

**NORTHWESTERN**

**MS**

**TUBA**

**WARM-UP PACKET**

**2018-19**

## BREATHING GYM

### Warm-Up

- Field goal arms, twisting and turning inhaling and exhaling on your own terms
- Shake it off

### 5 in, 15 sip, half and half, ssss!!!

- Inhale in a pattern for 5 beats
  - Quarter, eighths, triplets, sixteenths,
  - Inhale sip for 15
- Exhale release, Capture the air and pause and release again
- Finish the rest of your air with a “sssssss”
- Breath in 1, Sigh out 1

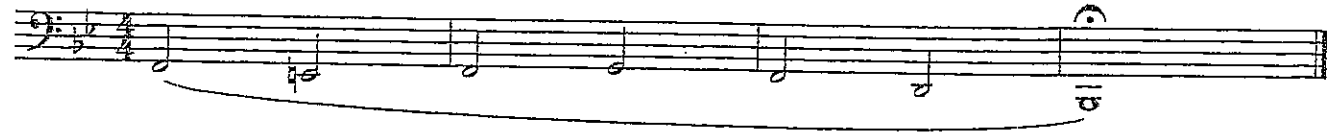
### Inhalation and exhalation

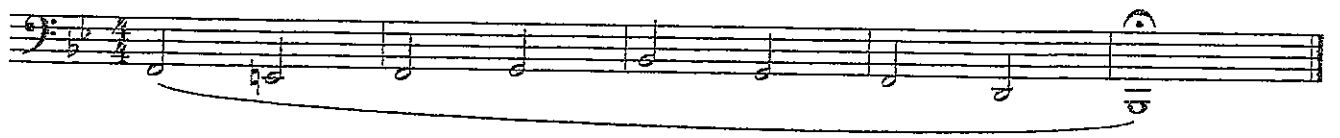
- Inhale for 4 counts with your hand over mouth long ways
- Exhale straight ahead with your palm in front of your face for 4 counts.
- Continue using these patterns
  
- In for 4, out for 4
- In for 3, out for 4
- In for 2, out for 4
- In for 1, out for 4
- In for 1, out for 5
- In for 1, out for 6
- In for 1, out for 7
- In for 1, out for 8
- In for 1, out for 9
- In for 1, out for 10
- Breath in for 1, sigh for 1

