

fan

Daily Warm-Up Exercises

BB \flat TUBA, CONTRABASS TROMBONE, CIMBASSO

Raymond L. Conklin

1. ATTACKS (relax lips on all rests)

Joe

2. INTONATION SUSTAINED—LONG TONES

3. ATTACKS (relax lips on all rests)

(↑ = pull out; ↓ = push in)

4. INTONATION SUSTAINED—LONG TONES

5. 3-NOTE SLUR

B.

6. 3-NOTE FLEXIBILITY

7. 5-NOTE SLUR

B.

8) **ATTACKS**

9) **5-NOTE FLEXIBILITY**

3x

3x

Sub

10) **MAJOR TRIADS**

11) **TONGUING**

12) **6-NOTE SLUR**

Sub

Sub

ALTERNATE

1. One breath, or
2. Two breaths, as marked (ALTERNATE).
3. Do not close throat.
4. Do not tense neck muscles.
5. Think about syllables "ah" to "ee" or tongue arch.

B.

ALTERNATE

6. Relax embouchure as much as possible...think correct embouchure compression for each note/interval buzz on mouthpiece.
- a. Relaxed embouchure for lower notes...corners remain in place.
- b. Firmer embouchure compression for upper register notes...but as relaxed as possible.
7. Keep breath support at all times...quantity of air in low register/velocity of air in upper register.
8. Watch posture (chest, shoulders, back, neck, head).

13) **ATTACKS**

X 14) **6-NOTE FLEXIBILITY**

At this point play major and minor staccato scales.

15. MINOR TRIADS

16. 4-NOTE FLEXIBILITY

17. ARPEGGIOS

A.

B.

18. ATTACKS

[For relaxation play exercise #19 or pedal tones.]

And higher—without strain or extra pressure

19. 2-NOTE FLEXIBILITY (both slurred and tongued)

20. TONGUING

21. HALF-STEP LEGATOS [Alternate: Leave out every other one, and then play in higher registers.]

22. 3-NOTE LEGATO [Use on all majors and minor scales in all registers.]

23. REVOLVING SCALE [Play in all major and minor keys, using all variations of attack.]

24. BREATH CONTROL (LEGATO) [Play in all keys, major and minor.]

25. LEGATO INTERVALS [Use on all major, minor, and chromatic scales. Extend beyond the octave.]

26. TRILLS [Practice in varying rhythms.]

27. EXTENDED REGISTER [Legato and Marcato]

28. SHARP ATTACKS

[Perform similar patterns in lower and higher registers]

29. LIP GLISSANDOS

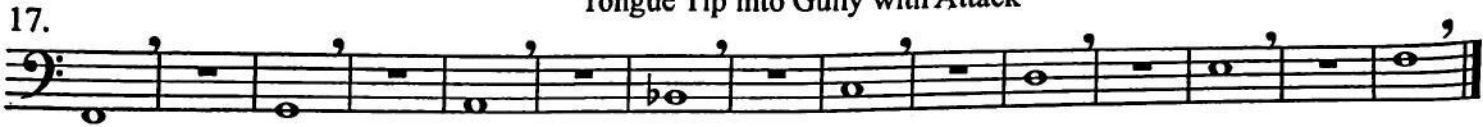
[Do on many intervals—some shorter, some longer. Extends range. Continue as high as possible, even to a "whistle" beyond printed upper tessitura notes.]

Pivot Stabilizers, cont.

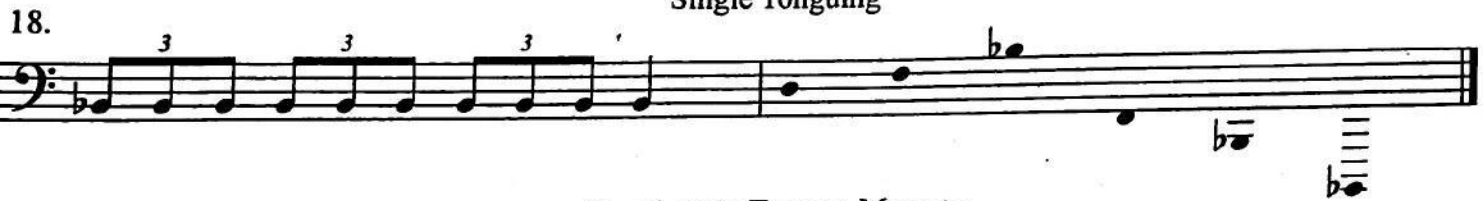
15. 

16. 

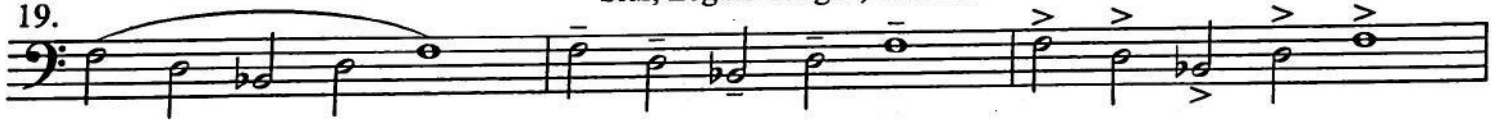
Snap Corners Forward with Attack/
Tongue Tip into Gully with Attack

17. 

Single Tonguing

18. 

Slur, Legato Tongue, Marcato

19. 





Buzzing Exercises

20. 

REST
Play chromatically up to "F," if possible.
Remember, stop when tired.