

Tuba Warm-Ups (for Bb Tuba)

Revised 2014

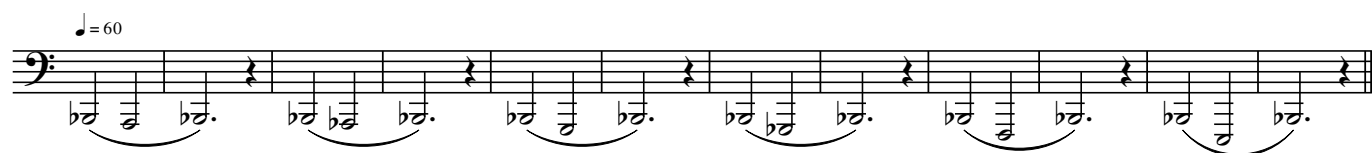
Please Note: These Warm-ups are not of my creation, but instead are a compilation of ideas from various tuba players I have encountered over the years. I have put them into an order that makes the most sense to me. Warm-ups should be introduced as soon as the player can maintain the tone, and should be the most important thing done daily.

The 5 minute "Level 1" warm-up

Various Authors

Focus on Breathing, Consistent Tone

1 

2 

3 

4 

5 

The 10 minute "Level 2" warm-up

(add these to the Level 1 warm-up)

Focus on Embouchure Control

6 $\text{♩} = 80$

7 $\text{♩} = 80$

8 $\text{♩} = 80$

9 $\text{♩} = 80$

10 $\text{♩} = 80$

11 $\text{♩} = 80$

12 $\text{♩} = 100$ (or as fast as you can) *Continue through 1, 12, 23, 4 (13), 24 (123)*

13 $\text{♩} = 100$ *Continue through 1, 12, 23, 4 (13), 24 (123)*

14 $\text{♩} = 100$ *Continue through 23, 4 (13), 24 (123)*

The 20 minute "Level 3" warm-up

(add these to the Level 1 and 2 warm-up)

Focus on Pitch Accuracy

completely remove lip from mouthpiece between measures

15 $\text{♩} = 60$

completely remove lip from mouthpiece between measures

16 $\text{♩} = 60$

completely remove lip from mouthpiece between measures

17 $\text{♩} = 60$

completely remove lip from mouthpiece between measures

18 $\text{♩} = 60$

19 $\text{♩} = 60$

20 $\text{♩} = 60$

21 $\text{♩} = 100$ *Continue through 1, 12, 23, 4 (13), 24 (123)*

22 $\text{♩} = 100$ *Continue through 1, 12, 23, 4 (13), 24 (123)*

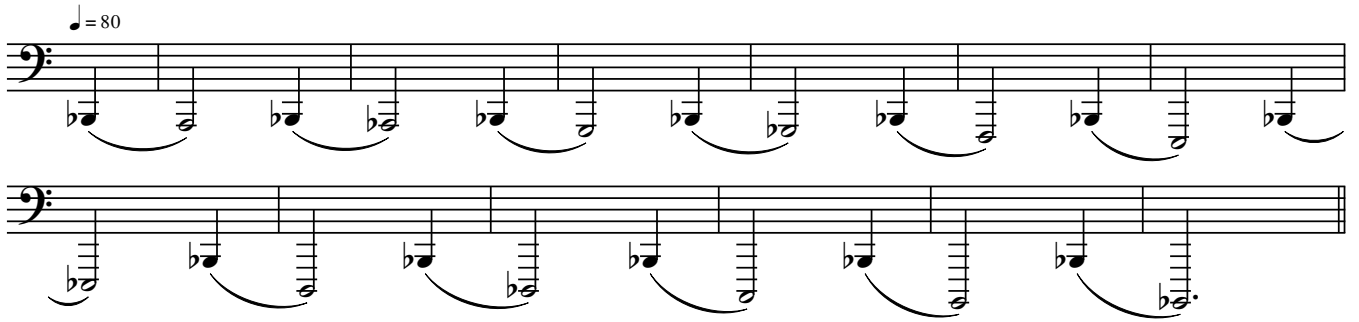
The 35 minute "Level 4" warm-up

(add these to the Level 1 -3 warm-up)

Focus on Range Extension

23

♩ = 80



24

♩ = 80



25

♩ = 80



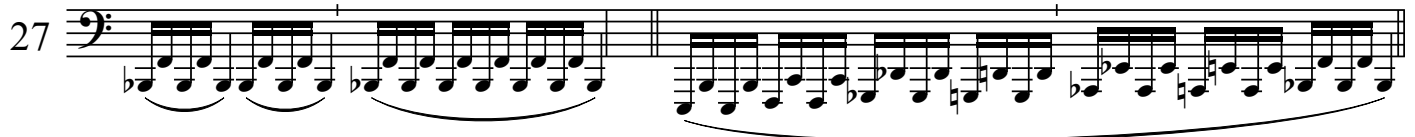
25
continued
As fast as possible, cleanly*Continue through 2, 1, 12, 23, 4 (13), 24 (123)*

26

The 50 minute "Level 5" warm-up

(add these to the Level 1 - 4 warm-up)

From this point forward, all as fast as possible to perform cleanly and evenly

*Advanced Techniques and Control**Continue through 2, 1, 12, 23, 4 (13), 24 (123)*27 *Continue through 2, 1, 12, 23, 4 (13), 24 (123)*28 *Continue through 2, 1, 12, 23, 4 (13), 24 (123)*29 *Continue through 2, 1, 12, 23, 4 (13), 24 (123)*30 *Continue through 2, 1, 12, 23, 4 (13), 24 (123)*31 *Continue through 2, 1, 12, 23, 4 (13), 24 (123)*32 *Continue through 2, 1, 12, 23, 4 (13), 24 (123)*33 *Continue through 1, 12, 23, 4 (13), 24 (123)*34 

The 60 minute "Level 6" warm-up

(add these to the Level 1 - 5 warm-up)

Professional Level Exercises

continue down chromatically
as low as possible

35 

36 

Continue through 1, 12, 23, 4 (13), 24 (123)

37 *Double Tonguing* 




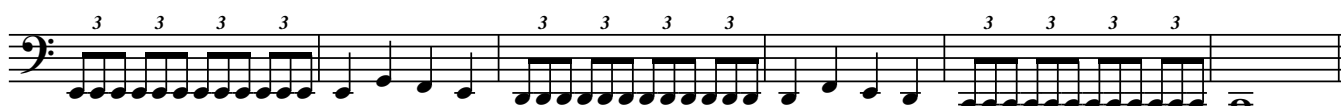
Work in various other scales as well

38 *Double Tonguing* 



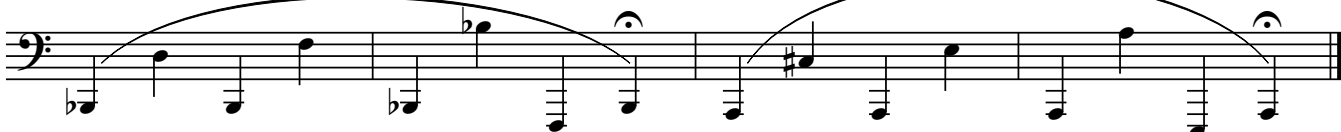
Work in various other scales as well

39 *Triple Tonguing* 

Work in various other scales as well

40 *8^{vb} (Pedal Tones)* 

41 

continue down chromatically
as low as possible

Any additional warm-up activities should be musician-specific

For more ideas, suggestions, and useful information, please visit www.blostein.net