Foreword

This is not a new technique book.

This is a supplement to my piles of technique books I find I cannot live without, but don't like to weigh myself down with. The majority of the exercises contained within are taken from Arban's Famous Method for Trombone, which is a book I have used practically every day since my first day of freshman classes in college.

Over the years, my daily routine has barely changed. Due to that, and the fact that books are heavy, and wither after a constant ten or so years of use, I wanted to make something smaller, that includes only the stuff I need regularly, and I can put the rest on the bookshelf for later use.

This book is my answer. It includes everything I do, and I added some things I should have been doing. To completely get through the book, it takes about an hour. For younger students, you will not play everything; most of the first few etudes in each section are simple enough to get through, and the rest can be saved for the future, when your ability improves. At 21 pages, it's very light and fits in my case with ease. And, since it includes a play-along CD for use with 13 of the exercises, it makes it a bit more interesting, and helps with other problems which the student has a hard time practicing at home: intonation.

This edition needs some form of instruction to get through the first few sections, since it approaches some of the concepts of Arnold Jacobs, of whom a good deal of the younger generation know nothing about. So, unless you have a thorough understanding of Jake's teachings, you need a teacher who can at least show you the ropes.

Low Brass Daily Routine

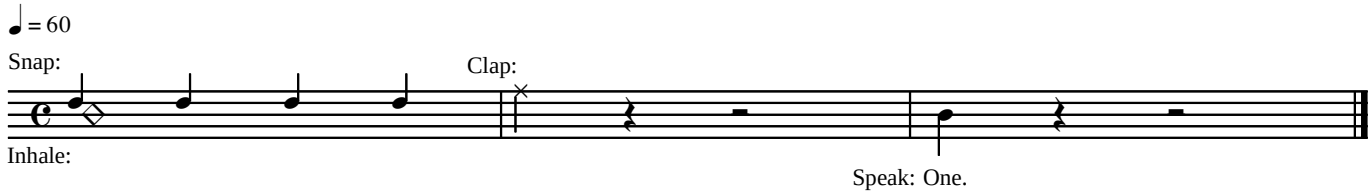
Tuba

Compiled by
Nick Rosaci

1. Breathing

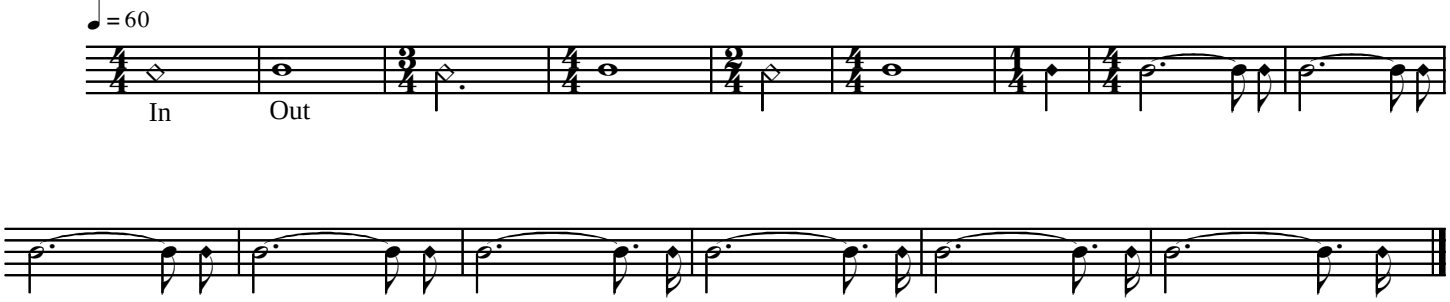
This is the first thing you should be doing before you pick up your instrument.
As in this whole book, these should be done with a metronome.

Breathing Exercise one: In four



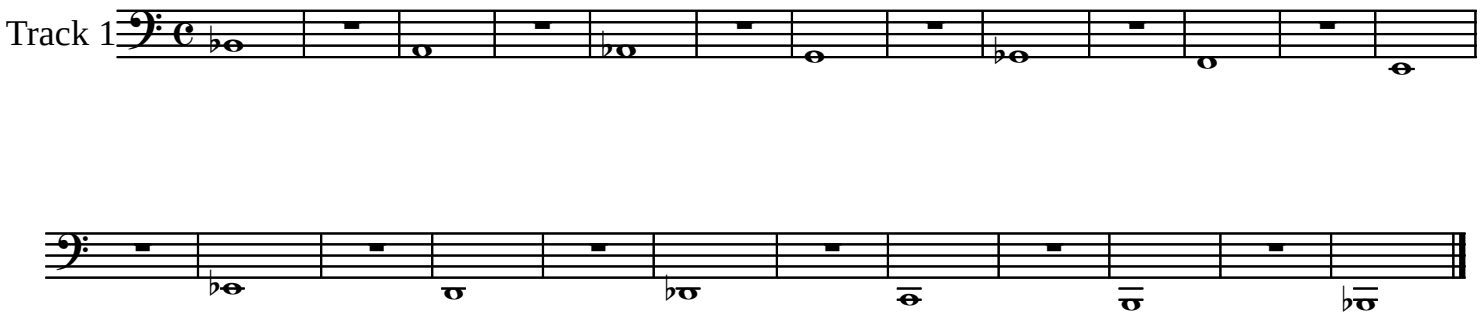
Breathing Exercise two: Thirds (no music)

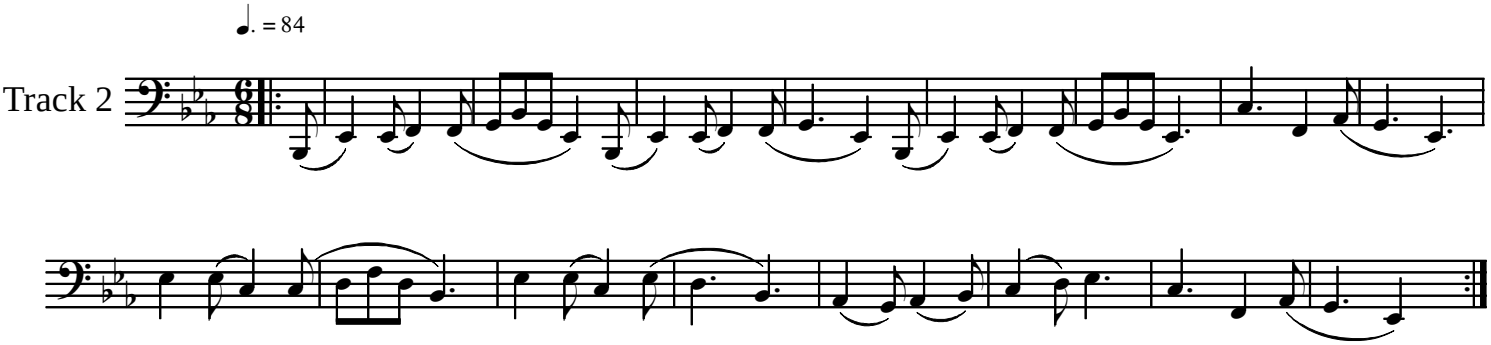
Breathing Exercise Three: In and out



2. Buzzing

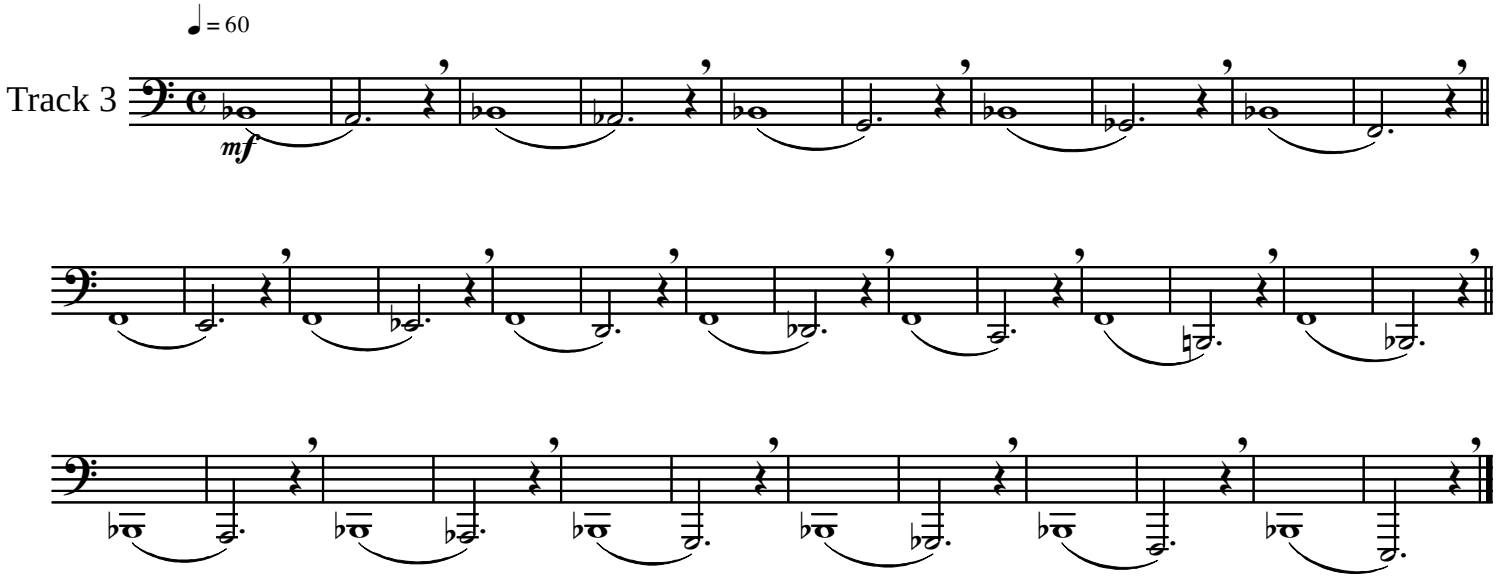
Do each of these exercises with both a metronome and a pitch reference (such as the CD or a piano). Be sure to hold the mouthpiece with only two fingers. Take a deep breath for the full count of each whole rest.





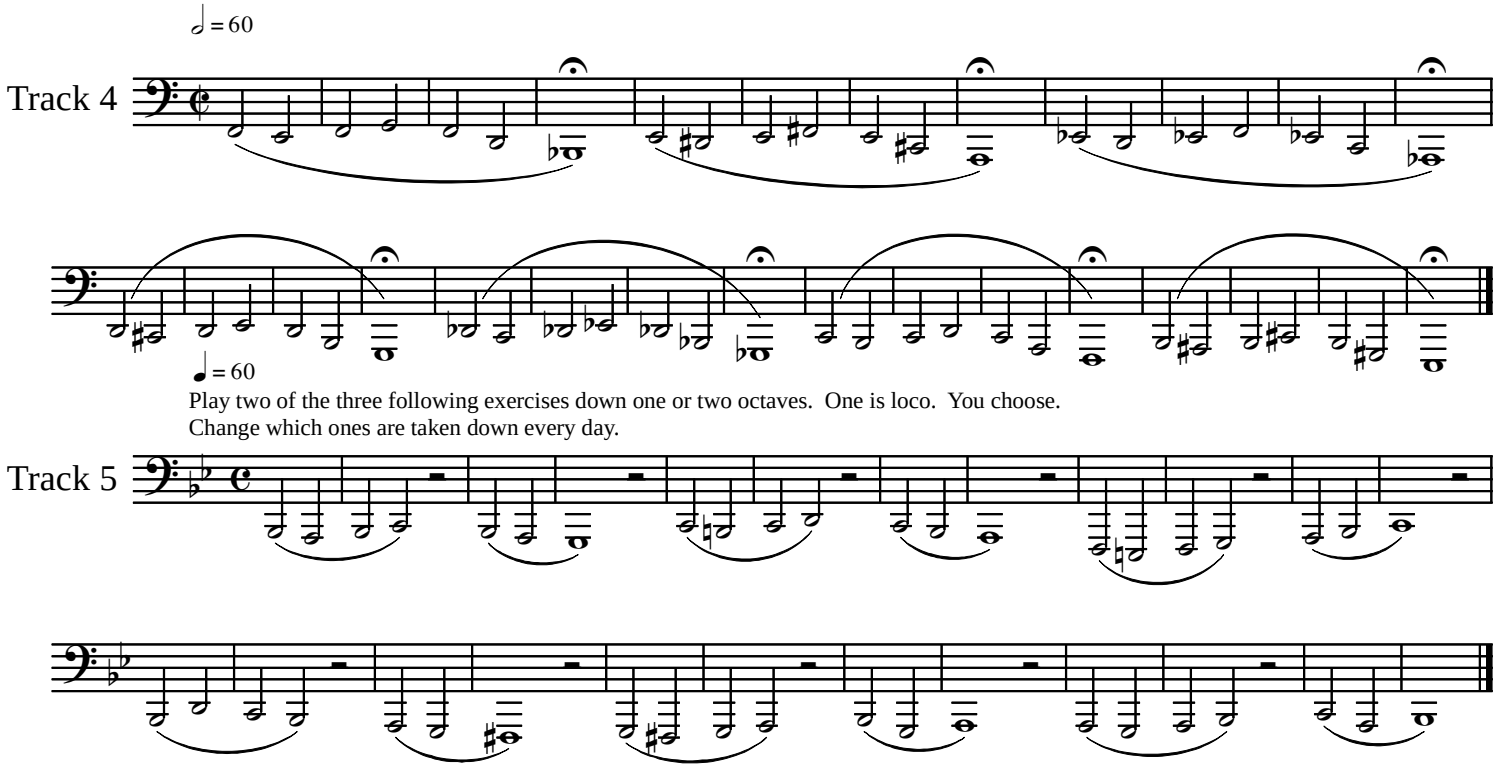
3. Long Tones

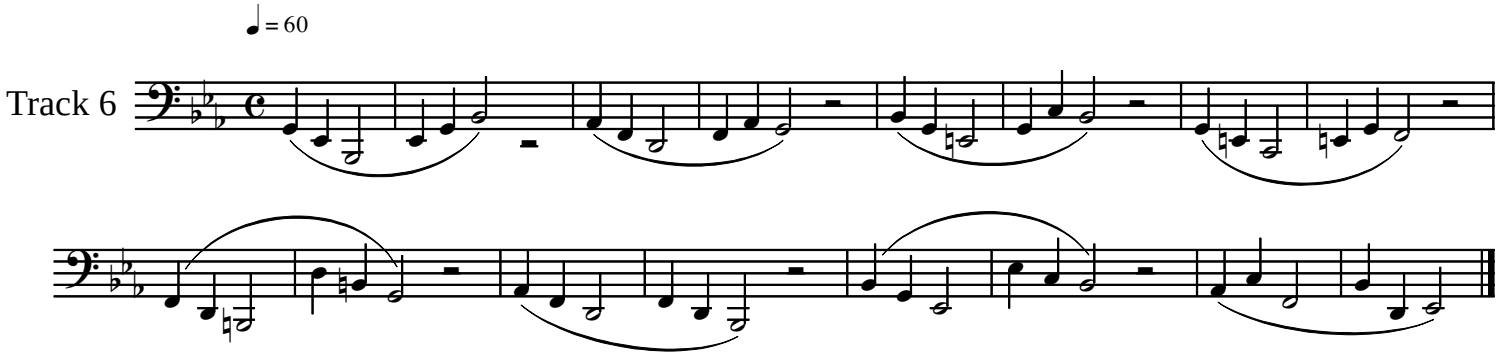
This is the bread and butter of brass playing. These must be done every day, with the emphasis on a good sound. These must be the most beautiful sound you've ever heard.