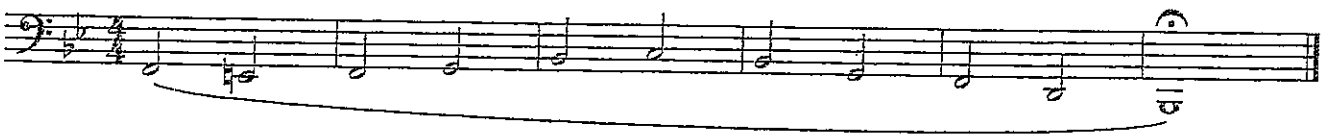
Tuba




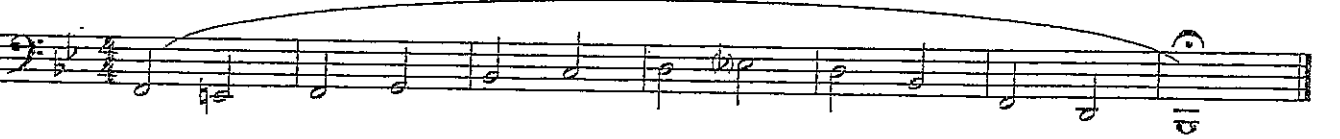
# FLOW STUDIES


1 

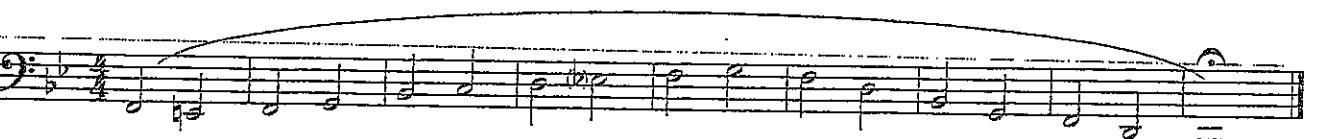
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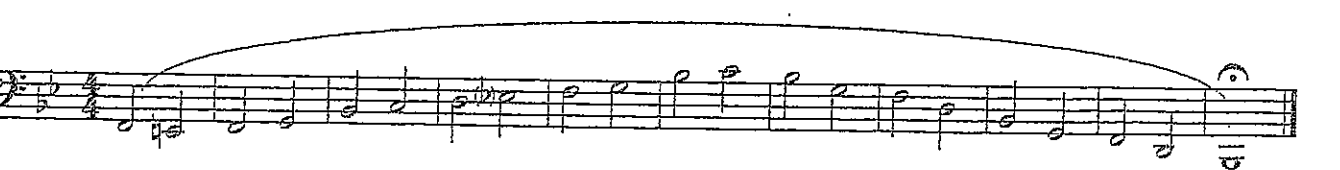
4 

5 

6 

7 

8 

9 

4

# Lip Slur Exercises

Tuba

1

0 2 1 12 23

2

0 2

1 12

23

3

2 1 12 23

13(4) 123(24) 123(24)

## Tuning Chords

4

0 2 1 12

# Tuba

# Scales

Shawn Gee

$\text{♩} = 100$   
Concert Bb Scale

Bb Arpeggios

Musical staff in bass clef with a key signature of two flats (Bb) and a 4/4 time signature. It contains two musical phrases: a scale starting on Bb and an arpeggiated chord of Bb.

Bb Thirds

Musical staff in bass clef with a key signature of two flats (Bb). It contains a sequence of chords, each consisting of a Bb note and its third.

Concert F Scale

F Arpeggio

Musical staff in bass clef with a key signature of one flat (F). It contains two musical phrases: a scale starting on F and an arpeggiated chord of F.

F Thirds

Musical staff in bass clef with a key signature of one flat (F). It contains a sequence of chords, each consisting of an F note and its third.

8

Musical staff in bass clef with a key signature of three flats (Eb). It contains a scale starting on Eb.

Concert Eb Scale

Musical staff in bass clef with a key signature of three flats (Eb). It contains a scale starting on Eb.

Eb Thirds

Musical staff in bass clef with a key signature of three flats (Eb). It contains a sequence of chords, each consisting of an Eb note and its third.

Concert Ab Scale

Musical staff in bass clef with a key signature of four flats (Ab). It contains a scale starting on Ab.

Ab Thirds

Musical staff in bass clef with a key signature of four flats (Ab). It contains a sequence of chords, each consisting of an Ab note and its third.

Concert C Scale

Musical staff in bass clef with a key signature of no sharps or flats (C). It contains a scale starting on C.



# Tonguing Exercises

Tuba

EDHS 2012

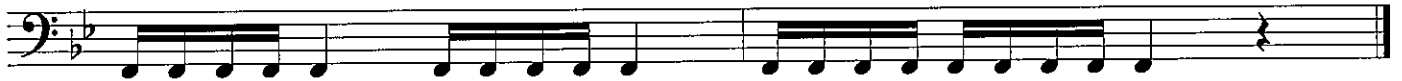
①



②



③



④



⑤



⑥



⑦



⑧



# Rhythm Grid

This image shows a 'Rhythm Grid' consisting of 10 rows and 6 columns of musical notation. Each cell in the grid contains a numbered measure (1 through 54) with a specific rhythmic pattern written on a treble clef staff. The patterns include various note values such as quarter notes, eighth notes, and sixteenth notes, as well as rests and beams. The grid is enclosed in a thick black border, and there are two circular punch holes on the left side.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54