

Veggies

...daily exercises...

Compiled by Patrick Geren

This set of exercises was gathered for any brass player of any ability level to utilize in effort to improve their control and sound. These materials are borrowed from several standard method books used in the brass community and are rooted in the concept of "Song and Wind" by former Chicago Symphony Orchestra Principal Tuba, Arnold Jacobs. Be flexible and creative with these as they may be altered in tonal mode, range, dynamic, tempo, articulation, and even rhythm to fit individual needs. Of course, use of pitch drones will enhance the benefit of these exercises. In addition, the use of drum machine loops in lieu of a traditional metronome may help the emotional and mental engagement aspect as well.

Materials referenced:

- Remington Warm-Up Studies edited by Donald Hunsberger
- Warm-Up Studies by James Stamp
- Lip Flexibilities by Bai Lin
- Technical Studies by Herbert L. Clarke
- Brass Gym by Sam Pilafian and Pat Sheridan
- Daily Drills and Technical Studies by Max Schlossberg
- Mastering the Tuba by Roger Bobo

Long Tones / Airflow

1 $\text{♩} = 120$ cont. chromatically...

2 $\text{♩} = 108$
Starting on middle ("tuning") B \flat

Starting on F

Starting on low B \flat

3 $\text{♩} = 116$

Flexibility / Slurs

1 ♩ = 80

2 ♩ = 116

3 ♩ = 116

4 ♩ = 90

#5-8 may be played with the same articulation style and structure as #4 or as written

5 ♩ = 90

6 ♩ = 90

7 ♩ = 100

8 ♩ = 100

9 ♩ = 90

Dexterity / Chromatics

1 ♩ = 120

0 / 2 2 / 1 1 / 12

12 / 23 23 / 13 13 / 123

123 / 0 0 / 2

This exercise consists of three measures of eighth-note chromatic patterns in 4/4 time. The first measure starts on a whole note G2, the second on a whole note F2, and the third on a whole note E2. Each measure contains a chromatic line of eighth notes starting from the whole note and moving down to the next lower note.

2 ♩ = 120

0 / 2 2 / 1

1 / 12 12 / 23

23 / 13 13 / 123

This exercise consists of three measures of eighth-note chromatic patterns in 3/4 time. The first measure starts on a whole note G2, the second on a whole note F2, and the third on a whole note E2. Each measure contains a chromatic line of eighth notes starting from the whole note and moving down to the next lower note.

3 ♩ = 160

3x 3x

3x 3x

3x 3x

3x

This exercise consists of three measures of eighth-note chromatic patterns in 3/4 time. The first measure starts on a whole note G2, the second on a whole note F2, and the third on a whole note E2. Each measure contains a chromatic line of eighth notes starting from the whole note and moving down to the next lower note. The notes are marked with '3x' above them, indicating triplets.

Articulation

1 ♩ = 110

cont. chromatically...

This exercise consists of a single measure of eighth-note chromatic patterns in 4/4 time, starting on a whole note G2 and moving down to the next lower note. The notes are marked with a fermata above them, indicating a sustained articulation.

2 ♩ = 100

3 3 3 3

cont. chromatically...

This exercise consists of a single measure of eighth-note chromatic patterns in 4/4 time, starting on a whole note G2 and moving down to the next lower note. The notes are marked with a fermata above them, indicating a sustained articulation. The notes are grouped in fours, marked with '3' above them, indicating triplets.

Tuba

4

3 ♩ = 110

cont. chromatically...

4 ♩ = 100

cont. chromatically...

5 ♩ = 90

cont. chromatically...

6 ♩ = 100

cont. chromatically...

7 ♩ = 64

cont. chromatically...

8 ♩ = 90

repeat pattern on all scales

9 ♩ = 100

repeat pattern on all scales

10 ♩ = 84

repeat pattern on all scales

11 ♩ = 100

repeat pattern on all scales

Tuba

G \flat Major
 G Major
 A \flat Major
 A Major
 B \flat Major

2 ♩ = 116

cont. chromatically...

1

Dynamics

May be used on any note

2 ♩ = 60

cont. chromatically...

3 ♩ = 60

cont. chromatically...

4 ♩ = 60

cont. chromatically...

5 ♩ = 60

cont. chromatically...

6 ♩ = 60

cont. chromatically...

style variations:

7 ♩ = 60

cont. chromatically...

Musical staff for exercise 7, 4/4 time, ♩ = 60. The staff contains a sequence of eighth notes with dynamic markings: *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*, *f* > *p*. The notes are chromatically descending.

8 ♩ = 60

cont. chromatically...

Musical staff for exercise 8, 4/4 time, ♩ = 60. The staff contains a sequence of eighth notes with dynamic markings: *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*, *p* < *f*. The notes are chromatically ascending.

Vibrato

♩ = 80

Articulate the rhythm using "yAH" only

cont. chromatically...

Musical staff for vibrato exercise, 4/4 time, ♩ = 80. The staff contains a sequence of eighth notes with triplet markings (3) above them. The notes are chromatically descending.

Warm-Down

1 ♩ = 64

Musical staff for warm-down exercise 1, 3/4 time, ♩ = 64. The staff contains a sequence of eighth notes with triplet markings (3) above them. The notes are chromatically descending.

Musical staff for warm-down exercise 1 continuation, 3/4 time, ♩ = 64. The staff contains a sequence of eighth notes with triplet markings (3) above them. The notes are chromatically descending.

2 ♩ = 64

Musical staff for warm-down exercise 2, 4/4 time, ♩ = 64. The staff contains a sequence of eighth notes with triplet markings (3) above them. The notes are chromatically descending.

Musical staff for warm-down exercise 2 continuation, 4/4 time, ♩ = 64. The staff contains a sequence of eighth notes with triplet markings (3) above them. The notes are chromatically descending.

3 ♩ = 100

Starting on F

Musical staff for warm-down exercise 3, 4/4 time, ♩ = 100. The staff contains a sequence of quarter notes. The notes are chromatically descending.

Starting on B \flat

Musical staff for warm-down exercise 3 continuation, 4/4 time, ♩ = 100. The staff contains a sequence of quarter notes. The notes are chromatically descending.

Musical staff for warm-down exercise 3 continuation, 4/4 time, ♩ = 100. The staff contains a sequence of quarter notes. The notes are chromatically descending.

4 ♩ = 100

Musical staff for warm-down exercise 4, 4/4 time, ♩ = 100. The staff contains a sequence of quarter notes. The notes are chromatically descending.

Musical staff for warm-down exercise 4 continuation, 4/4 time, ♩ = 100. The staff contains a sequence of quarter notes. The notes are chromatically descending.