Inside the Circle:

A Proven Method for a Successful Marching Band

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

Tuba Part

2nd Edition

INSIDE THE CIRCLE: A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND
FULL ENSEMBLE CHAPTER: TUBA PART *(2nd ed.)*
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Breathing Exercises

Breathing Exercise #1: Smooth and Slow

Inhale 8-Exhale 8(repeats), Inhale 6-Exhale 6 (repeats), Inhale 4-Exhale 4 (repeats)

Breathing Exercise #2: Slow to Fast

Inhale 8-Exhale 8 (repeats), Inhale 7-Exhale 7 (repeats), Inhale 6-Exhale 6 (repeats), 5, 4, 3, 2, 1

Breathing Exercise #3: Fast to Slow

Inhale 1-Exhale 1 (repeats), Inhale 2-Exhale 2 (repeats), Inhale 3-Exhale 3 (repeats), 4, 5, 6, 7, 8

Breathing Exercise #4: Expand In/Contract Out

Inhale 8 Counts, Hold 10 seconds and sip small breaths, Exhale 1 count,
Hiss 10 seconds, Inhale 1 Count, Exhale 1 Count, Relax

Breathing Exercise #5: Dynamic Breathing

Sustain a piano Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Mezzo Forte Dynamic level for 4-8 counts, Rest for 4 counts (repeats)
Sustain a Fortissimo Dynamic level for 4-8 counts, Rest for 4 counts (repeats)

Breathing Exercise #6: Long Tone Exercise

Perform any of the Long Tone Exercises as a breathing exercise.

Breathing Exercise #7: Note Length/Shape Exercise

Perform any of the Note Length/Shape Exercises as a breathing exercise.

Breathing Exercise #8: Show Excerpts

Choose an excerpt from your show and perform it as a breathing exercise.

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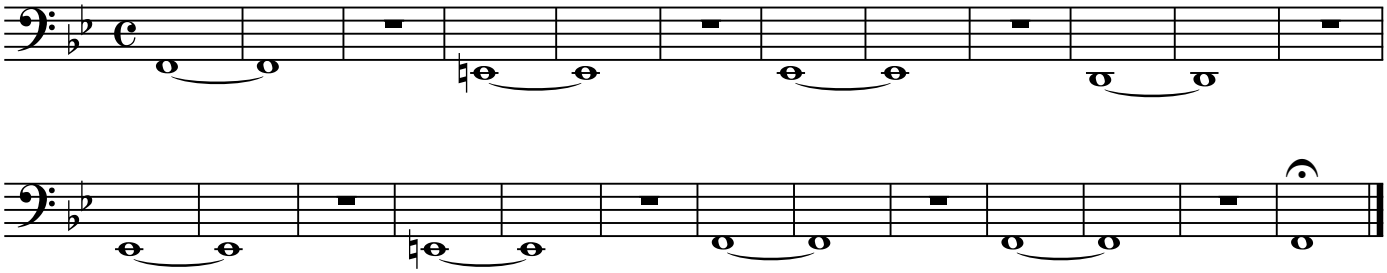
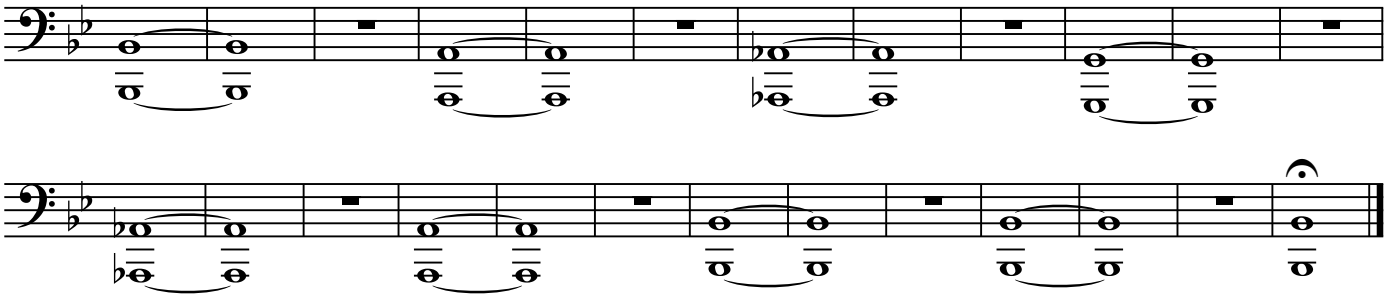
Long Tones

