Targeted Fundamentals for F Tuba and Cimbasso

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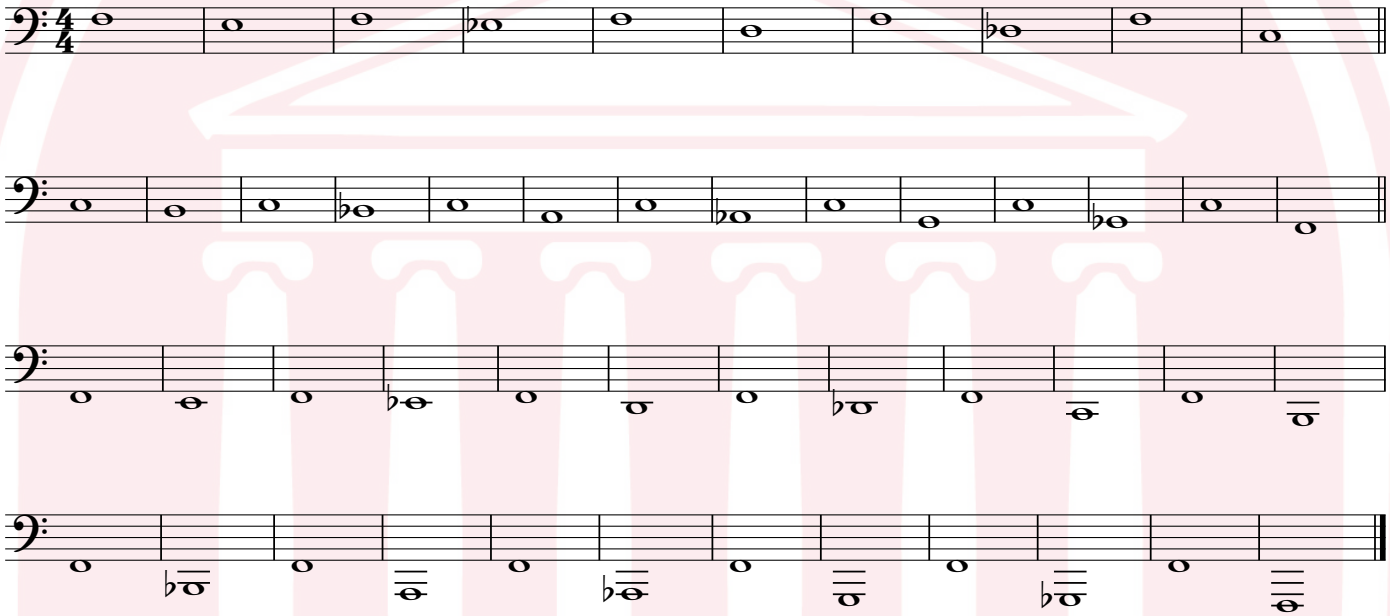
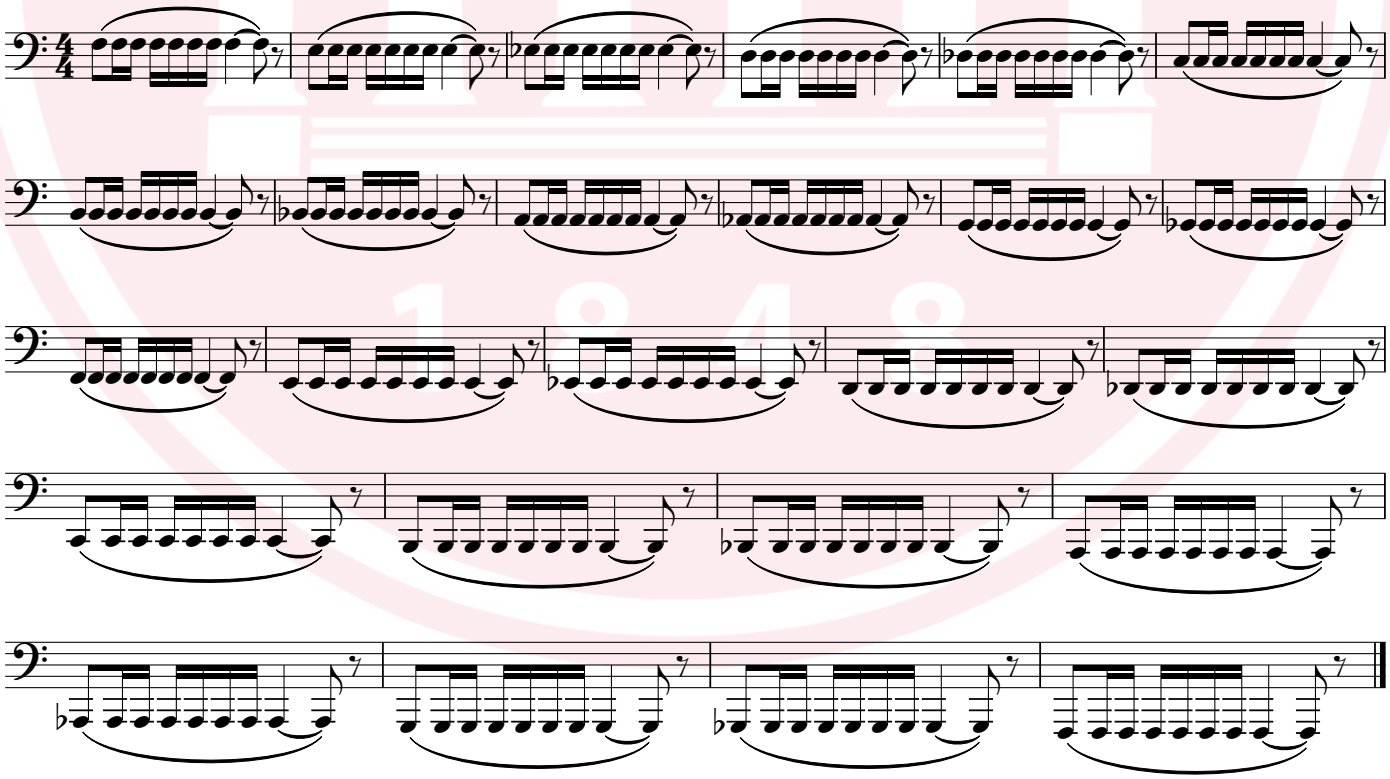
This routine should be completed when practicing the F tuba as a secondary instrument, preferably after performing a more thorough warm-up and maintenance routine on one's primary instrument.

