

SBA Online Education

Warm Up for Baritone/Euphonium & Tuba

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Importance of Warming Up

- Athletes stretch before exercising, team practice, and playing a game. This will give them better results on the playing field.
- We are musical "athletes". We must warm up before our individual practice, band rehearsals, and a performance. This will give us better results on the concert stage.

SOUND

- This is the **most important** element of all playing characteristics.
(Others include: Articulation, Range, Flexibility, Dynamics, etc.)

$$\text{AIR} + \text{BUZZ} = \text{SOUND}$$

- Start by taking a few relaxed **DEEP BREATHS** - Keep your mouth in a large "OH" shape
- Keep your body relaxed

- Next, do some relaxed **BUZZING** Low → High → Low
 - 1) Lips only
 - 2) Mouthpiece

PLAYING

- 1) **Relaxed Long Tones** - Improves sound quality (Keep the "OH" shape)

♩ = 60

Bar./Euph.

Tuba

Big Breath

Use the 4th valve if you have one!

2) Articulation (Tonguing)

- Speaking clearly when we talk
- Speaking clearly when we play our instruments!

Tips:

- Say "Doh" for regular articulation on Baritone, Euphonium & Tuba.
- Make sure the "OH" shape is relaxed.
- Keep the air flowing. Allow the air to 'flick' the tongue out of the way while tonguing.



A) Practice SAYING IT (doh doh doh doh doooooh)

B) Practice with a BREATHING PATTERN (tonguing with air only)

C) Now try the same thing on your instrument by starting on Bb (think of saying "Doh" while you are playing)

D) Put it altogether by practicing some scales (Bb, F, Eb etc.)

Keep the air flowing **THROUGH** each syllable, as if you are playing a whole note

Play 2 times each

Bar./Euph.				
	doh doh doh doh doh			etc.
Tuba				
	doh doh doh doh doh			etc.

Use your band book (Standard of Excellence or Tradition of Excellence) to help you with fingerings and scales. Gradually speed up the tempo once the articulations are smooth and clear.

Closing Thoughts

- Make the warmest, fullest, most relaxing **sound** you can (Long Tones).
- Make the clearest **articulations** for the notes you are tonguing (Articulations).
- Use a Metronome and an electronic Tuner.
- A proper warm up will give you better results with home practicing, rehearsals, and concerts.

It's not that we *HAVE* to practice, it's that we *GET* to practice... and it is when we are practicing that we are actually getting better, so ENJOY the fact that we are actually getting better!

Have fun when you are practicing!