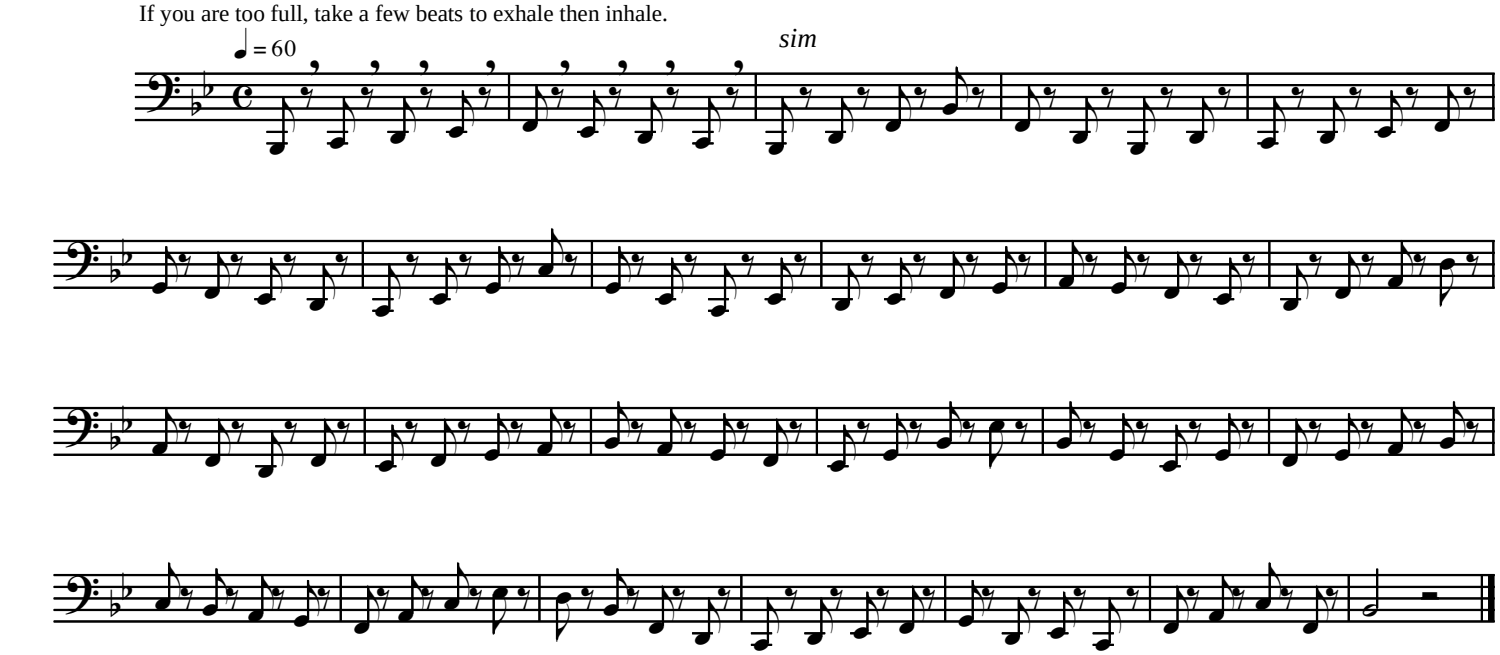
4. Air Flow

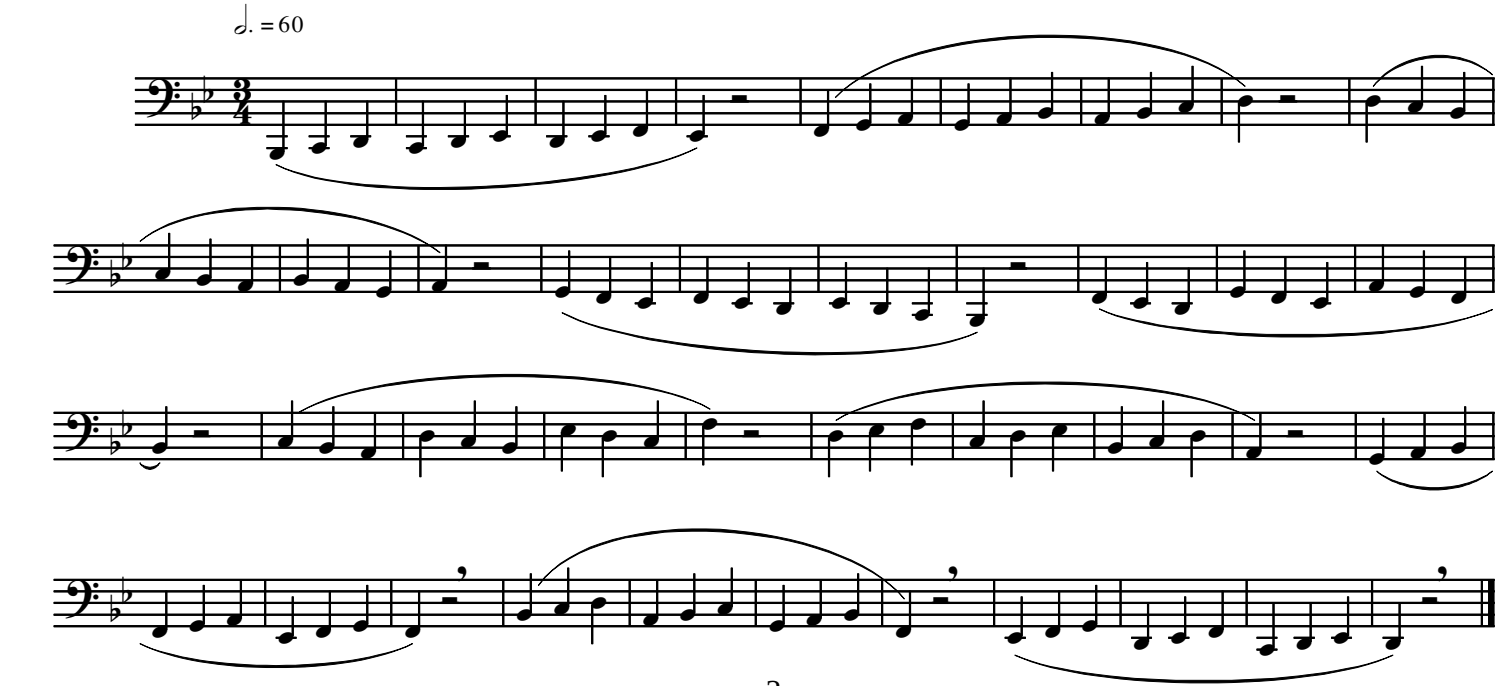
Follow the same ideas from the long tones section.

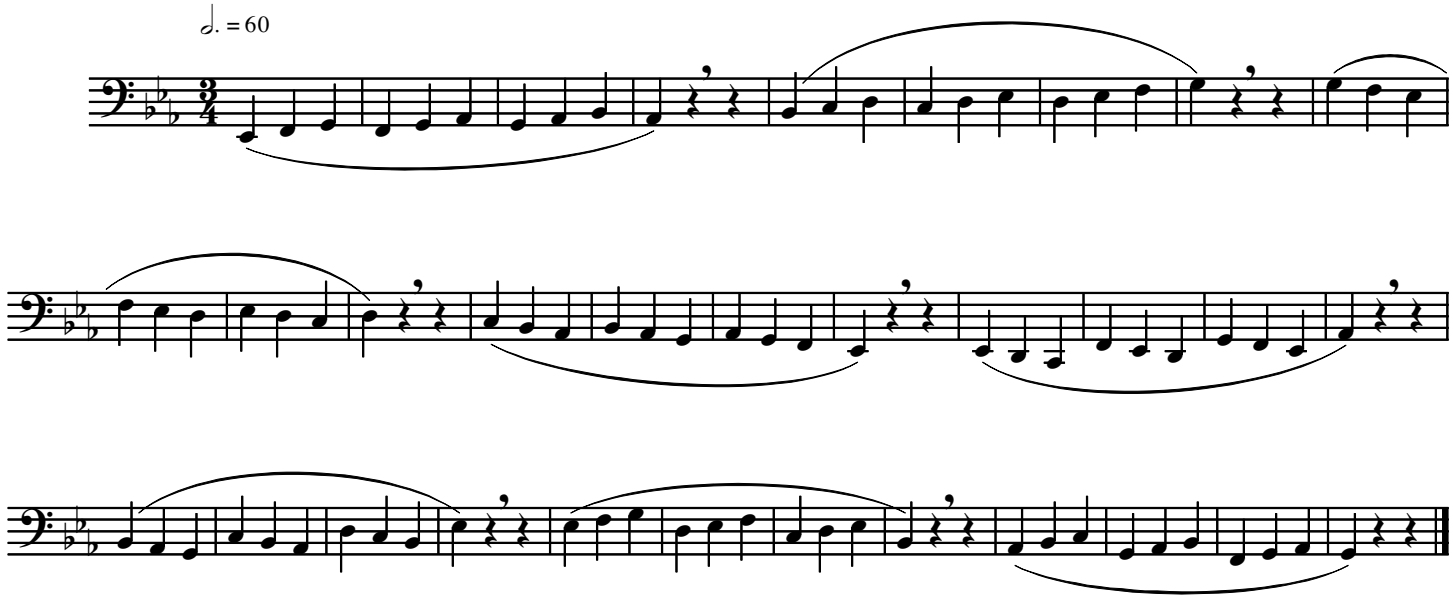




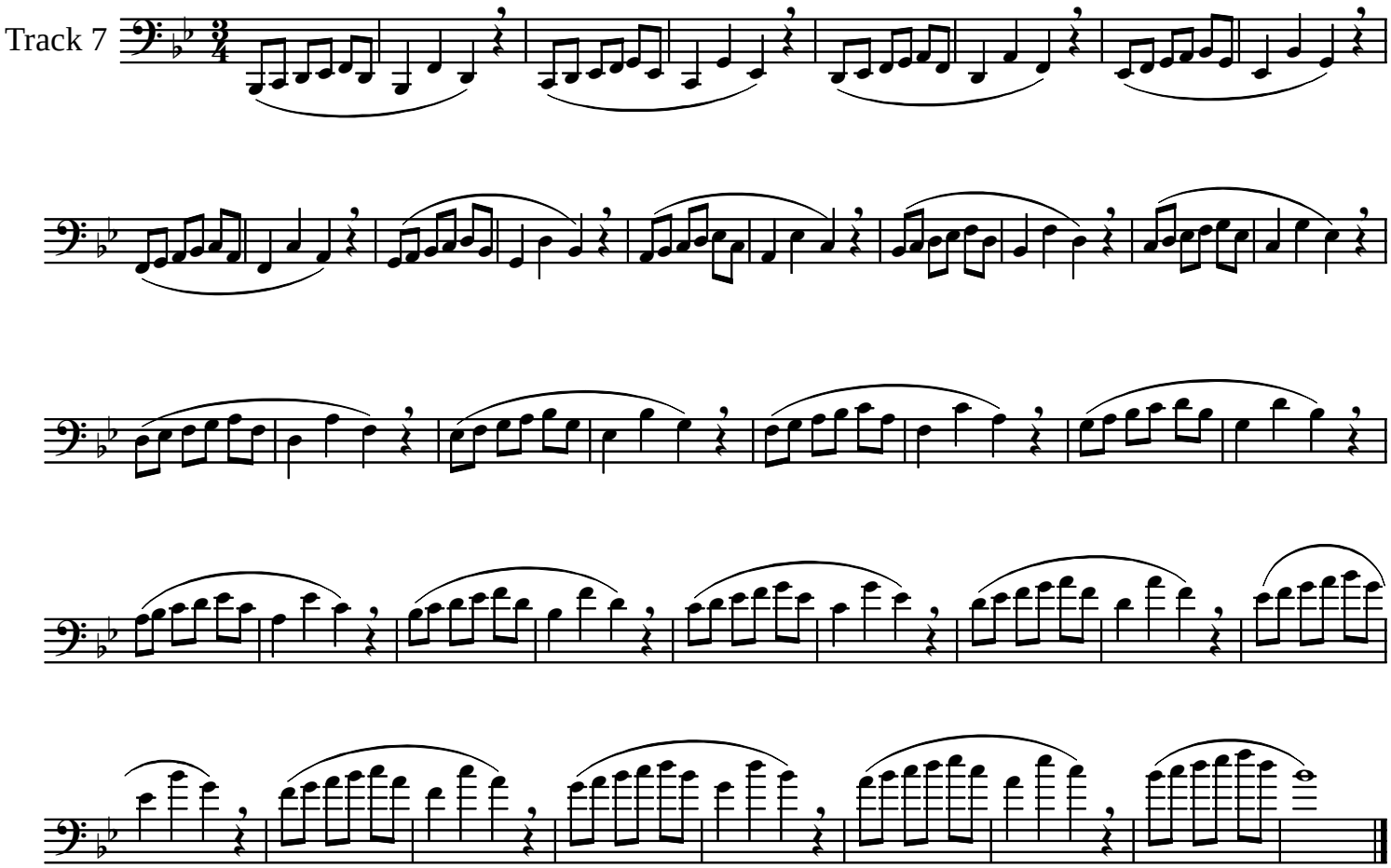
Air is always moving in or out. Use as much air as possible for every note. Then take in as much air as possible every breath.
If you are too full, take a few beats to exhale then inhale.