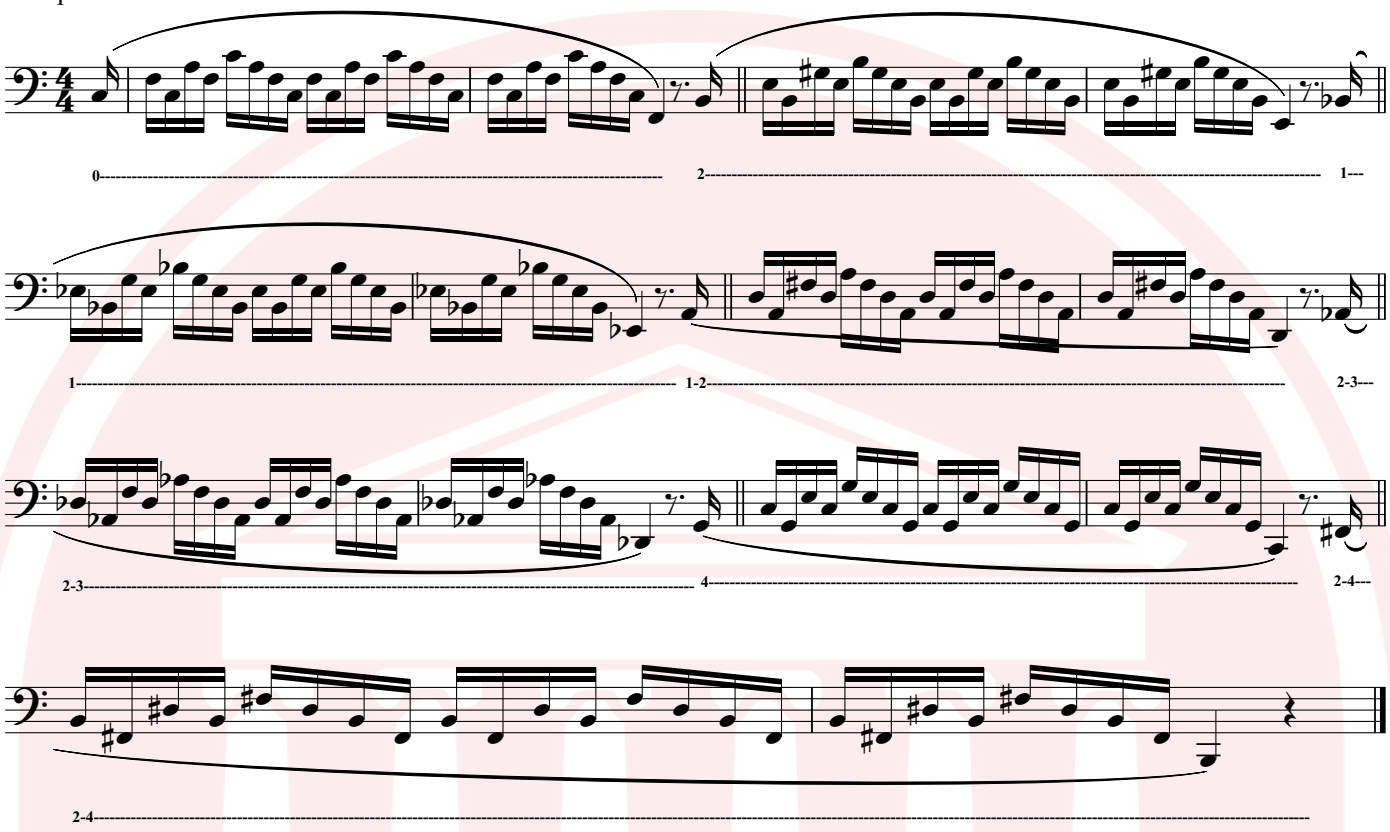
1. Long Tones ♩ = 60-120



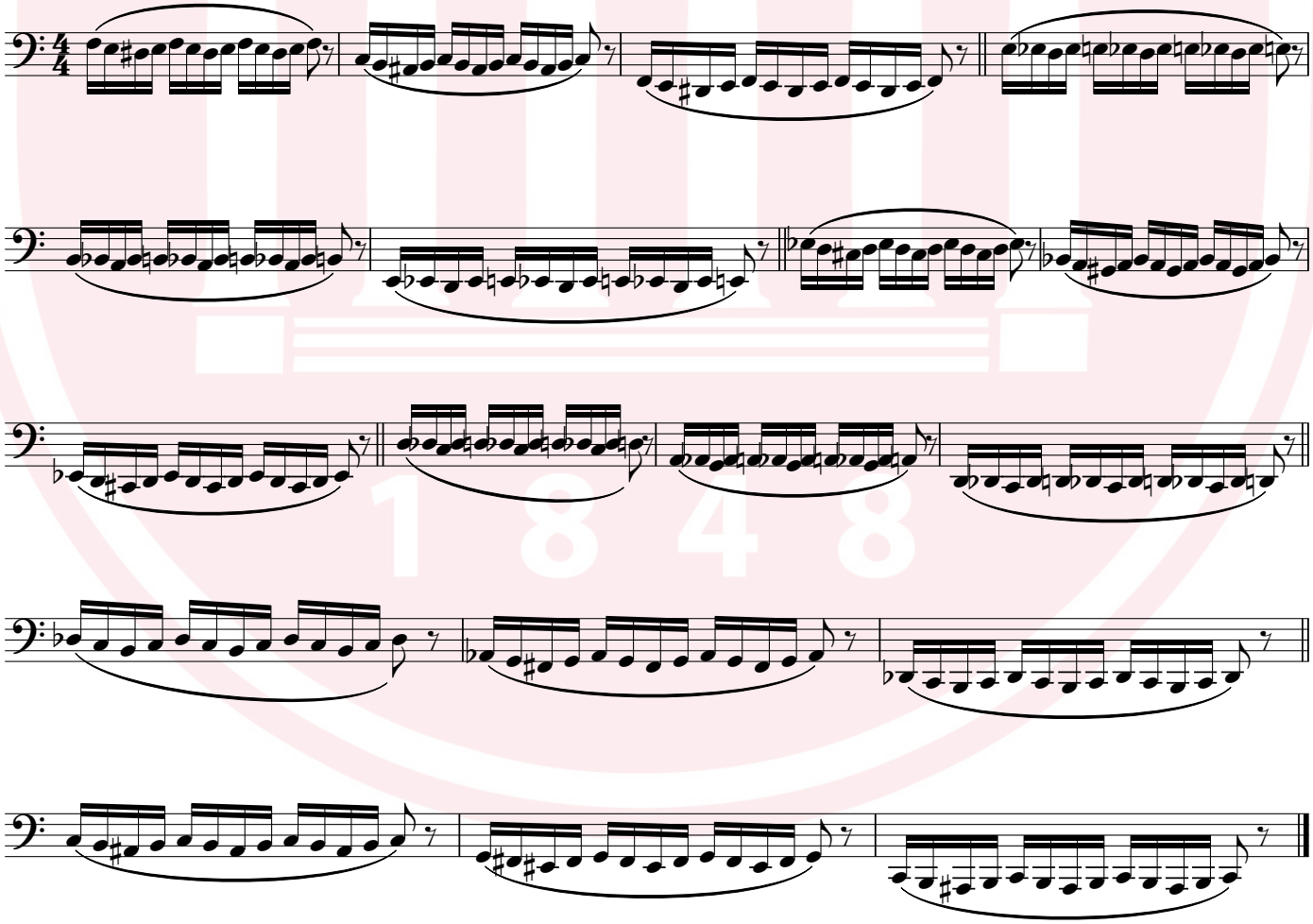
