: F3, G \flat 3, A \flat 3, B \flat 3.

Clarke Studies

Exercises 1-9 in Bb

The tempo listed for each exercise is the original tempo listed in Clarke's Technical Studies for the Cornet book. I treat these as "goal" tempos for exercises and typically start much slower than the printed tempo, especially for the exercises in the pedal register. Please don't skip playing the exercises that start on Pedal Bb. You might have more success at first by playing the exercise up an octave before playing in the pedal register. The only way to get a better low register is to play in the low register.

First Study

I recommend starting out very slow with the first line, making sure you can clearly hear all of the pitches. Practice both slurred and articulated.

$\text{♩} = 100 - \text{♩} = 112$ (Bb Drone)

pp

sim.

Buzz this on the mouthpiece first, then play it normally on the tuba.

sim.

Second Study

Focus on fast air and confident fingers for a smooth and consistent sound. Play slurred, single-tongued, and double-tongued.

$\text{♩} = 60 - 120$ (Bb Drone)

p

sim.

Buzz this on the mouthpiece first, then play it normally on the tuba.

sim.

Third Study

Stay relaxed, use copious amounts of air between notes, and use confident fingers for a smooth and consistent sound.
Play slurred, single-tongued, and double-tongued.

$\text{♩} = 60 - 120$ (B \flat Drone)

p

Buzz this on the mouthpiece first, then play it normally on the tuba.

sim.

Fourth Study

Strive to play this exercise as smooth as possible at the quietest dynamic you can produce a good sound with.
Keep your embouchure relaxed and your airstream consistent.

$\text{♩} = 100 - 144$ (B \flat Drone)

pp

pp

pp

pp

Fifth Study

This is an exercise of endurance and breath control. Do not strain or force your sound. Support with air. Practice this exercise slowly at first and alternate between playing it slurred, single-tongued, and double-tongued.

$\text{♩} = 72 - 144$ (B \flat Drone)

pp

Sixth Study

This exercise is played in both minor and major. Pay close attention to the difference between the two. Practice this exercise slurred and articulated.

$\text{♩} = 92 - 132$ (B \flat Drone)
(This one is in B \flat minor)

pp

(This one is in B \flat major)

pp

Arpeggios

Major

Practice this exercise slurred and articulated.

♩ = 72 (B \flat Drone)

