Targeted Fundamentals for CC Tuba

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

1. Long Tones $\frac{\text{tempo}}{\text{quarter notes}} = 60-120$

2. Legato Tonguing $\frac{\text{tempo}}{\text{quarter notes}} = 100-120$
2. Lip Slurs $= 100-120+$

4. Fingering Exercise $= 120-180+$
Note: You may play either the "a" or "b" version of exercise 5, or both versions.

5a. Fingering Exercise  \( \bullet \) = 120-180+

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5b. Fingering Exercise $\frac{4}{4} = 120-180+$
6. Fingering Exercise  \( \frac{\text{bpm}}{\text{bpm}} = 120-180+ \\
1-2 3 1-2 3... 3 3 6 6

7. Upper Range Extension: Harmonic Series Slurs  \( \frac{\text{bpm}}{\text{bpm}} = 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.
8. Low Range/Fingering Exercise \( \downarrow \) = 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.

9. Low Range Extension: Pedal Tones \( \downarrow \) = 60-90