

Daily Routine for BB♭ Tuba, Level 1

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This routine should be preceded by appropriate breathing and buzzing exercises.

1. Long Tones = 60-120

The image displays three staves of musical notation for the song "The House of the Holy Spirit". The first staff is in 4/4 time and features a melody in the bass clef with a key signature of one flat (B-flat). The second and third staves are in common time (C) and provide a harmonic accompaniment in the bass clef. The background of the page features a faint, stylized illustration of a house with a large, arched doorway, symbolizing the "house" mentioned in the lyrics.

This bottom line requires an instrument with a fourth valve. Fingerings for likely-unfamiliar notes are provided, with differences for compensating (C) and non-compensating (NC) instruments indicated. If you are unsure which type of instrument you have, ask your teacher..

Diagram illustrating the fingering patterns for the fretting hand across 12 frets, categorized by Natural Chord (NC) and Chord (C) types.

Fret	NC Fingering	C Fingering
1	NC: 1-2-4 or 1-4	C: 1-4
2	NC: 2-3-4	C: 1-2-4
3	NC: 1-3-4	C: 2-3-4
4	NC: 1-2-3-4	C: 1-3-4
5	NC: 1-2-3-4 or 2-3 (false tone)	C: 1-2-3-4
6	0	

2. Legato Tonguing $\text{♩} = 80-120$

The image displays a musical score for the song 'The Rose Tree'. It consists of two staves, both in bass clef and 4/4 time. The key signature has one flat (B-flat). The melody is written in a simple, folk-like style with many beamed eighth notes. The first staff includes repeat signs (double dots) after the first, second, and fourth measures. The second staff concludes the piece with a double bar line.

3. Lip Slurs ♩ = 60-120

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4. Fingering/Slurring ♩ = 80-120+

Exercise 4: Fingering/Slurring. Six staves of music in bass clef, 3/4 time, with a key signature of one flat (B♭). Each staff contains three measures of music, each measure featuring a slur over four eighth notes. The notes and accidentals vary across the staves, including natural, sharp, and flat signs.

5. Lip Slurs ♩ = 80-120+

Exercise 5: Lip Slurs. Two staves of music in bass clef, 4/4 time, with a key signature of one flat (B♭). The first staff has four measures of eighth-note slurs, each with a finger number (0, 2, 1, 1-2) written below. The second staff has three measures of eighth-note slurs, each with a finger number (2-3, 4 or 1-3, 2-4 or 1-2-3) written below.

It is recommended that exercises 6-7 be played using a different scale each day.

6. Tonguing Speed: Single Tonguing ♩ = 80-150+



Either of the triple tonguing patterns can be used in exercise 10. Even better, practice *both* patterns!