First system of musical notation for Major Arpeggios. It features a bass clef, a key signature of one flat (B \flat), and a 4/4 time signature. The music consists of four measures of sixteenth-note arpeggios, each marked with a '6' above the staff. The first measure starts with a piano (*p*) dynamic and a slur. The notes are: G \flat 2, A \flat 2, B \flat 2, C3, D3, E3, F3, G \flat 3, A \flat 3, B \flat 3, C4, D4, E4, F4, G \flat 4, A \flat 4, B \flat 4, C5, D5, E5, F5, G \flat 5, A \flat 5, B \flat 5, C6, D6, E6, F6, G \flat 6, A \flat 6, B \flat 6, C7, D7, E7, F7, G \flat 7, A \flat 7, B \flat 7, C8, D8, E8, F8, G \flat 8, A \flat 8, B \flat 8, C9, D9, E9, F9, G \flat 9, A \flat 9, B \flat 9, C10, D10, E10, F10, G \flat 10, A \flat 10, B \flat 10, C11, D11, E11, F11, G \flat 11, A \flat 11, B \flat 11, C12, D12, E12, F12, G \flat 12, A \flat 12, B \flat 12, C13, D13, E13, F13, G \flat 13, A \flat 13, B \flat 13, C14, D14, E14, F14, G \flat 14, A \flat 14, B \flat 14, C15, D15, E15, F15, G \flat 15, A \flat 15, B \flat 15, C16, D16, E16, F16, G \flat 16, A \flat 16, B \flat 16, C17, D17, E17, F17, G \flat 17, A \flat 17, B \flat 17, C18, D18, E18, F18, G \flat 18, A \flat 18, B \flat 18, C19, D19, E19, F19, G \flat 19, A \flat 19, B \flat 19, C20, D20, E20, F20, G \flat 20, A \flat 20, B \flat 20, C21, D21, E21, F21, G \flat 21, A \flat 21, B \flat 21, C22, D22, E22, F22, G \flat 22, A \flat 22, B \flat 22, C23, D23, E23, F23, G \flat 23, A \flat 23, B \flat 23, C24, D24, E24, F24, G \flat 24, A \flat 24, B \flat 24, C25, D25, E25, F25, G \flat 25, A \flat 25, B \flat 25, C26, D26, E26, F26, G \flat 26, A \flat 26, B \flat 26, C27, D27, E27, F27, G \flat 27, A \flat 27, B \flat 27, C28, D28, E28, F28, G \flat 28, A \flat 28, B \flat 28, C29, D29, E29, F29, G \flat 29, A \flat 29, B \flat 29, C30, D30, E30, F30, G \flat 30, A \flat 30, B \flat 30, C31, D31, E31, F31, G \flat 31, A \flat 31, B \flat 31, C32, D32, E32, F32, G \flat 32, A \flat 32, B \flat 32, C33, D33, E33, F33, G \flat 33, A \flat 33, B \flat 33, C34, D34, E34, F34, G \flat 34, A \flat 34, B \flat 34, C35, D35, E35, F35, G \flat 35, A \flat 35, B \flat 35, C36, D36, E36, F36, G \flat 36, A \flat 36, B \flat 36, C37, D37, E37, F37, G \flat 37, A \flat 37, B \flat 37, C38, D38, E38, F38, G \flat 38, A \flat 38, B \flat 38, C39, D39, E39, F39, G \flat 39, A \flat 39, B \flat 39, C40, D40, E40, F40, G \flat 40, A \flat 40, B \flat 40, C41, D41, E41, F41, G \flat 41, A \flat 41, B \flat 41, C42, D42, E42, F42, G \flat 42, A \flat 42, B \flat 42, C43, D43, E43, F43, G \flat 43, A \flat 43, B \flat 43, C44, D44, E44, F44, G \flat 44, A \flat 44, B \flat 44, C45, D45, E45, F45, G \flat 45, A \flat 45, B \flat 45, C46, D46, E46, F46, G \flat 46, A \flat 46, B \flat 46, C47, D47, E47, F47, G \flat 47, A \flat 47, B \flat 47, C48, D48, E48, F48, G \flat 48, A \flat 48, B \flat 48, C49, D49, E49, F49, G \flat 49, A \flat 49, B \flat 49, C50, D50, E50, F50, G \flat 50, A \flat 50, B \flat 50, C51, D51, E51, F51, G \flat 51, A \flat 51, B \flat 51, C52, D52, E52, F52, G \flat 52, A \flat 52, B \flat 52, C53, D53, E53, F53, G \flat 53, A \flat 53, B \flat 53, C54, D54, E54, F54, G \flat 54, A \flat 54, B \flat 54, C55, D55, E55, F55, G \flat 55, A \flat 55, B \flat 55, C56, D56, E56, F56, G \flat 56, A \flat 56, B \flat 56, C57, D57, E57, F57, G \flat 57, A \flat 57, B \flat 57, C58, D58, E58, F58, G \flat 58, A \flat 58, B \flat 58, C59, D59, E59, F59, G \flat 59, A \flat 59, B \flat 59, C60, D60, E60, F60, G \flat 60, A \flat 60, B \flat 60, C61, D61, E61, F61, G \flat 61, A \flat 61, B \flat 61, C62, D62, E62, F62, G \flat 62, A \flat 62, B \flat 62, C63, D63, E63, F63, G \flat 63, A \flat 63, B \flat 63, C64, D64, E64, F64, G \flat 64, A \flat 64, B \flat 64, C65, D65, E65, F65, G \flat 65, A \flat 65, B \flat 65, C66, D66, E66, F66, G \flat 66, A \flat 66, B \flat 66, C67, D67, E67, F67, G \flat 67, A \flat 67, B \flat 67, C68, D68, E68, F68, G \flat 68, A \flat 68, B \flat 68, C69, D69, E69, F69, G \flat 69, A \flat 69, B \flat 69, C70, D70, E70, F70, G \flat 70, A \flat 70, B \flat 70, C71, D71, E71, F71, G \flat 71, A \flat 71, B \flat 71, C72, D72, E72, F72, G \flat 72, A \flat 72, B \flat 72, C73, D73, E73, F73, G \flat 73, A \flat 73, B \flat 73, C74, D74, E74, F74, G \flat 74, A \flat 74, B \flat 74, C75, D75, E75, F75, G \flat 75, A \flat 75, B \flat 75, C76, D76, E76, F76, G \flat 76, A \flat 76, B \flat 76, C77, D77, E77, F77, G \flat 77, A \flat 77, B \flat 77, C78, D78, E78, F78, G \flat 78, A \flat 78, B \flat 78, C79, D79, E79, F79, G \flat 79, A \flat 79, B \flat 79, C80, D80, E80, F80, G \flat 80, A \flat 80, B \flat 80, C81, D81, E81, F81, G \flat 81, A \flat 81, B \flat 81, C82, D82, E82, F82, G \flat 82, A \flat 82, B \flat 82, C83, D83, E83, F83, G \flat 83, A \flat 83, B \flat 83, C84, D84, E84, F84, G \flat 84, A \flat 84, B \flat 84, C85, D85, E85, F85, G \flat 85, A \flat 85, B \flat 85, C86, D86, E86, F86, G \flat 86, A \flat 86, B \flat 86, C87, D87, E87, F87, G \flat 87, A \flat 87, B \flat 87, C88, D88, E88, F88, G \flat 88, A \flat 88, B \flat 88, C89, D89, E89, F89, G \flat 89, A \flat 89, B \flat 89, C90, D90, E90, F90, G \flat 90, A \flat 90, B \flat 90, C91, D91, E91, F91, G \flat 91, A \flat 91, B \flat 91, C92, D92, E92, F92, G \flat 92, A \flat 92, B \flat 92, C93, D93, E93, F93, G \flat 93, A \flat 93, B \flat 93, C94, D94, E94, F94, G \flat 94, A \flat 94, B \flat 94, C95, D95, E95, F95, G \flat 95, A \flat 95, B \flat 95, C96, D96, E96, F96, G \flat 96, A \flat 96, B \flat 96, C97, D97, E97, F97, G \flat 97, A \flat 97, B \flat 97, C98, D98, E98, F98, G \flat 98, A \flat 98, B \flat 98, C99, D99, E99, F99, G \flat 99, A \flat 99, B \flat 99, C100, D100, E100, F100, G \flat 100, A \flat 100, B \flat 100, C101, D101, E101, F101, G \flat 101, A \flat 101, B \flat 101, C102, D102, E102, F102, G \flat 102, A \flat 102, B \flat 102, C103, D103, E103, F103, G \flat 103, A \flat 103, B \flat 103, C104, D104, E104, F104, G \flat 104, A \flat 104, B \flat 104, C105, D105, E105, F105, G \flat 105, A \flat 105, B \flat 105, C106, D106, E106, F106, G \flat 106, A \flat 106, B \flat 106, C107, D107, E107, F107, G \flat 107, A \flat 107, B \flat 107, C108, D108, E108, F108, G \flat 108, A \flat 108, B \flat 108, C109, D109, E109, F109, G \flat 109, A \flat 109, B \flat 109, C110, D110, E110, F110, G \flat 110, A \flat 110, B \flat 110, C111, D111, E111, F111, G \flat 111, A \flat 111, B \flat 111, C112, D112, E112, F112, G \flat 112, A \flat 112, B \flat 112, C113, D113, E113, F113, G \flat 113, A \flat 113, B \flat 113, C114, D114, E114, F114, G \flat 114, A \flat 114, B \flat 114, C115, D115, E115, F115, G \flat 115, A \flat 115, B \flat 115, C116, D116, E116, F116, G \flat 116, A \flat 116, B \flat 116, C117, D117, E117, F117, G \flat 117, A \flat 117, B \flat 117, C118, D118, E118, F118, G \flat 118, A \flat 118, B \flat 118, C119, D119, E119, F119, G \flat 119, A \flat 119, B \flat 119, C120, D120, E120, F120, G \flat 120, A \flat 120, B \flat 120, C121, D121, E121, F121, G \flat 121, A \flat 121, B \flat 121, C122, D122, E122, F122, G \flat 122, A \flat 122, B \flat 122, C123, D123, E123, F123, G \flat 123, A \flat 123, B \flat 123, C124, D124, E124, F124, G \flat 124, A \flat 124, B \flat 124, C125, D125, E125, F125, G \flat 125, A \flat 125, B \flat 125, C126, D126, E126, F126, G \flat 126, A \flat 126, B \flat 126, C127, D127, E127, F127, G \flat 127, A \flat 127, B \flat 127, C128, D128, E128, F128, G \flat 128, A \flat 128, B \flat 128, C129, D129, E129, F129, G \flat 129, A \flat 129, B \flat 129, C130, D130, E130, F130, G \flat 130, A \flat 130, B \flat 130, C131, D131, E131, F131, G \flat 131, A \flat 131, B \flat 131, C132, D132, E132, F132, G \flat 132, A \flat 132, B \flat 132, C133, D133, E133, F133, G \flat 133, A \flat 133, B \flat 133, C134, D134, E134, F134, G \flat 134, A \flat 134, B \flat 134, C135, D135, E135, F135, G \flat 135, A \flat 135, B \flat 135, C136, D136, E136, F136, G \flat 136, A \flat 136, B \flat 136, C137, D137, E137, F137, G \flat 137, A \flat 137, B \flat 137, C138, D138, E138, F138, G \flat 138, A \flat 138, B \flat 138, C139, D139, E139, F139, G \flat 139, A \flat 139, B \flat 139, C140, D140, E140, F140, G \flat 140, 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D188, E188, F188, G \flat 188, A \flat 188, B \flat 188, C189, D189, E189, F189, G \flat 189, A \flat 189, B \flat 189, C190, D190, E190, F190, G \flat 190, A \flat 190, B \flat 190, C191, D191, E191, F191, G \flat 191, A \flat 191, B \flat 191, C192, D192, E192, F192, G \flat 192, A \flat 192, B \flat 192, C193, D193, E193, F193, G \flat 193, A \flat 193, B \flat 193, C194, D194, E194, F194, G \flat 194, A \flat 194, B \flat 194, C195, D195, E195, F195, G \flat 195, A \flat 195, B \flat 195, C196, D196, E196, F196, G \flat 196, A \flat 196, B \flat 196, C197, D197, E197, F197, G \flat 197, A \flat 197, B \flat 197, C198, D198, E198, F198, G \flat 198, A \flat 198, B \flat 198, C199, D199, E199, F199, G \flat 199, A \flat 199, B \flat 199, C200, D200, E200, F200, G \flat 200, A \flat 200, B \flat 200, C201, D201, E201, F201, G \flat 201, A \flat 201, B \flat 201, C202, D202, E202, F202, G \flat 202, A \flat 202, B \flat 202, C203, D203, E203, F203, G \flat 203, A \flat 203, B \flat 203, C204, D204, E204, F204, G \flat 204, A \flat 204, B \flat 204, C205, D205, E205, F205, G \flat 205, A \flat 205, B \flat 205, C206, D206, E206, F206, G \flat 206, A \flat 206, B \flat 206, C207, D207, E207, F207, G \flat 207, A \flat 207, B \flat 207, C208, D208, E208, F208, G \flat 208, A \flat 208, B \flat 208, C209, D209, E209, F209, G \flat 209, A \flat 209, B \flat 209, C210, D210, E210, F210, G \flat 210, A \flat 210, B \flat 210, C211, D211, E211, F211, G \flat 211, A \flat 211, B \flat 211, C212, D212, E212, F212, G \flat 212, A \flat 212, B \flat 212, C213, D213, E213, F213, G \flat 213, A \flat 213, B \flat 213, C214, D214, E214, F214, G \flat 214, A \flat 214, B \flat 214, C215, D215, E215, F215, G \flat 215, A \flat 215, B \flat 215, C216, D216, E216, F216, G \flat 216, A \flat 216, B \flat 216, C217, D217, E217, F217, G \flat 217, A \flat 217, B \flat 217, C218, D218, E218, F218, G \flat 218, A \flat 218, B \flat 218, C219, D219, E219, F219, G \flat 219, A \flat 219, B \flat 219, C220, D220, E220, F220, G \flat 220, A \flat 220, B \flat 220, C221, D221, E221, F221, G \flat 221, A \flat 221, B \flat 221, C222, D222, E222, F222, G \flat 222, A \flat 222, B \flat 222, C223, D223, E223, F223, G \flat 223, A \flat 223, B \flat 223, C224, D224, E224, F224, G \flat 224, A \flat 224, B \flat 224, C225, D225, E225, F225, G \flat 225, A \flat 225, B \flat 225, C226, D226, E226, F226, G \flat 226, A \flat 226, B \flat 226, C227, D227, E227, F227, G \flat 227, A \flat 227, B \flat 227, C228, D228, E228, F228, G \flat 228, A \flat 228, B \flat 228, C229, D229, E229, F229, G \flat 229, A \flat 229, B \flat 229, C230, D230, E230, F230, G \flat 230, A \flat 230, B \flat 230, C231, D231, E231, F2