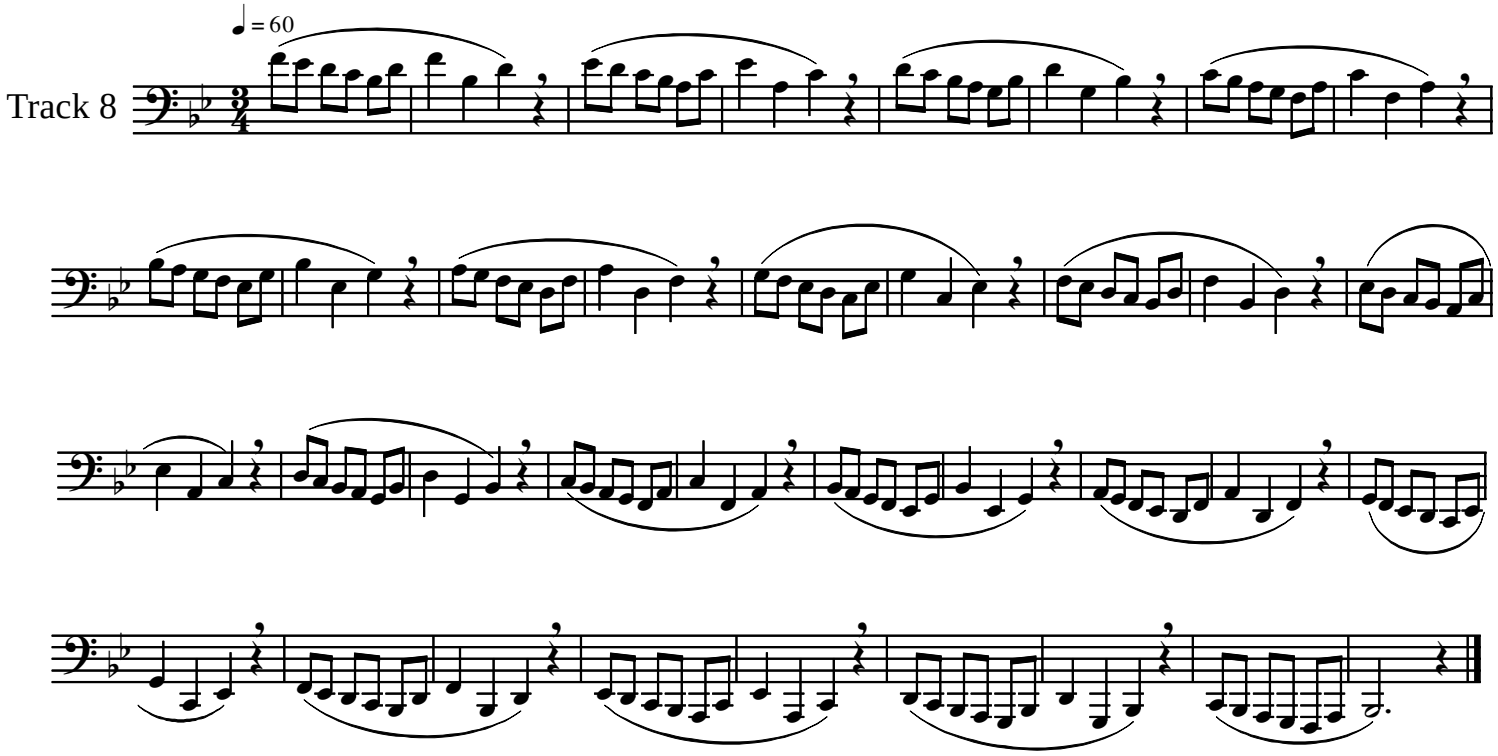






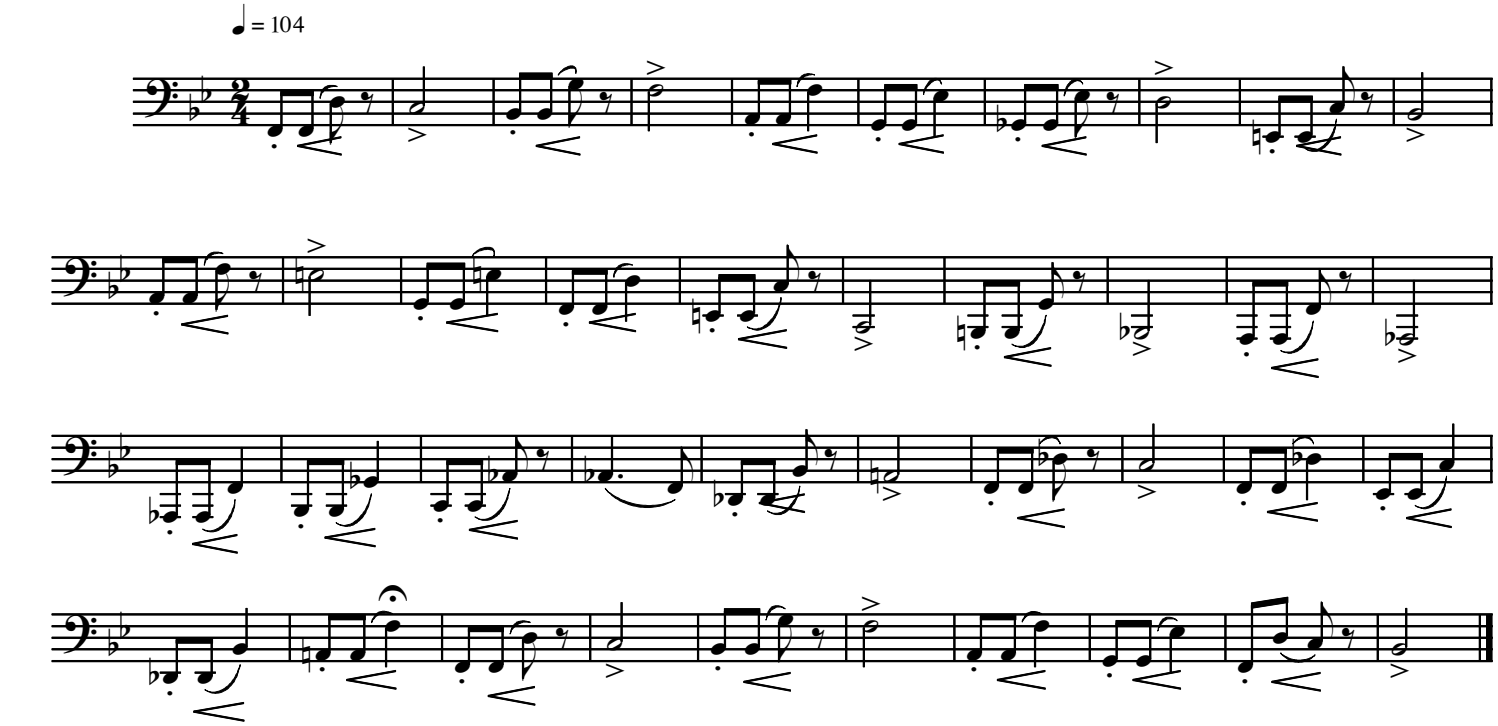
♩ = 60 Play as much of this exercise as you can, then take a break. On the exercises in 3, the CD gives you six beats up front.

