

# Tuba Warm-Ups (for CC 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

# 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  $\text{♩} = 80$  4 (13) 24 (123)

9  $\text{♩} = 80$  4 (13) 24 (123)

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)*

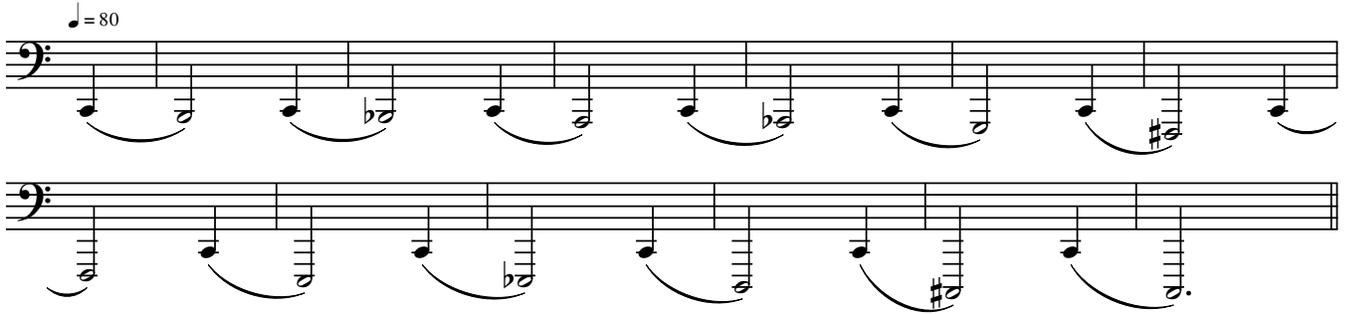
## The 35 minute "Level 4" warm-up

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

*Focus on Range Extension*

23

$\text{♩} = 80$



24

$\text{♩} = 80$



25

$\text{♩} = 80$



25  
*continued*

The musical score for measures 25-26 is written in bass clef. It consists of eight staves of music. The first seven staves (measures 25-31) feature a complex rhythmic pattern of eighth and sixteenth notes, often grouped in pairs or fours. The eighth staff (measure 32) is a single line of music with a different rhythmic pattern, starting with a quarter note followed by eighth notes. The key signature changes from one sharp (F#) to two flats (Bb, Eb) and then to two sharps (F#, C#) during the piece.

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

26

The musical score for measure 26 is a single line of music in bass clef. It features a complex rhythmic pattern of eighth and sixteenth notes, starting with a quarter note followed by eighth notes. The key signature is two sharps (F#, C#).

## 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* 

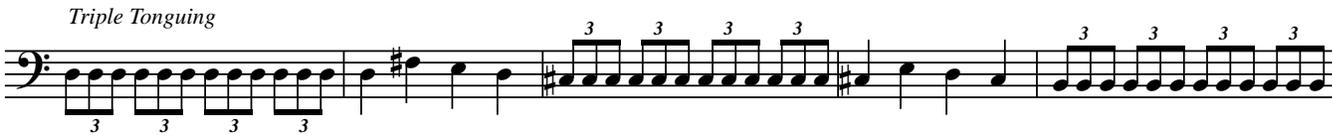


*Work in various other scales as well*

38 *Double Tonguing* 



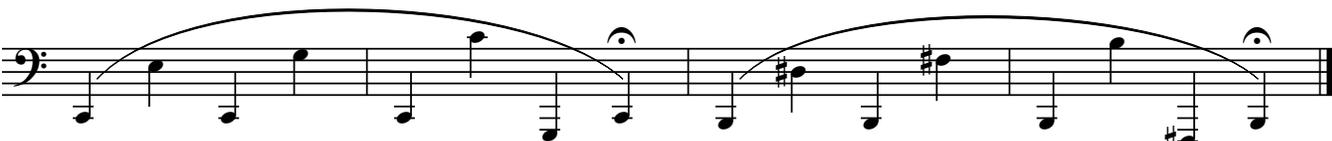
*Work in various other scales as well*

39 *Triple Tonguing* 




*Work in various other scales as well*

40 *8<sup>vb</sup> (Pedal Tones)* 

41 

*continue down chromatically  
as low as possible*

Any additional warm-up activities should be musician-specific