Eighth Study

Practice slurred, single-tongued, and triple-tongued.

♩ = 92 (B♭ Drone)

The Eighth Study is a bass clef exercise in B-flat major, 4/4 time, with a tempo of 92 beats per minute. It consists of six staves of music. The first staff begins with a *pp* dynamic and features six slurred eighth-note groups, each marked with a '6' above it. The second staff continues with similar slurred eighth-note groups, some with accents (>) and slurs (>). The third and fourth staves feature sixteenth-note patterns, also with '6' markings above. The fifth staff has a repeat sign and continues with slurred eighth-note groups. The sixth staff concludes with a final slurred eighth-note group and a fermata over the final note.

Ninth Study

These chromatic scale exercises are meant to test your ability to play in the extreme registers. Stay relaxed, take deep breaths, and use a consistent airstream.

♩ = 144 (B♭ Drone)

The Ninth Study is a bass clef exercise in B-flat major, 4/4 time, with a tempo of 144 beats per minute. It consists of four staves of music. The first staff begins with a *pp* dynamic and features a chromatic scale of eighth notes, marked with a 'cresc.' dynamic. The second staff continues with a chromatic scale of eighth notes, marked with a *mf* dynamic and a 'dim.' dynamic. The third and fourth staves feature chromatic scale exercises with eighth notes, marked with a *pp* dynamic and a 'cresc.' dynamic. The fourth staff concludes with a chromatic scale of eighth notes, marked with a *mf* dynamic and a 'dim.' dynamic, and ends with a fermata over the final note.