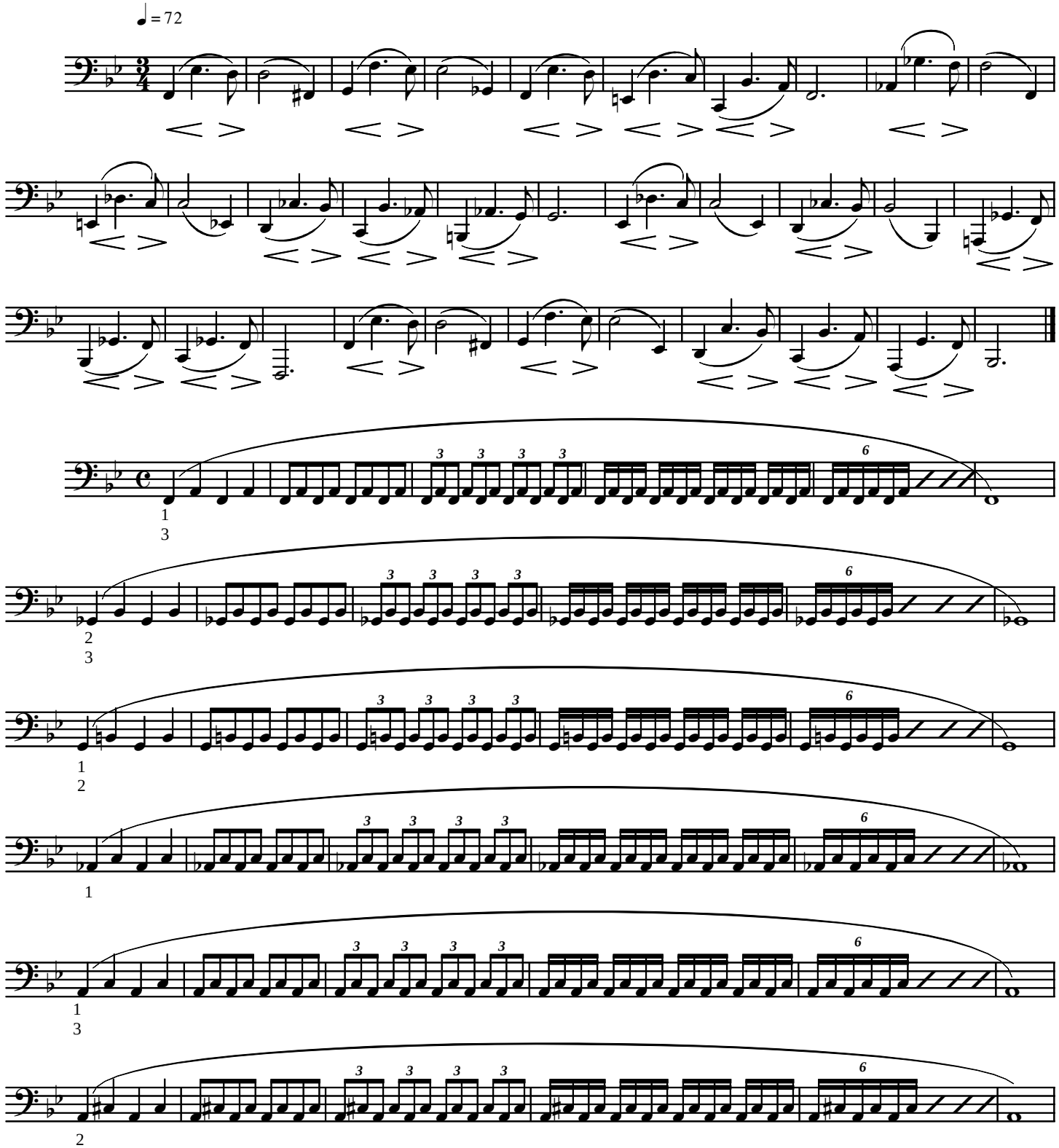


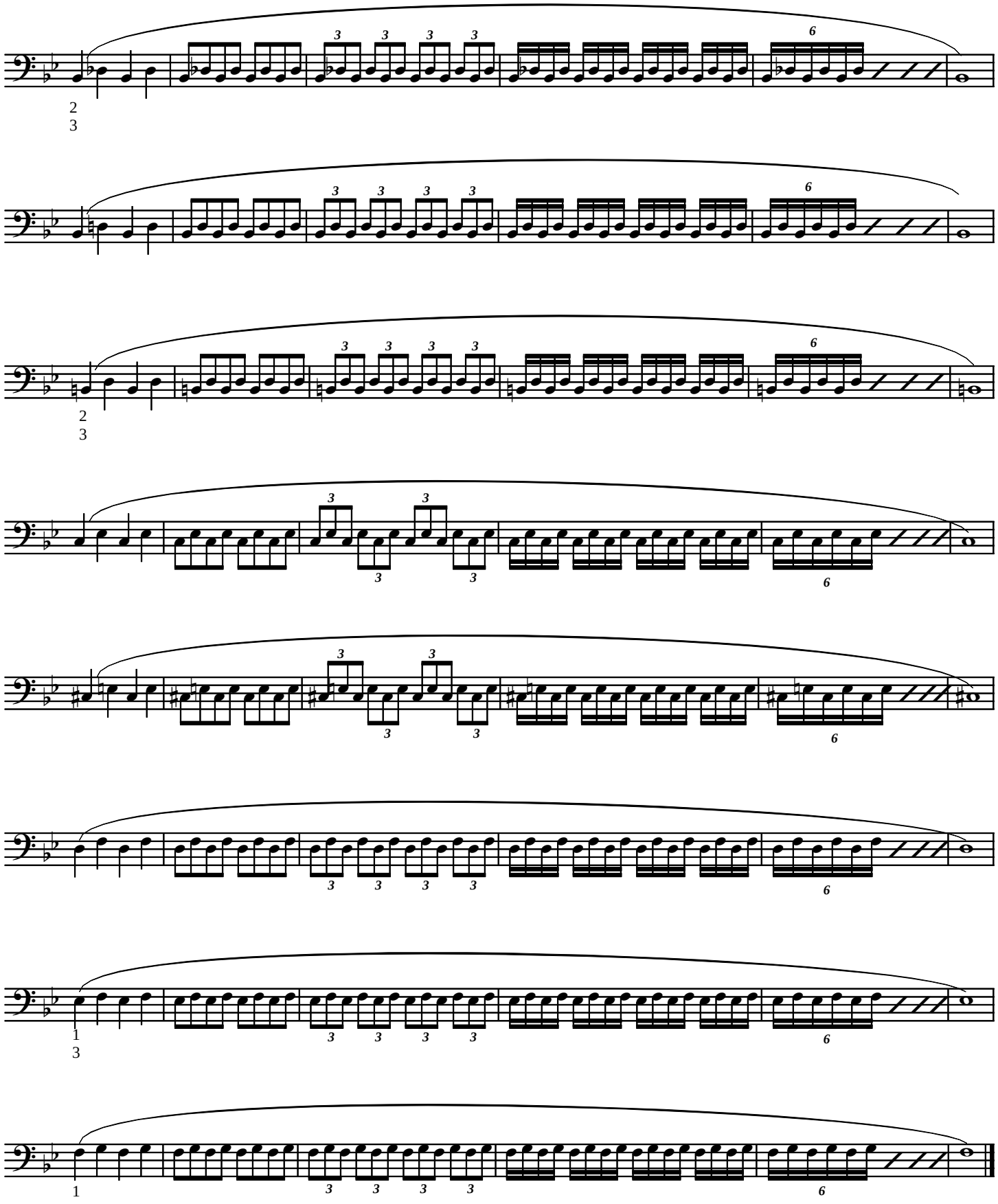


5. Slurs

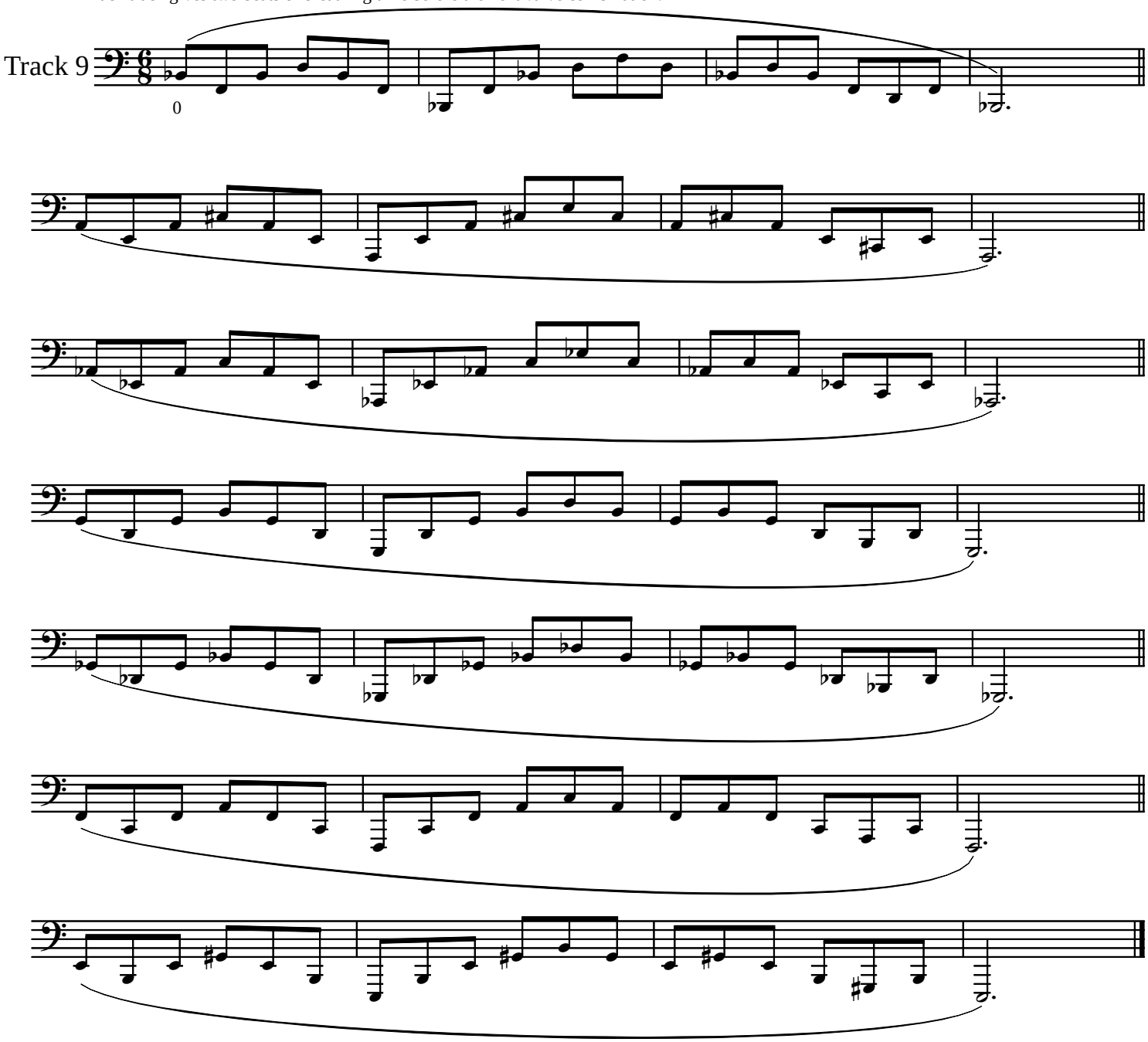
With the following exercises, work on sluring with the lips. Do not use your tongue. With exercise 3, start each as slow as you need to play them well, then take them up a notch once you can play them well. Unless otherwise noted, the goal is ♩=72.

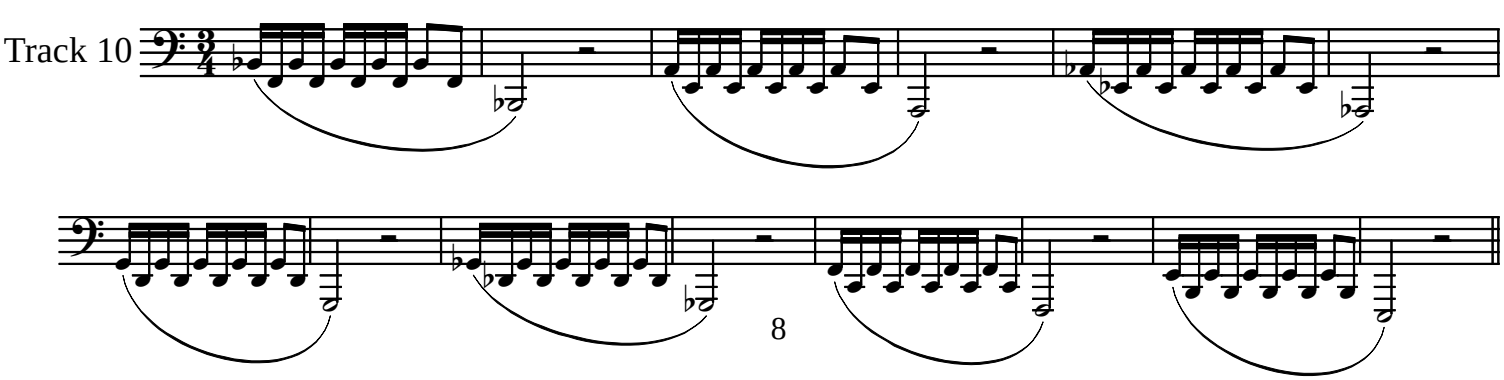



♩ = 72



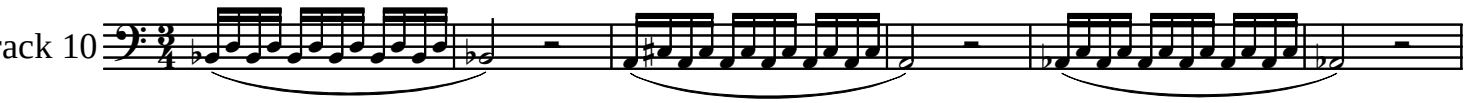
The following exercises have play-along tracks as well. If the track's metronome is too fast, do not play with the it until you can play around 80. Each track gives two beats of breathing time before the next valve combination.

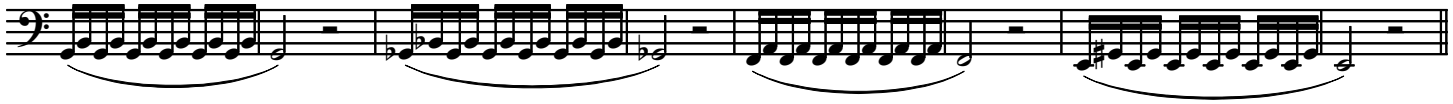




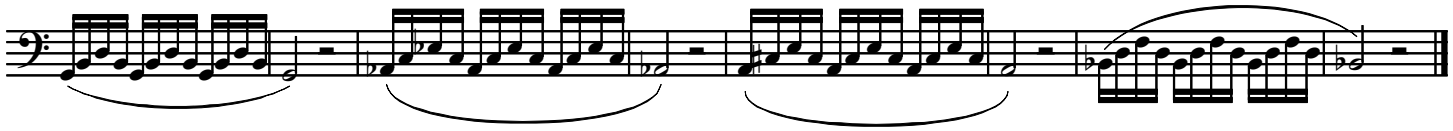
Yes, this uses track 10, as well.

Track 10



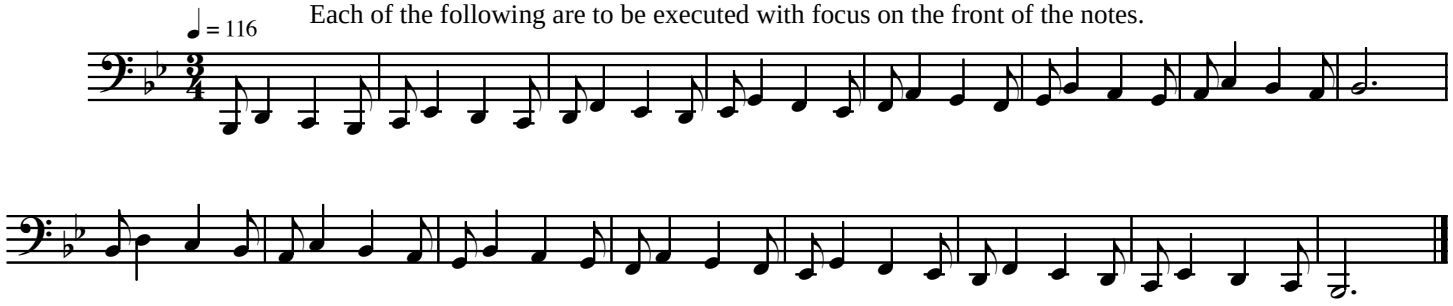


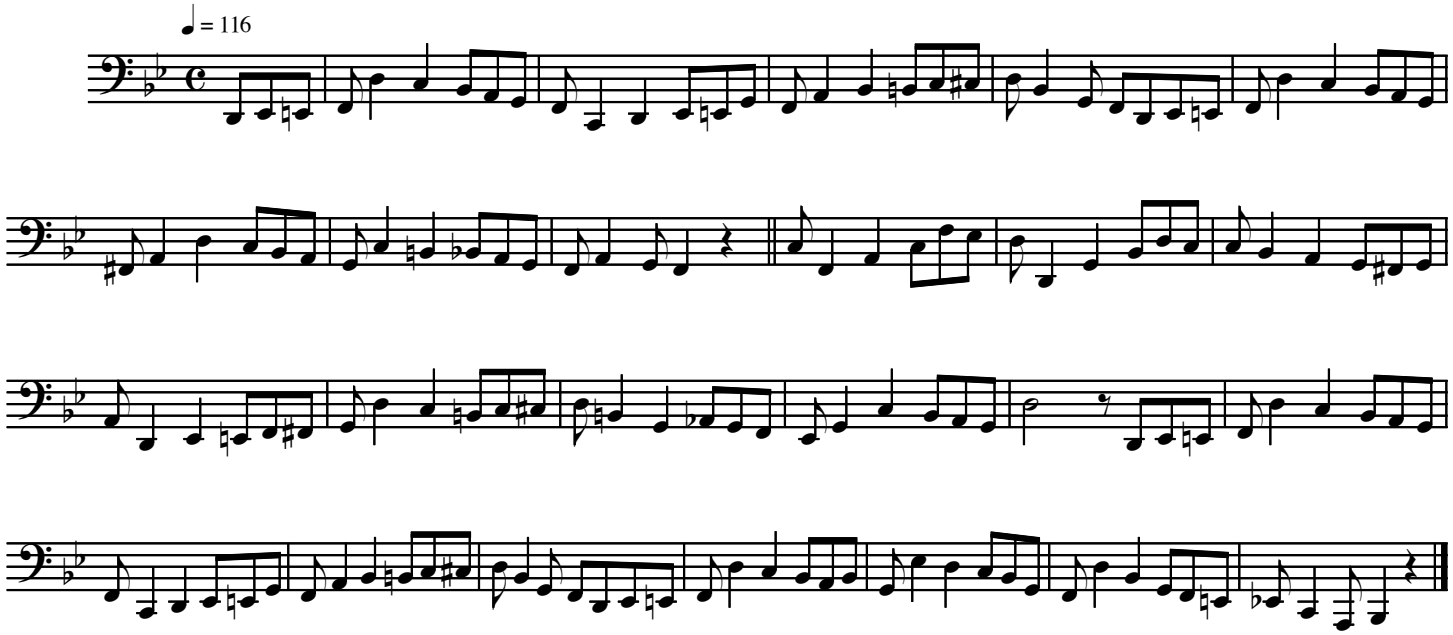
Track 11



6. Articulation

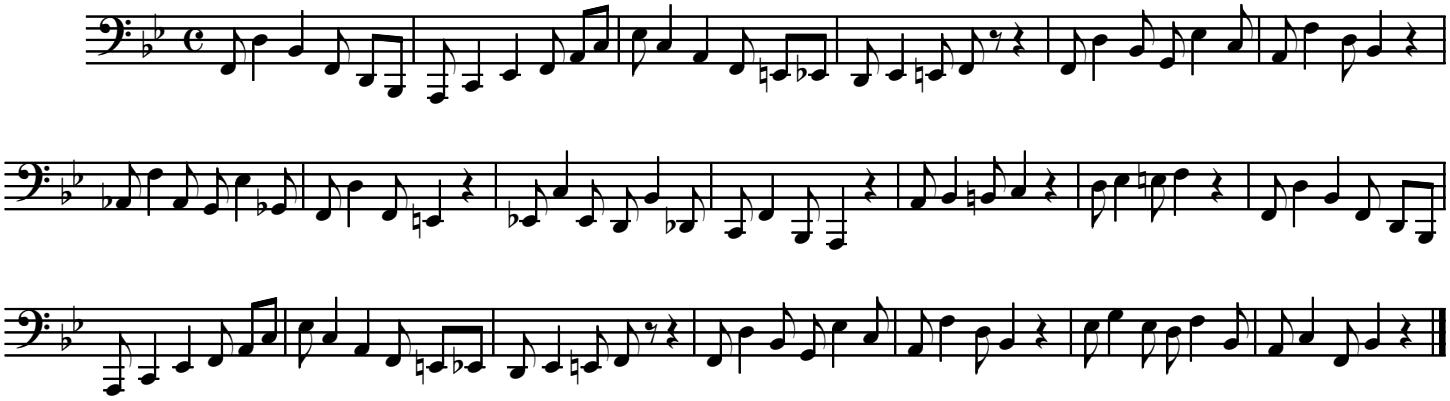
Each of the following are to be executed with focus on the front of the notes.