2. Legato Tonguing ♩ = 100-120



3. Lip Slurs ♩ = 100-120+

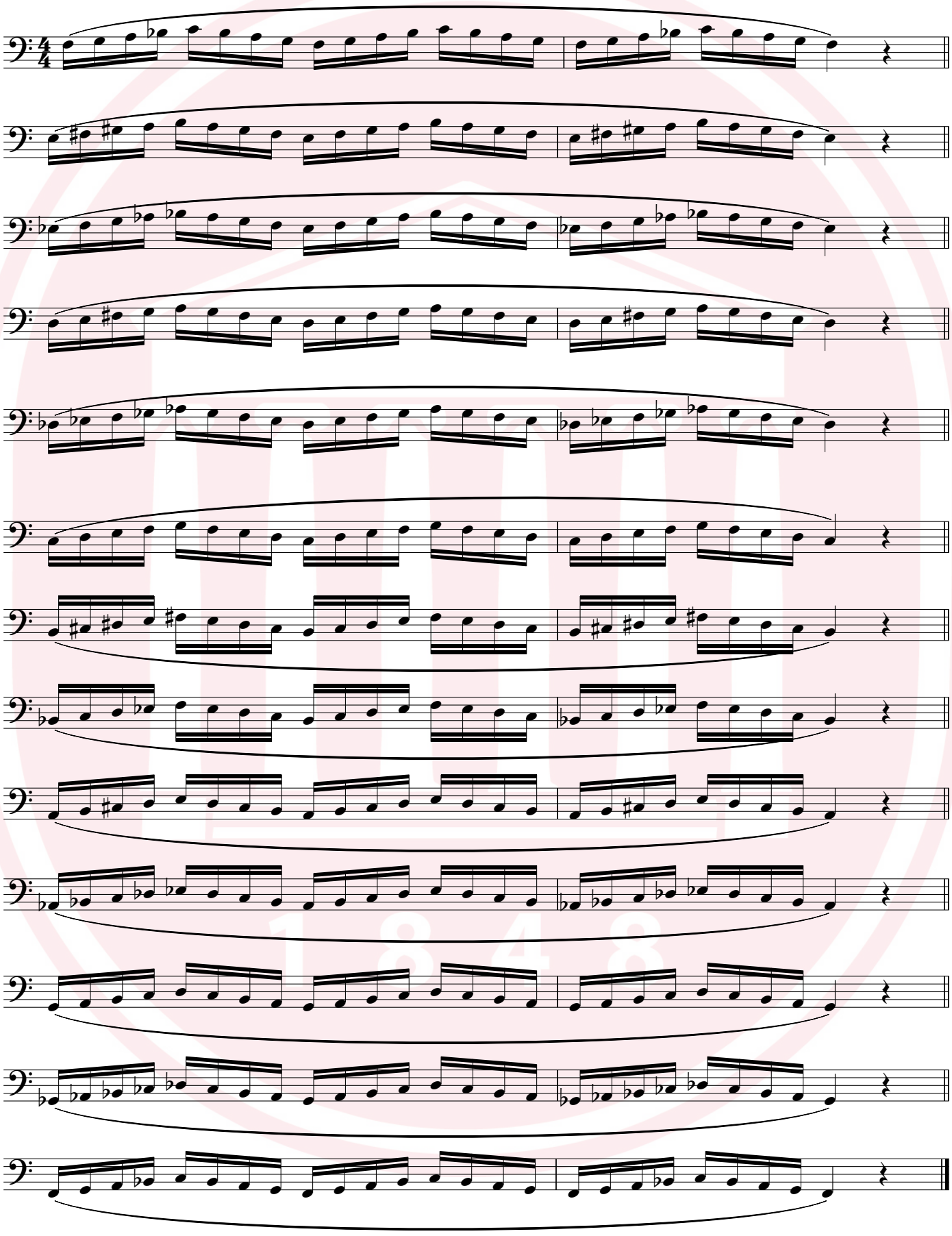


4. Fingering Exercise ♩ = 120-180+

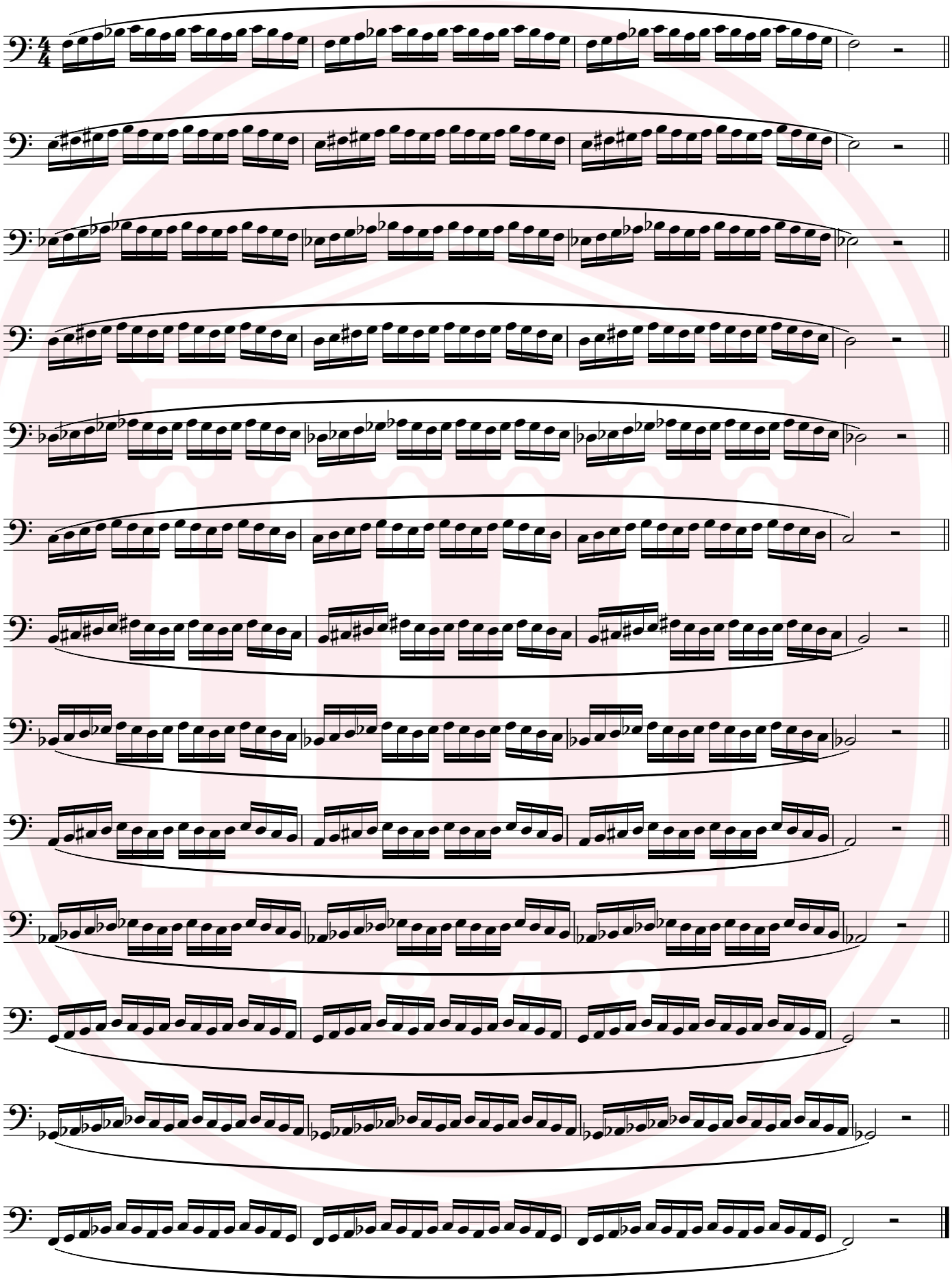


You may play either the "a" or "b" version of exercise 5, or both versions.