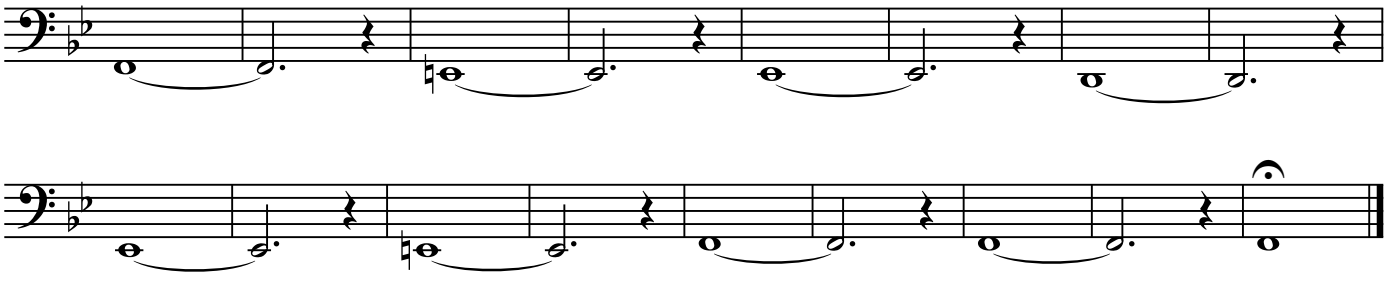
9 Count Tones on F Concert



9 Count Tones on Bb Concert

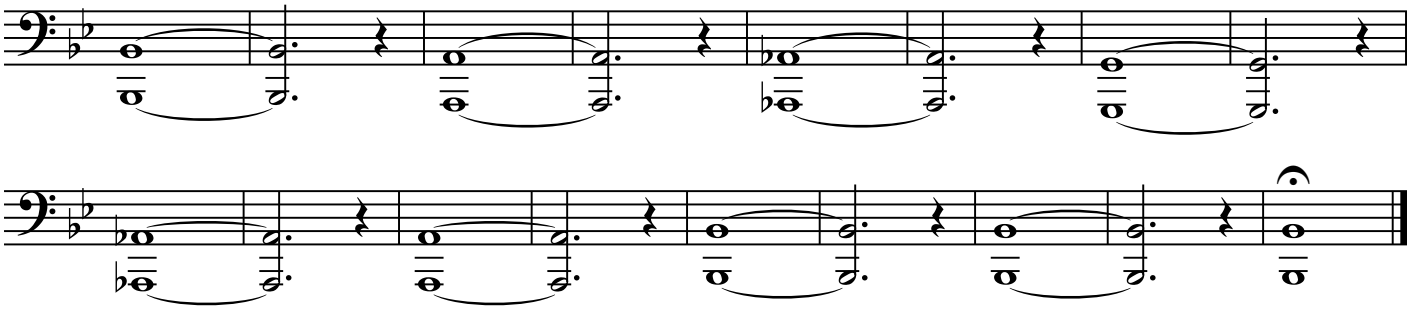


8 Count Tones on F Concert

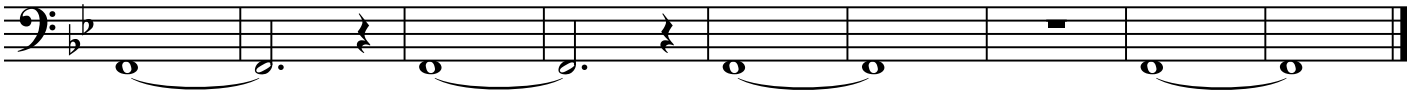


Long Tones

8 Count Tones on Bb Concert



Release Exercise on F Concert



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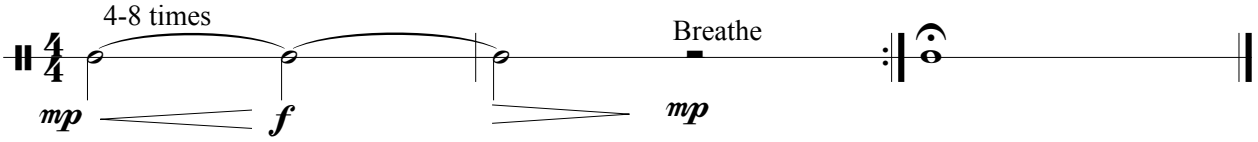
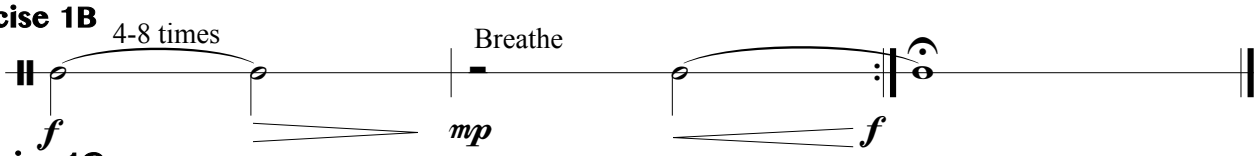
Stagger Breathing Exercises