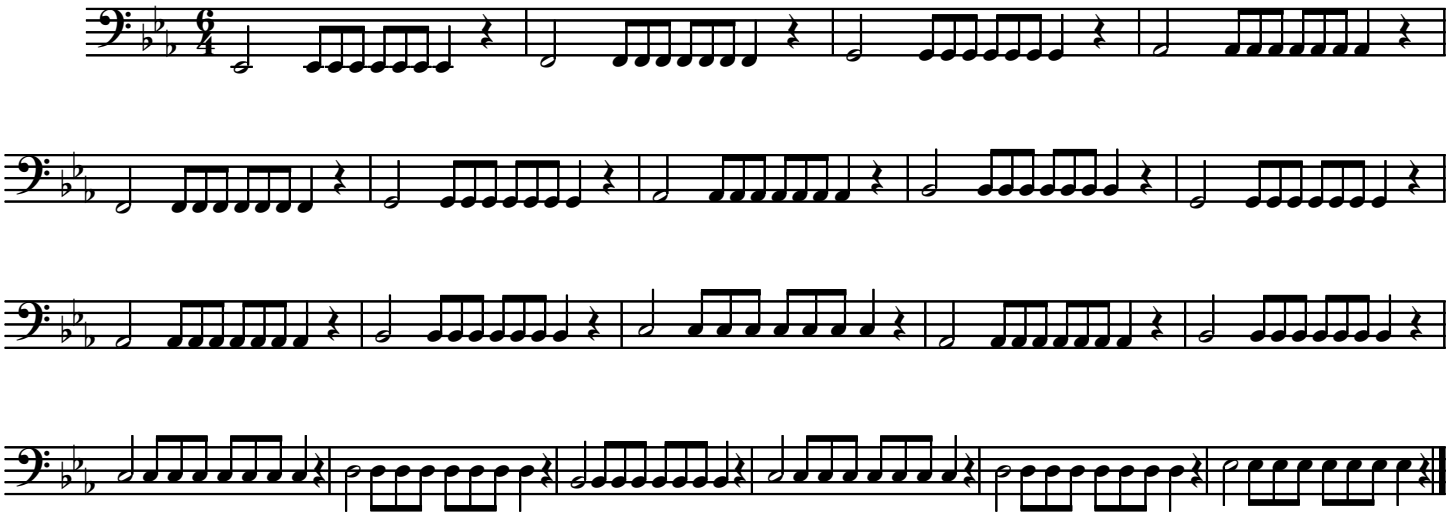


Daily Routine

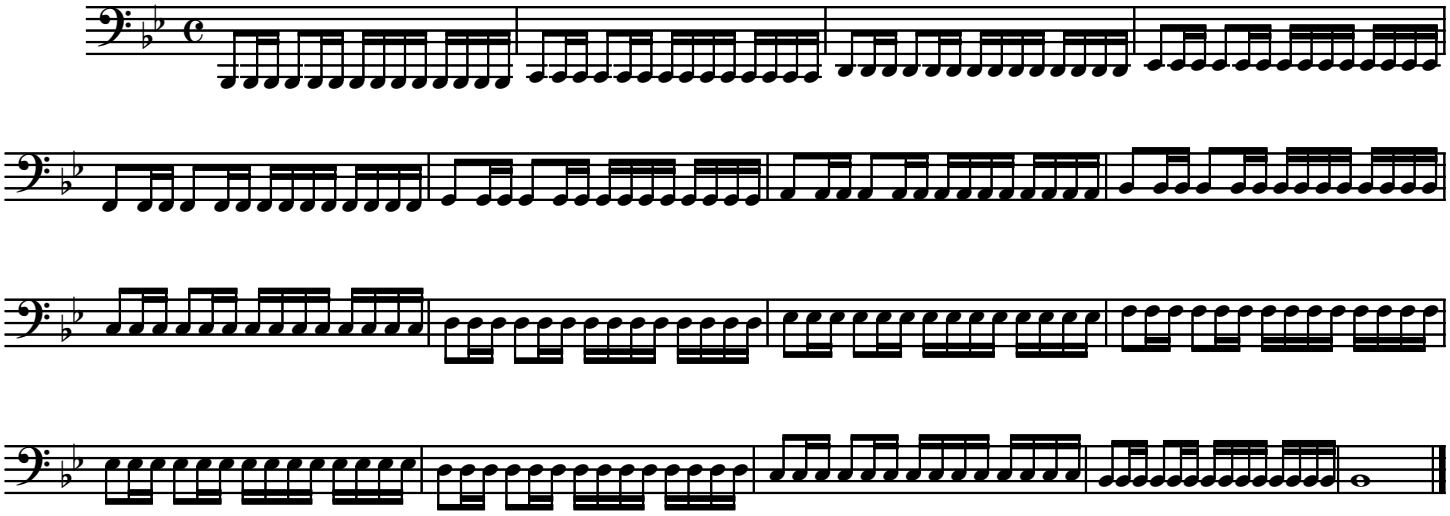
♩ = 116



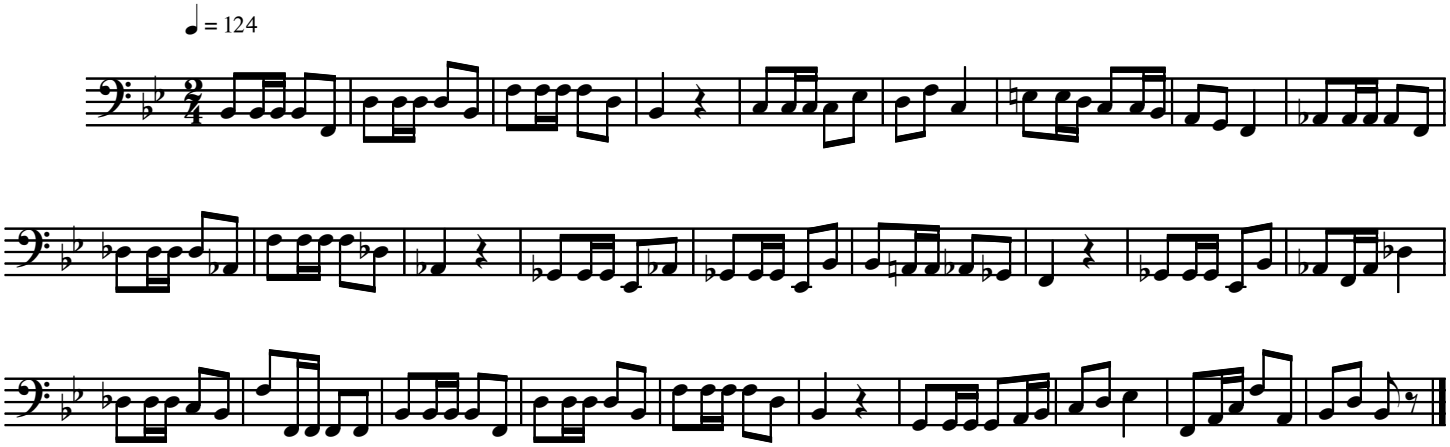
No metronome. Start each measure slow, accelerating on the eighth notes.