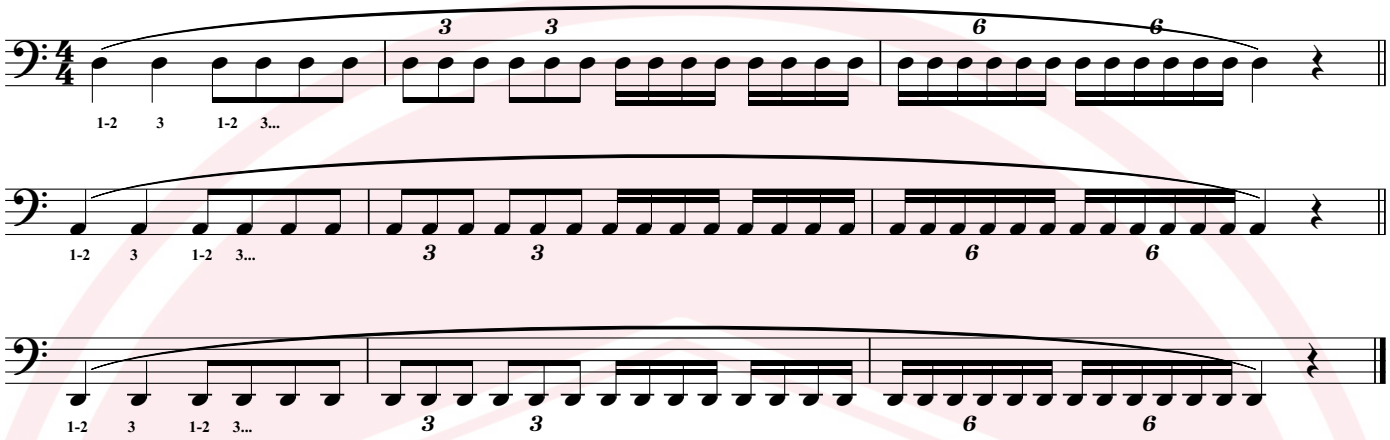
5a. Fingering Exercise ♩ = 120-180+



5b. Fingering Exercise ♩ = 120-180+

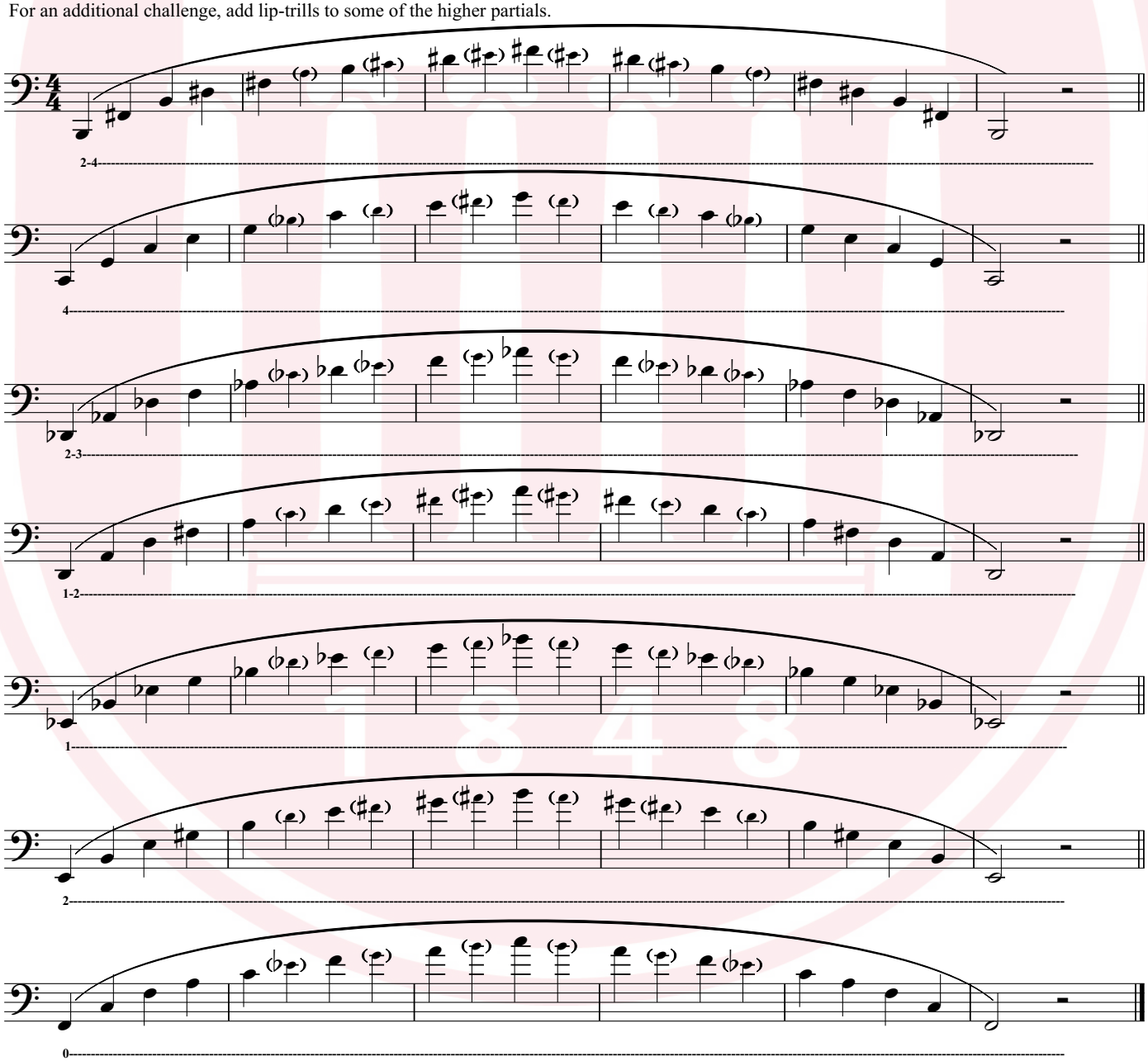


6. Fingering Exercise ♩ = 120-180+



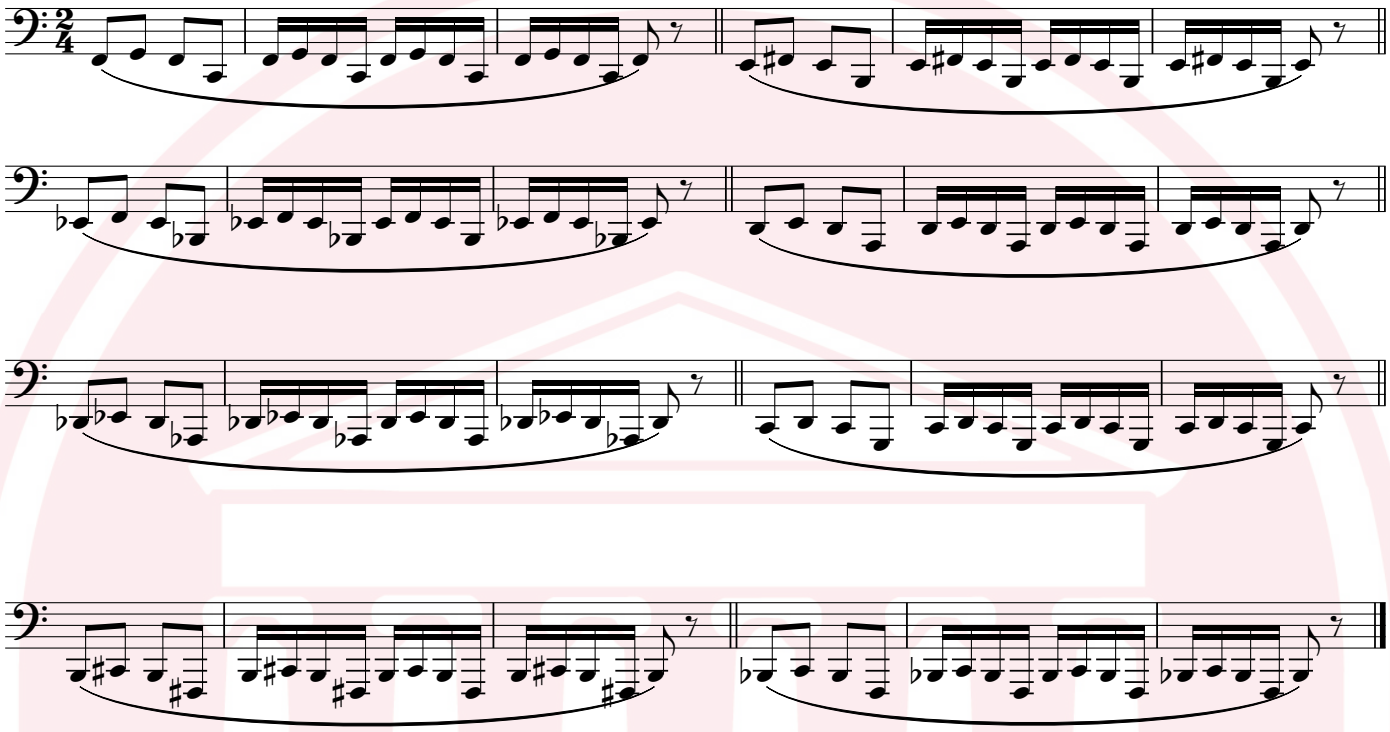
