

# DAILY ROUTINES

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## *Tuba Edition*

### *Preface*

From my almost thirty years of college teaching I have found that it is essential for students to develop a daily routine in order to achieve consistency in their playing in addition to the mastery of the basics of brass playing.

David Vining's **Daily Routines for Tuba** is an innovative and very effective way for students of all levels to develop and maintain these skills at a high level. I love that the book has routines that cover every facet of tuba playing, yet each routine also covers all the basics regardless of their specific focus. This is a facet of this fine book that makes it wonderfully unique and effective. The student simply needs to just play each routine completely in a given day and improvement is guaranteed. There is so much diversity in this book that the routines never get boring. This book WORKS.

I have long looked for a Routine Method that has both diversity and consistency. I have finally found THAT book in Daily Routines for Tuba!

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# DAILY ROUTINES

## *Tuba Edition Introduction*

A daily routine is an important part of any tuba player's practice regimen. It is a time each day to concentrate exclusively on the fundamentals of tuba playing in order to develop a solid technical foundation. A valuable daily routine can help establish consistency in all areas of playing and diminish the chances of having a "bad day".

To use this book, play *one routine per day*. Younger players may wish to start by playing the **Easy Routine**, while more advanced players should start with the **Basic Routine**. Each routine is designed to be played like an etude, front to back, and lasts between 20 and 35 minutes. When playing a routine, simply follow the directions and play through each drill as though playing an etude. If you have time later, you can come back and spend more time on any weaknesses, but initially you should play all the way through the routine without stopping. Always use a metronome as indicated.

*Daily Routines for Tuba* is divided into eight different routines:

1. Basic Routine
2. Articulation
3. Flexibility/Accuracy
4. Register Change/Dynamic Extreme
5. Vibrato
6. Range
7. Duet/Intonation
8. Easy Routine

Each Routine is further divided into seven skill categories:

1. Long tones and mouthpiece buzzing
2. Crescendo and diminuendo
3. Lip slurs
4. Subito dynamic changes
5. Low and resonant playing
6. Articulation – first on one note and then moving around
7. High and low playing

The seven skill categories have been applied to each of the eight routines as a template and within this template, the subject of each routine has been emphasized. In the **Articulation Routine**, for example, category #3 (lip slurs) requires lip slurs *and* articulation within the same drill. By combining the seven skill categories with the eight routine subjects in this way, *Daily Routines for Tuba* provides unique and helpful challenges to develop musicianship.

Once you are familiar with all the routines it is acceptable to mix and match drills to address individual needs and preferences so long as each skill category is covered. For example, one could assemble a custom routine by playing #1 from the **Basic Routine** then skipping over to play #2 from the **Range Routine**, #3 from the **Flexibility Routine** and so on.

The following pages contain some other helpful tools for developing and maintaining your fundamental skills:

- **Progress Charts** enable players to keep track of their current ability and to set goals and time frames for improvement.
- The **Articulation Spectrum** is a system by which degrees of articulation may be measured and is a handy way to differentiate degrees of staccato and legato playing.

Many of the drills require a fourth valve. If you do not have a fourth valve, substitute the fingerings 1-3 where the fourth valve is indicated and 1-2-3 for 2-4. The easy routine does not require a fourth valve.

When instructed to “Continue pattern through all valve combinations,” play the established pattern 7 times in the following valve combinations: 0, 2, 1, 1-2, 2-3, 4, 2-4. When the instructions say: “Continue the pattern through all fourth valve combinations,” play the pattern 11 times—in the seven combinations above plus the following: 1-4, 1-2-4, 2-3-4, 1-3-4.

Also available: **Daily Routines for the Student Tuba Player**

In this edition, the same skill categories are applied to the following routines:

1. Beginning Routine
2. Air
3. Lip Bends
4. Intermediate Routine
5. Ear Training
6. Low Range
7. Duet / Intonation
8. Advanced Routine

These routines help students develop and maintain their fundamental tuba skills. Once they have mastered **Daily Routines for the Student Tuba Player**, they can continue **with Daily Routines for Tuba**.

## II. Articulation

*Breathe as needed throughout this routine*

$\text{♩} = 72 \pm$  Legato

1.  

First time play, second time buzz the mouthpiece



Remove/Replace Mouthpiece



First time play, second time buzz the mouthpiece



Remove/Replace Mouthpiece





First time play, second time buzz the mouthpiece

Remove/Replace Mouthpiece

♩ = 72

2. **3/4**

Legato Staccato

*p* *f* *p* *p*

Legato

*f* *p* *p* *f* *p*

Staccato

*p* *f* *p*

Staccato Legato

*f* *p* *f* *f* *p*

Staccato

*f* *f* *p* *f*

Legato

*f* *p* *f* *subito p*