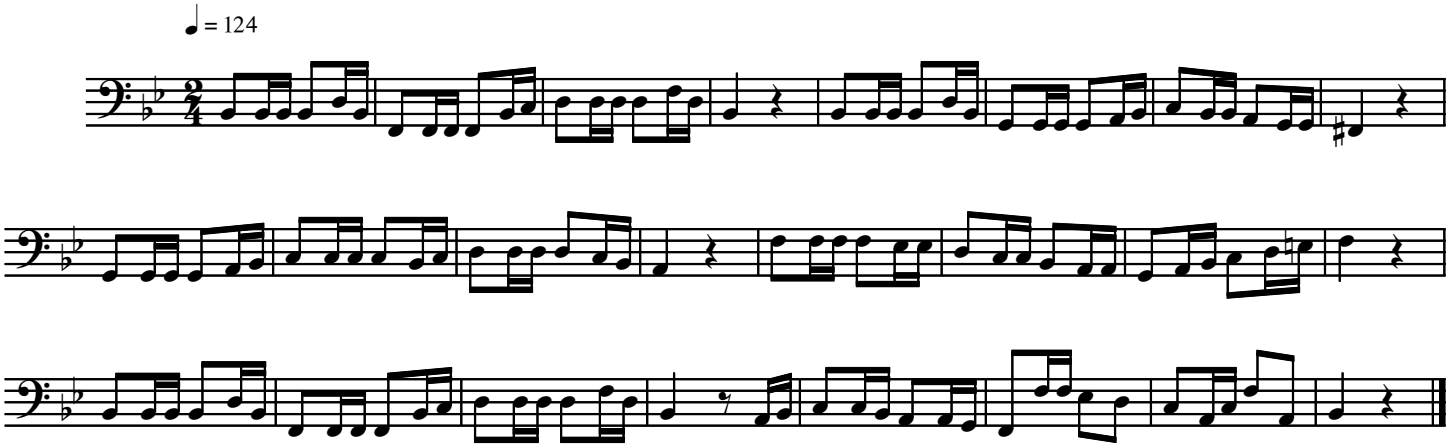
Goal: 𝅗𝅥 = 144



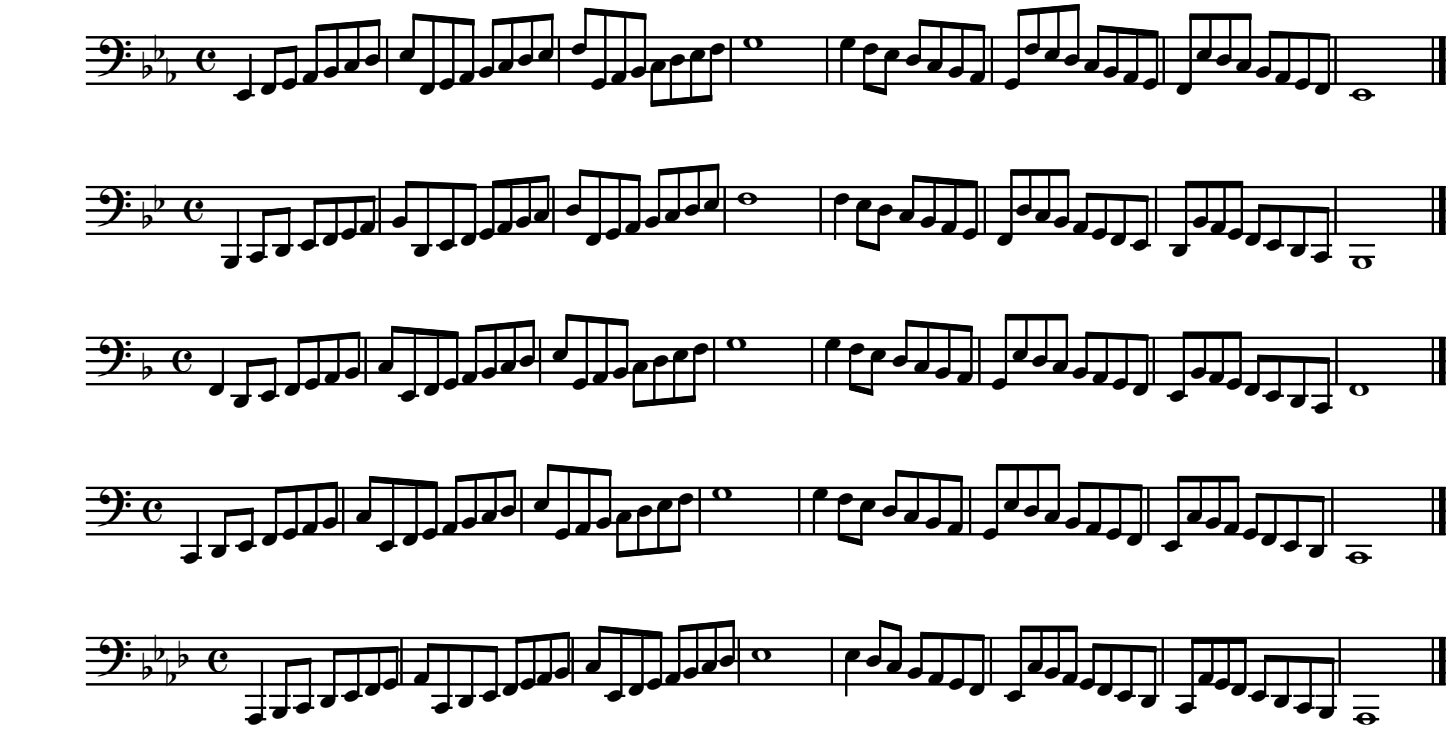
♩ = 124



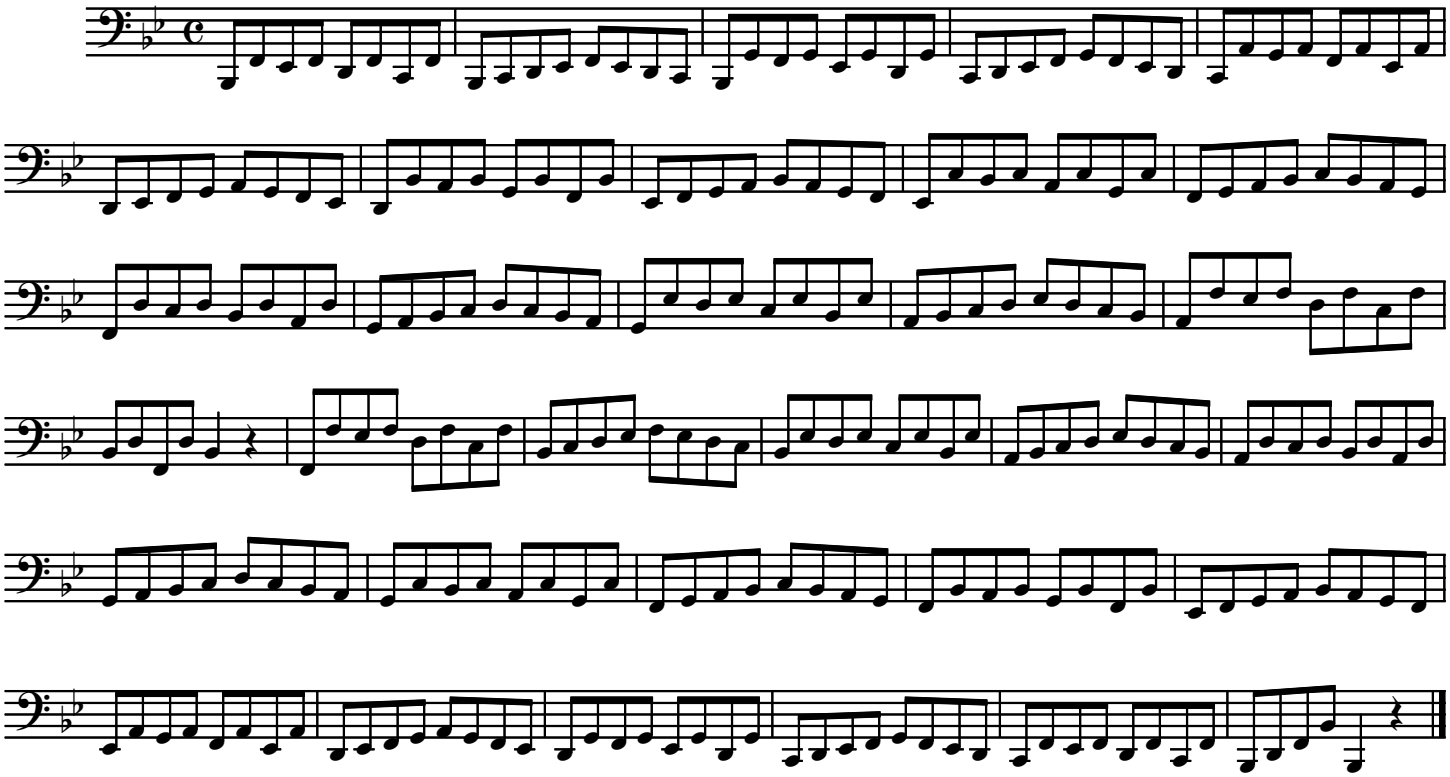
♩ = 124



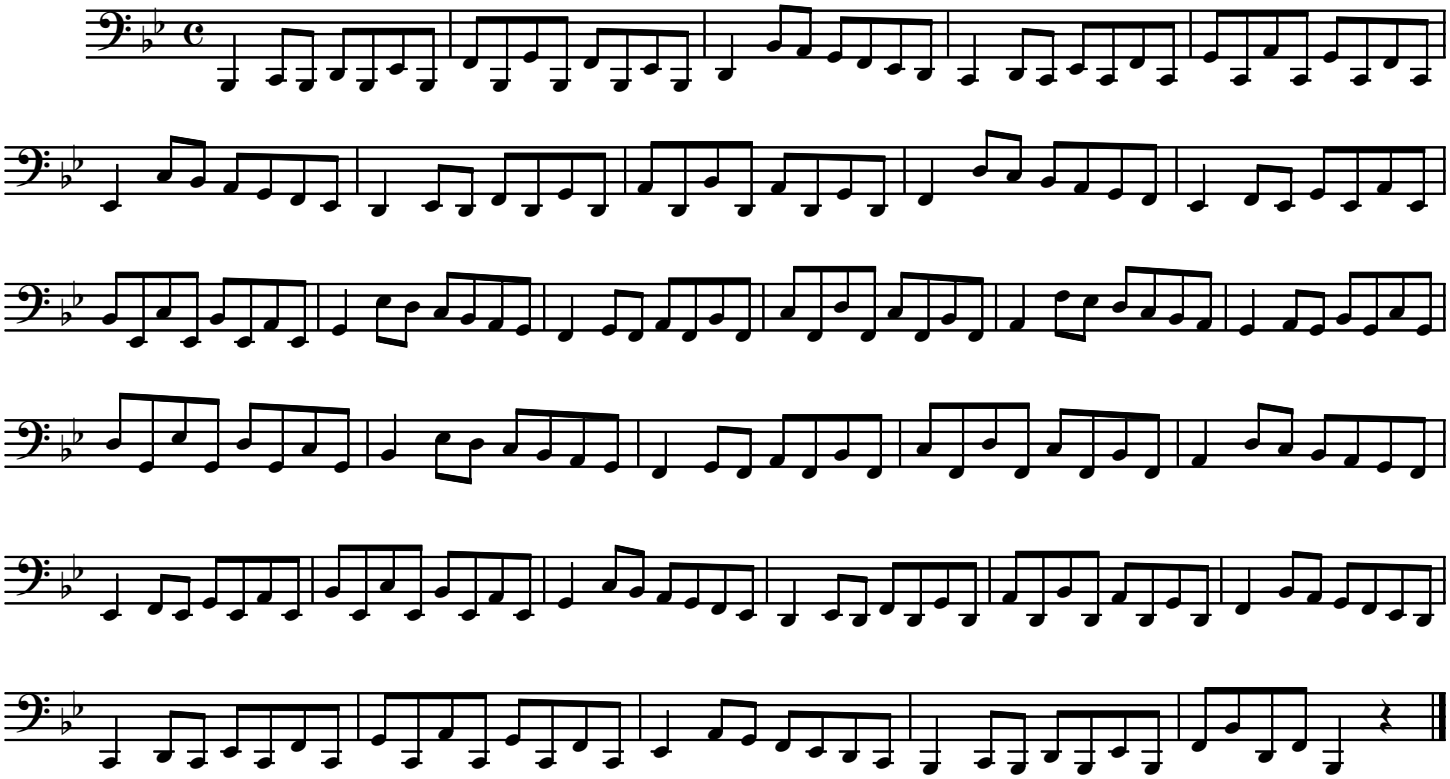
Goal: 𝅗𝅥 = 100



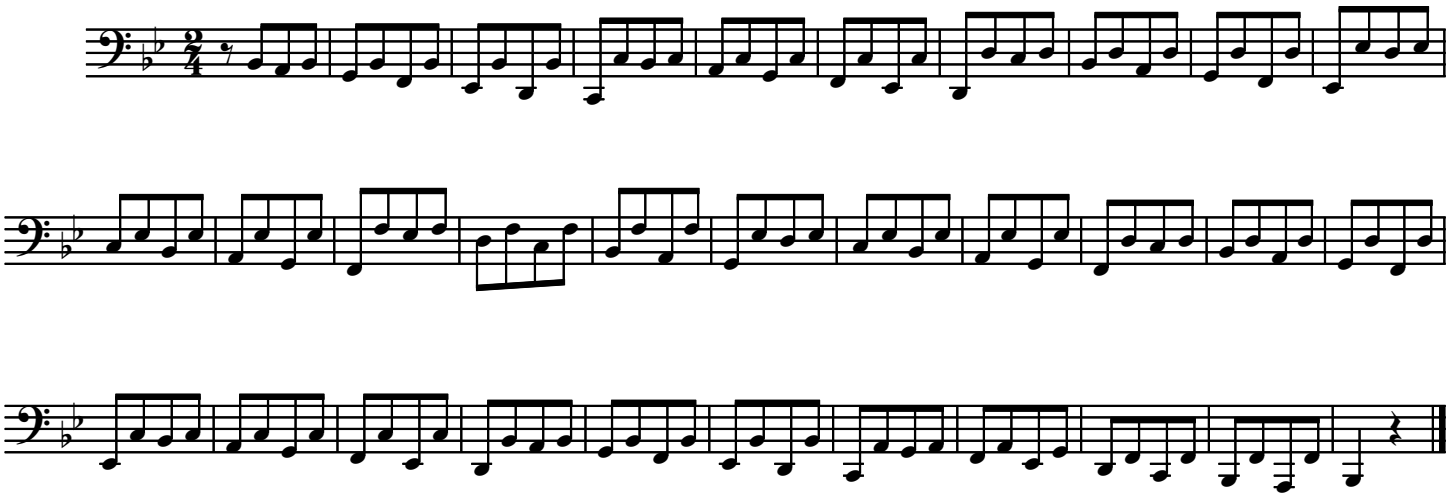
Goal: 𝅗𝅥 = 100



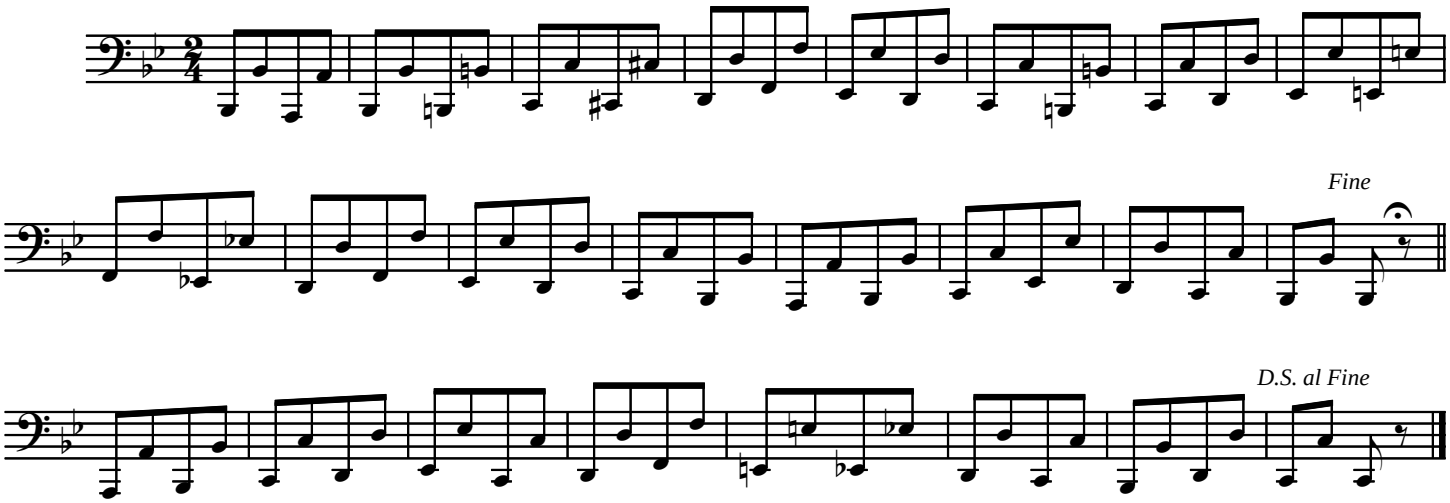
Goal: 𝅗𝅥 = 100



Goal: 𝅗𝅥 = 100



Goal: 𝅗𝅥 = 90



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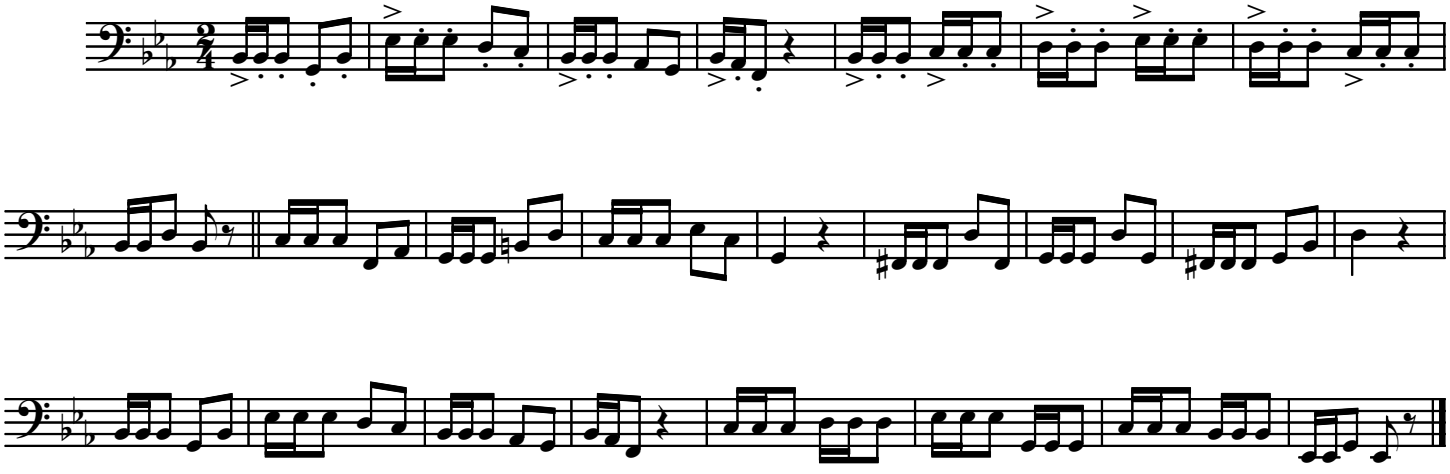

