Daily Routine for BB-flat Tuba, Level 2

Note: This routine should be preceded by breathing and mouthpiece buzzing exercises.

1. Long Tones \( \frac{q}{4} = 60-120 \)

2. Separated Quarter Notes \( \frac{q}{4} = 60-120 \)
3. Legato Tonguing $\dot{\ddot{q}} = 100-120$

4. Lip Slurs $\dot{\ddot{q}} = 60-120$

5. Lip Slurs $\dot{\ddot{q}} = 100-120+$
6. Lip Slurs $\d = 100-120+$

7. Fingering Exercise $\d = 120-180+$

8. Lip Slurs $\d = 100-120+$
Note: You may play either the "a" or "b" version of exercise 9, or both versions.

9a. Fingering Exercise  = 120-180+
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9b. Fingering Exercise  \( \frac{\text{crotchet}}{\text{quarter note}} = 120-180+ \)
10. Fingering Exercise  \( \frac{\text{Oct.}}{\text{Tubenote}} \)  = 120-180+

Note: It is recommended that exercises 11-12 be played in a different key each day, and in different octaves. F Major is used here only as an example.

11. Tonguing Speed: Single Tonguing  \( \frac{\text{Oct.}}{\text{Tubenote}} \)  = 100-150+

Note: Either of the triple tonguing patterns can be used in exercise 12. Even better, practice both patterns!

12. Tonguing Speed: Multiple Tonguing  \( \frac{\text{Oct.}}{\text{Tubenote}} \)  = 140-250+
13. Upper Range Extension: Harmonic Series Slurs \( \cdot = 60-120 \)

Note: 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 can add higher notes than written here and/or the "in-between" partials if you wish.
14. Low Range/Fingering Exercise  = 50-120+
Note: 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.

15. Low Range Extension: Pedal Tones  = 60-90