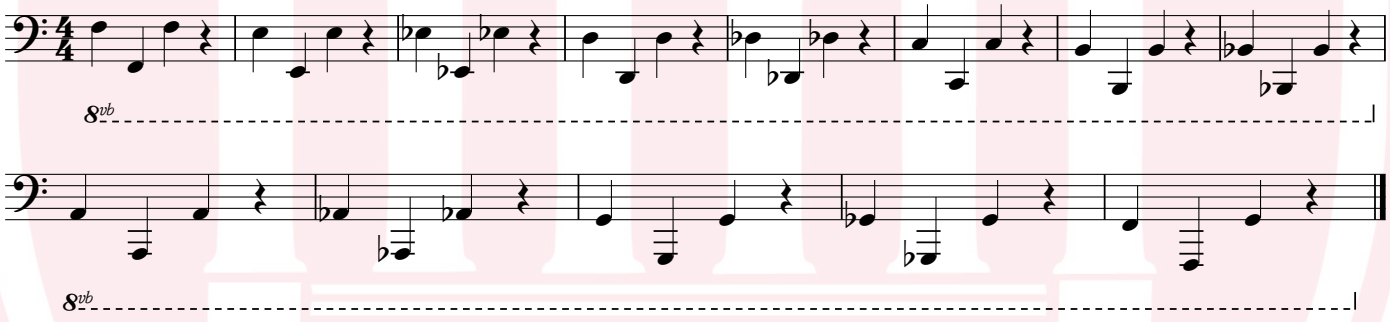
7. Upper Range Extension: Harmonic Series Slurs ♩ = 60-120

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 "non-chord tones" (smaller, in parentheses) at your discretion. For an additional challenge, add lip-trills to some of the higher partials.



8. Low Range/Fingering Exercise ♩ = 50-120+

Begin working on this exercise slowly to ensure fullness of sound. Add speed only as you are able to do so without compromising tone quality.



9. Low Range Extension: Pedal Tones ♩ = 60-90