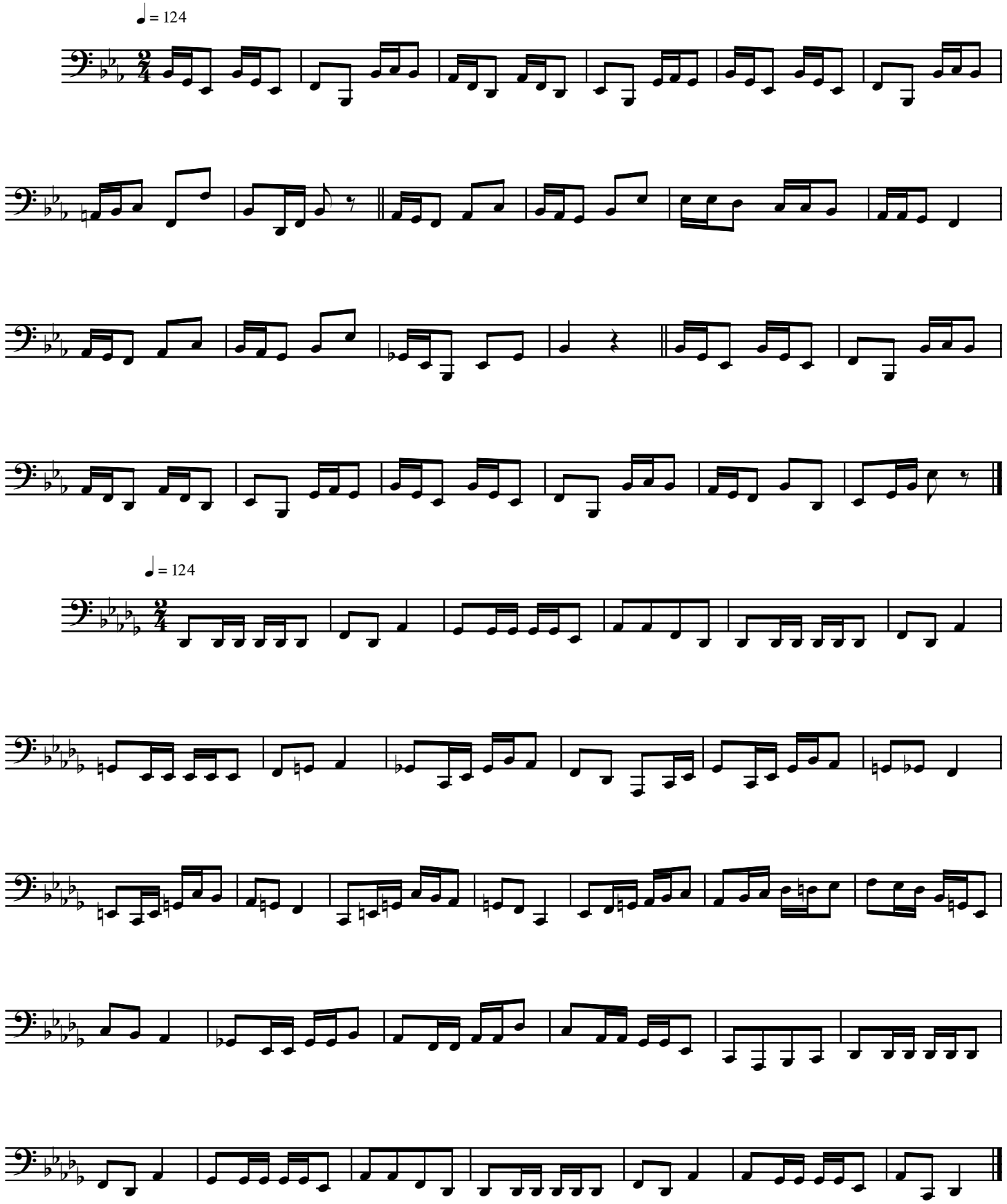
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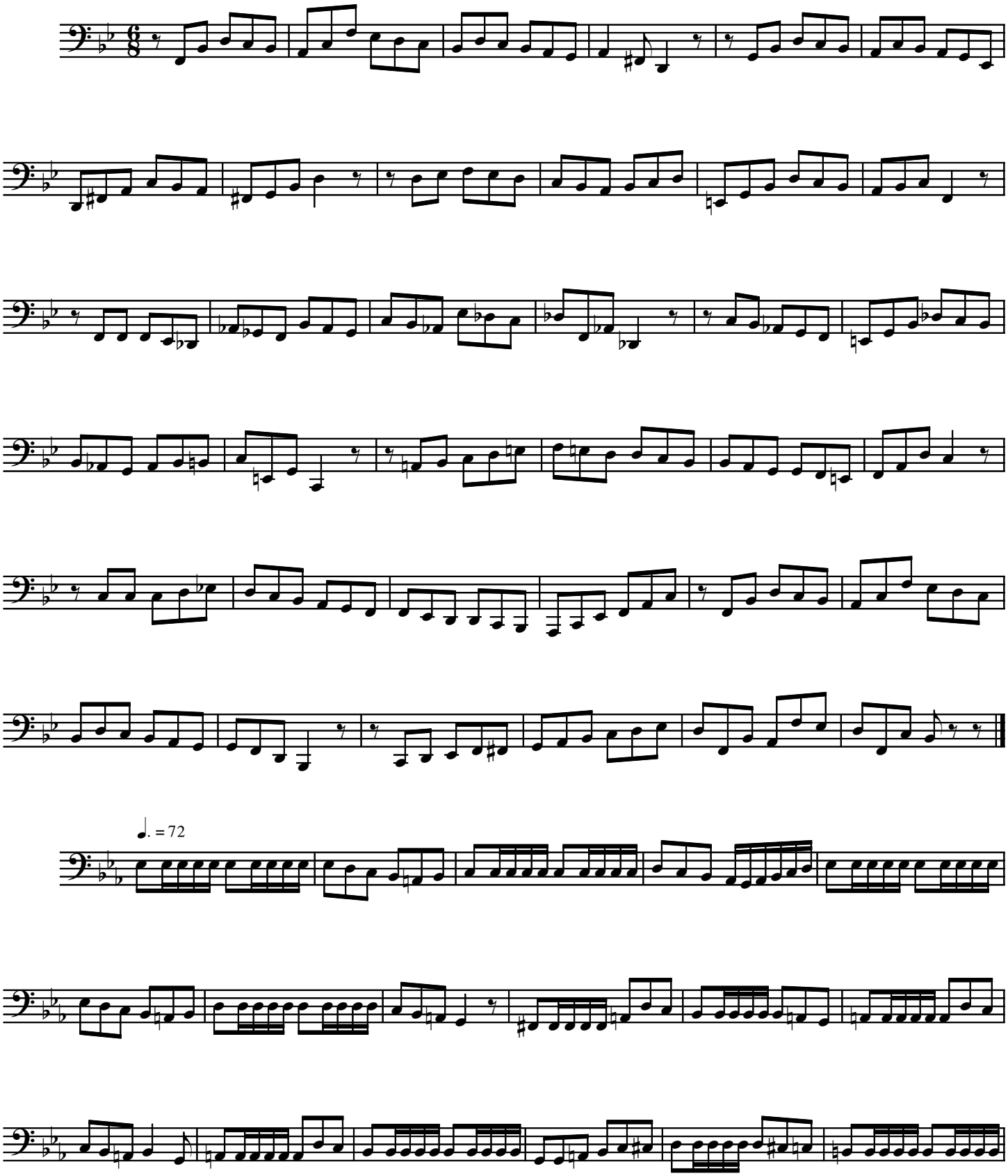
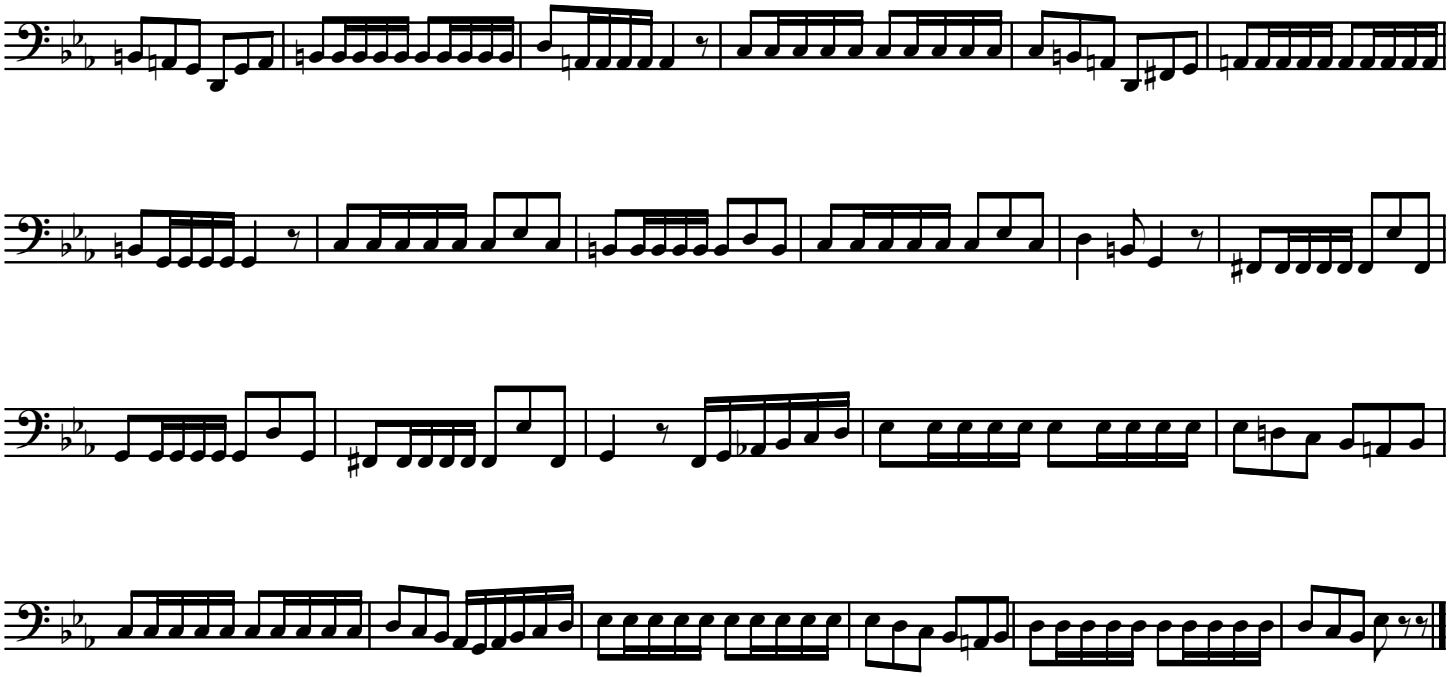
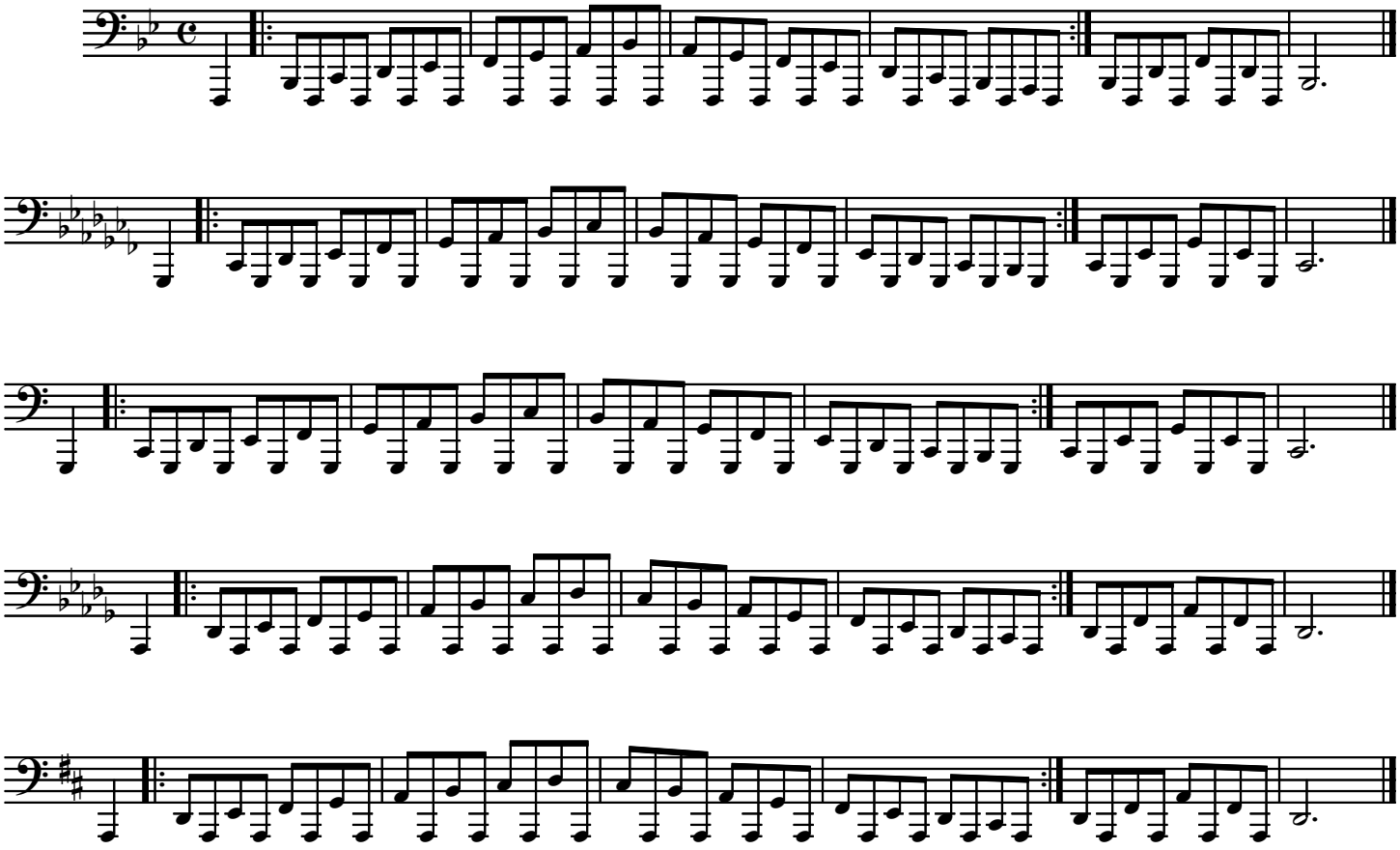
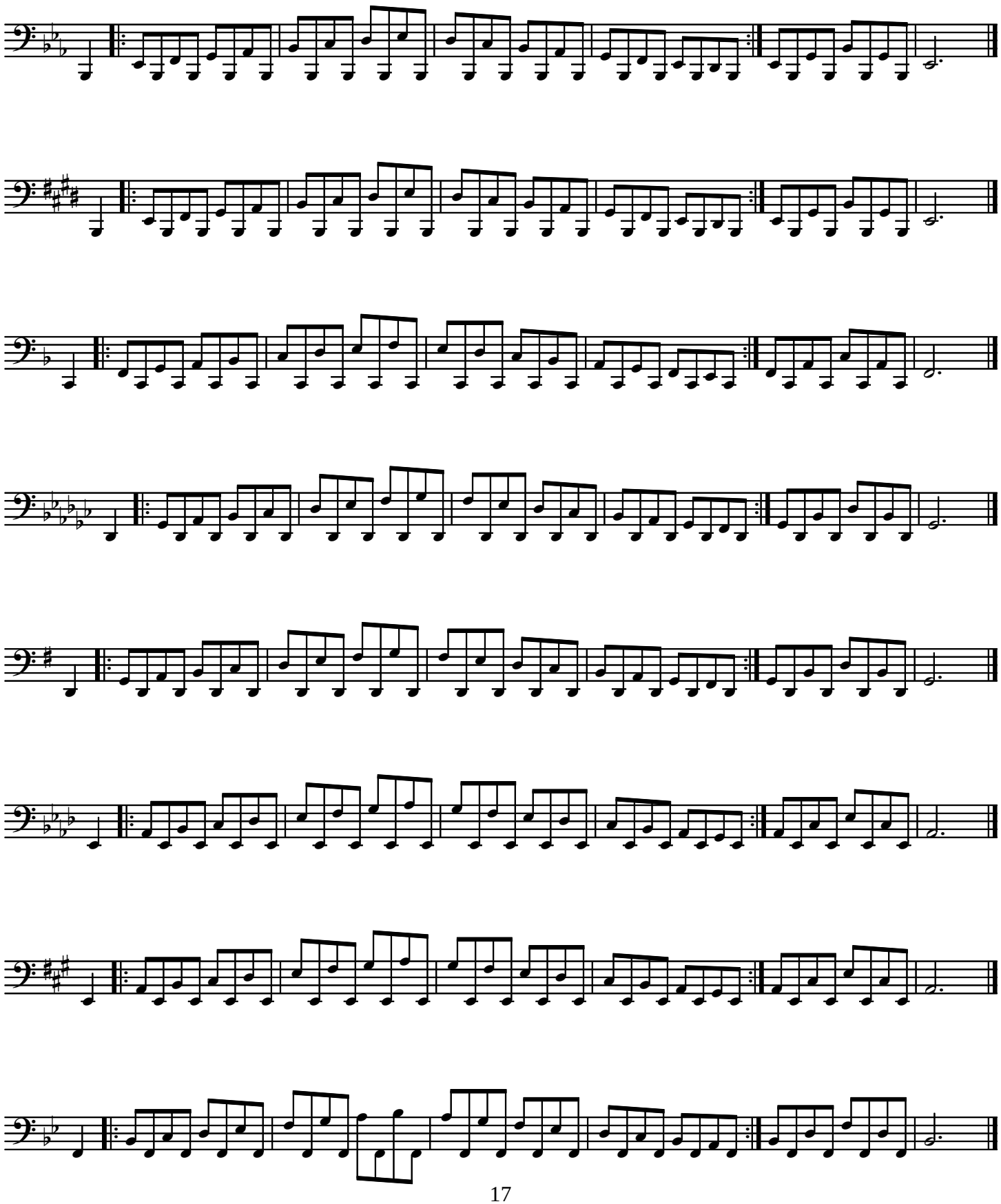