7. Tonguing Speed: Multiple Tonguing ♩ = 140-250+

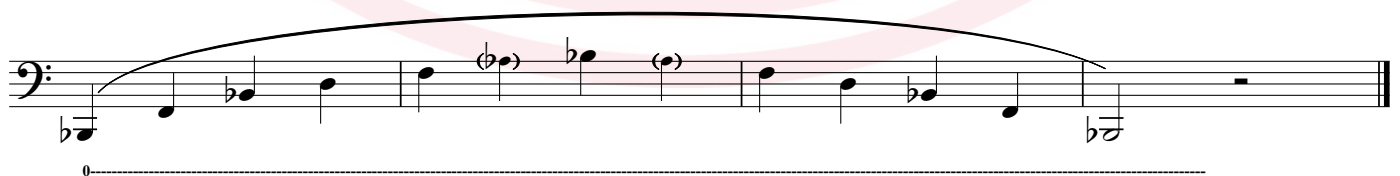
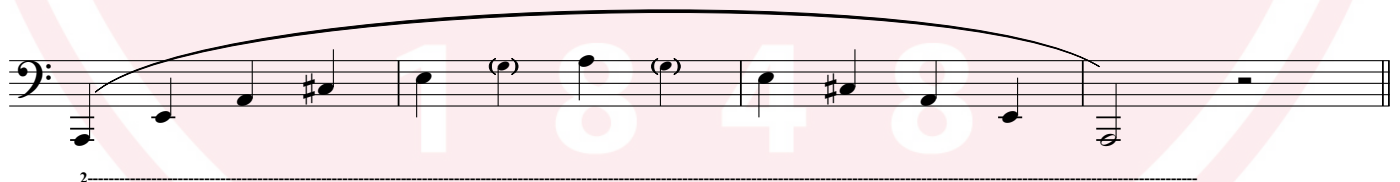
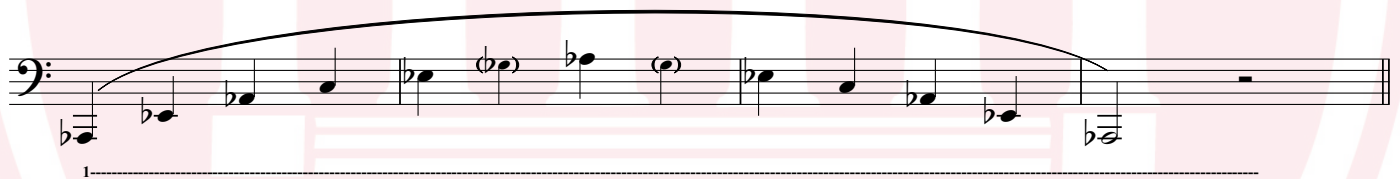
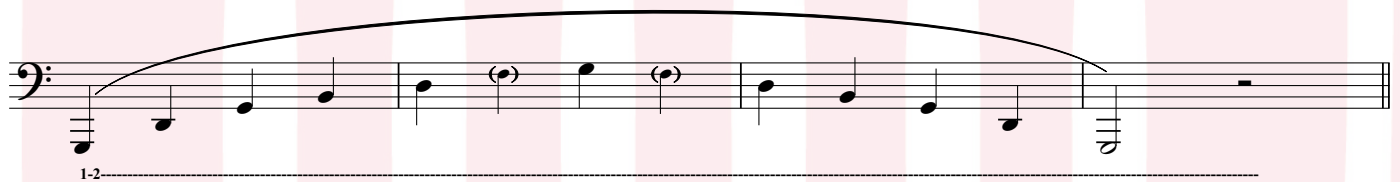
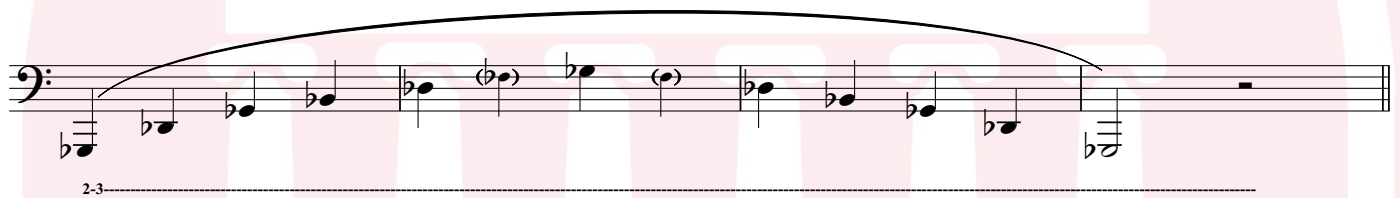
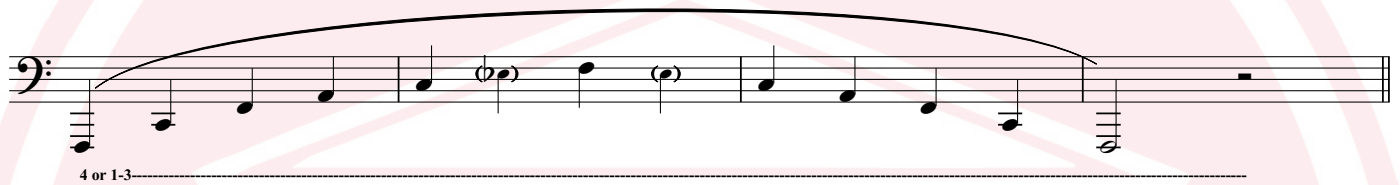
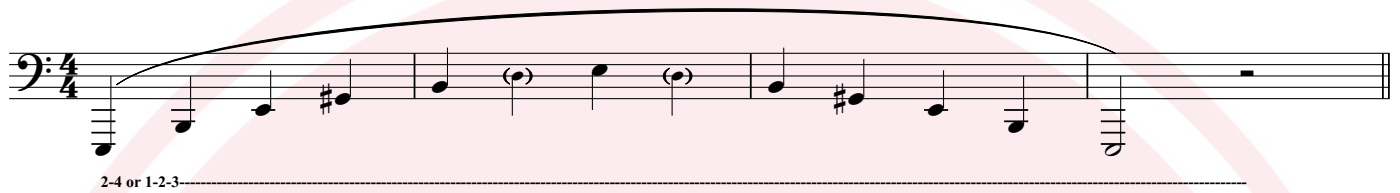


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8. Upper Range Extension: Harmonic Series Slurs ♩ = 60-120

If you cannot yet reach the highest notes, go as high as you can, extending past your "comfort zone" but not to the point of pain, and continuing to try and reach higher. You are welcome to attempt higher notes and to include or exclude the seventh partial (the smaller one placed in parentheses, which is usually out-of-tune and sounds like a "non-chord tone") at your discretion.



9. Low Range Extension ♩ = 60-90

As with the high range extension exercise, you are welcome to try to extend lower than is written here if you can. While many of the lower notes require a fourth valve to be played with a full sound, those who don't yet have an instrument with a fourth valve can use the same fingerings without the valve and play the low notes as false tones. This is both relaxing and good for your embouchure. Different fingerings for compensating (C) and non-compensating (NC) instruments are indicated where applicable. Again, if you are unsure which type of instrument you have, ask your teacher.

0 NC: 1-2-4 or 1-4
C: 1-4

2 NC: 2-3-4
C: 1-2-4

1 NC: 1-3-4
C: 2-3-4

1-2 NC: 1-2-3-4
C: 1-3-4

2-3 NC: 1-2-3-4 or 2-3 (false tone)
C: 1-2-3-4

4 or 1-3 0