♩. = 72



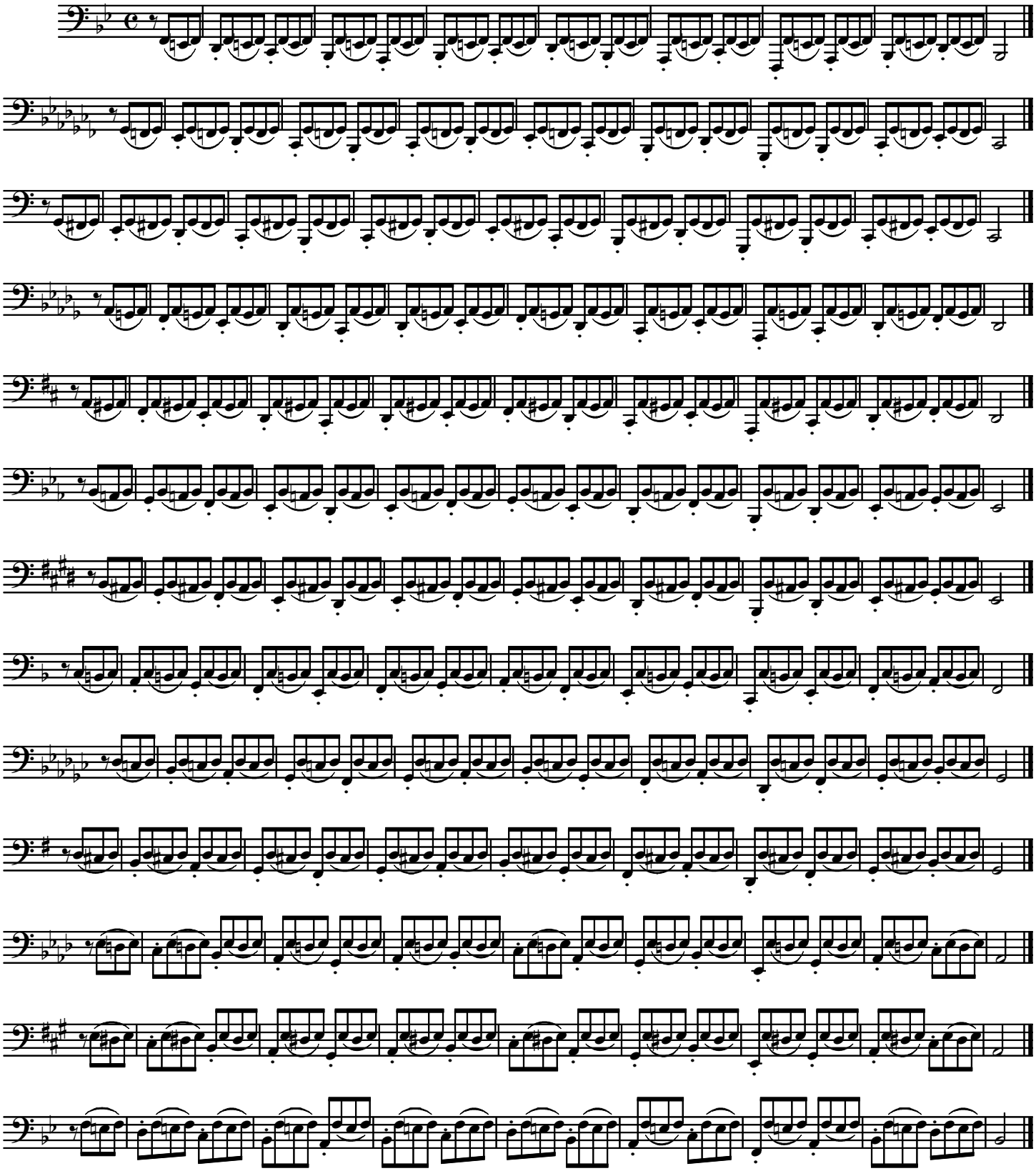
Goal: 𝅗𝅥 = 80

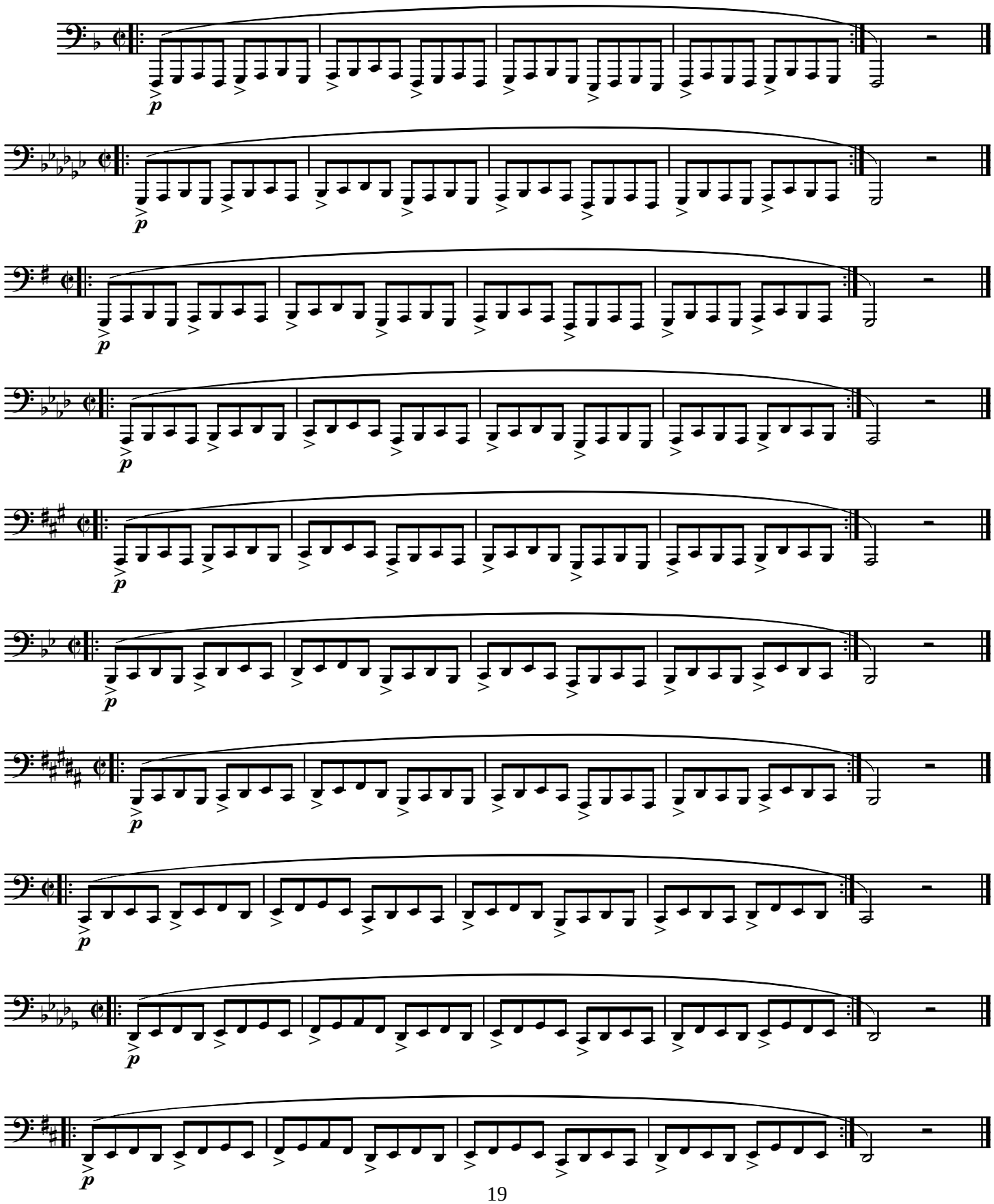


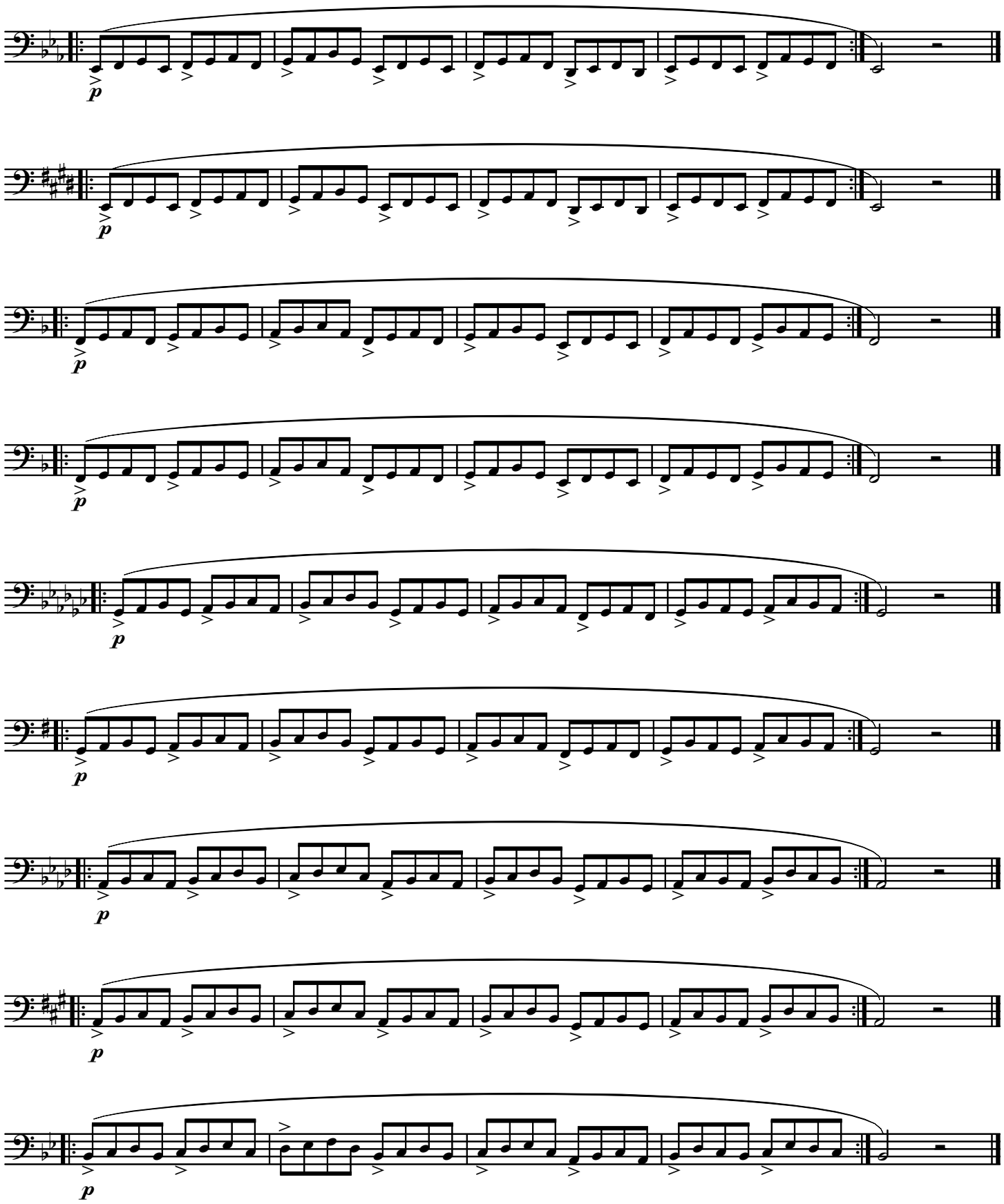


7. Velocity

Done with a metronome. The goal is to work these faster and faster over the years.



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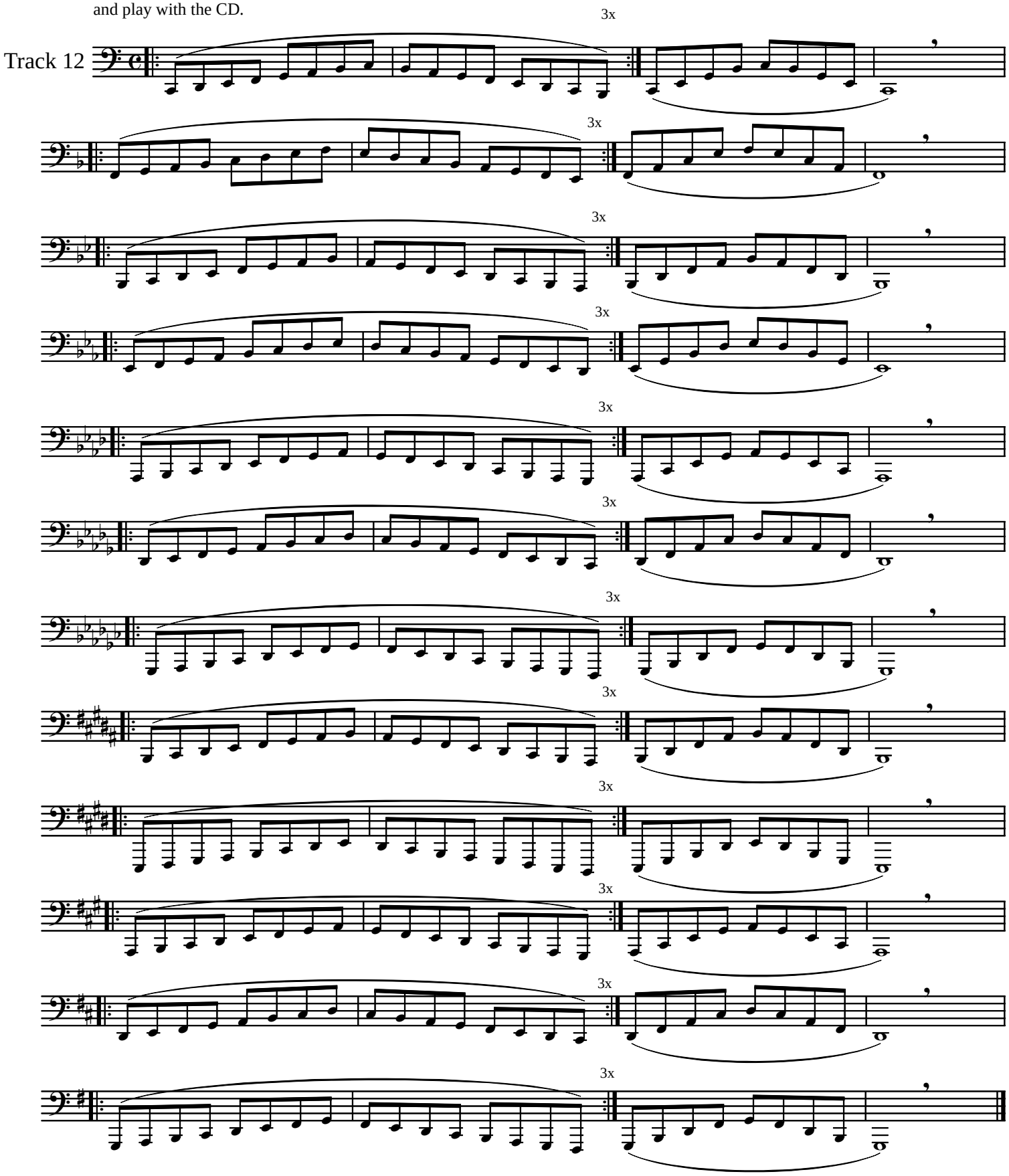
Just a fun way to play some scales. Come up with other exercises to work with this track. Find a pattern based on the major scale, and play with the CD.