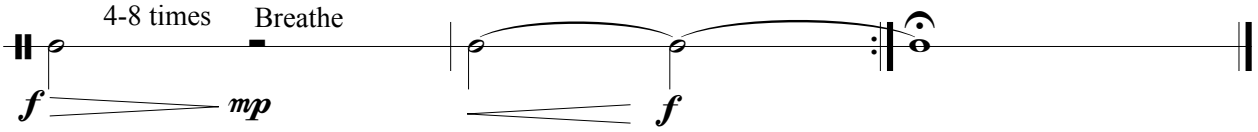
Exercise 1A TEMPO: FAST



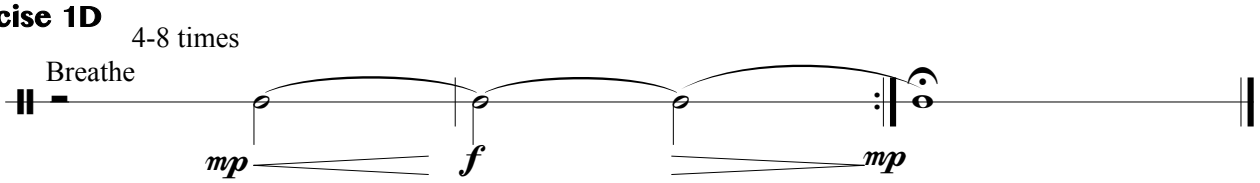
Exercise 1B



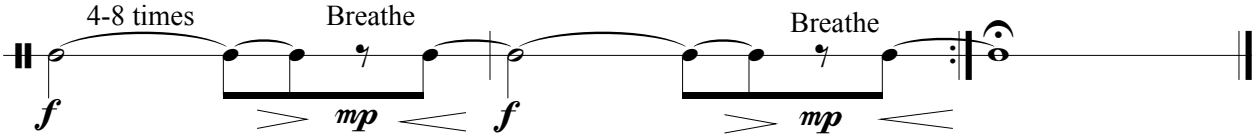
Exercise 1C



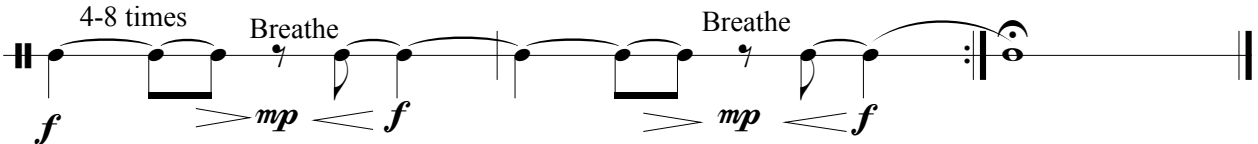
Exercise 1D



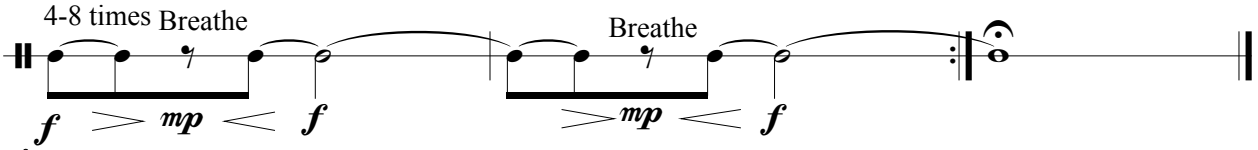
Exercise 2A TEMPO: MODERATE-SLOW



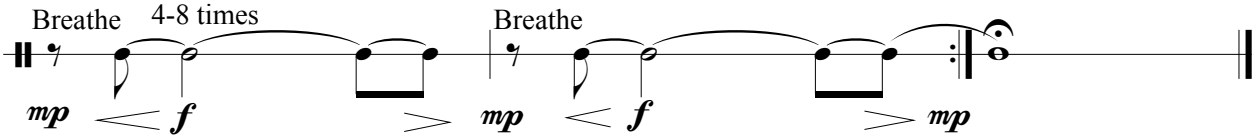
Exercise 2B



Exercise 2C

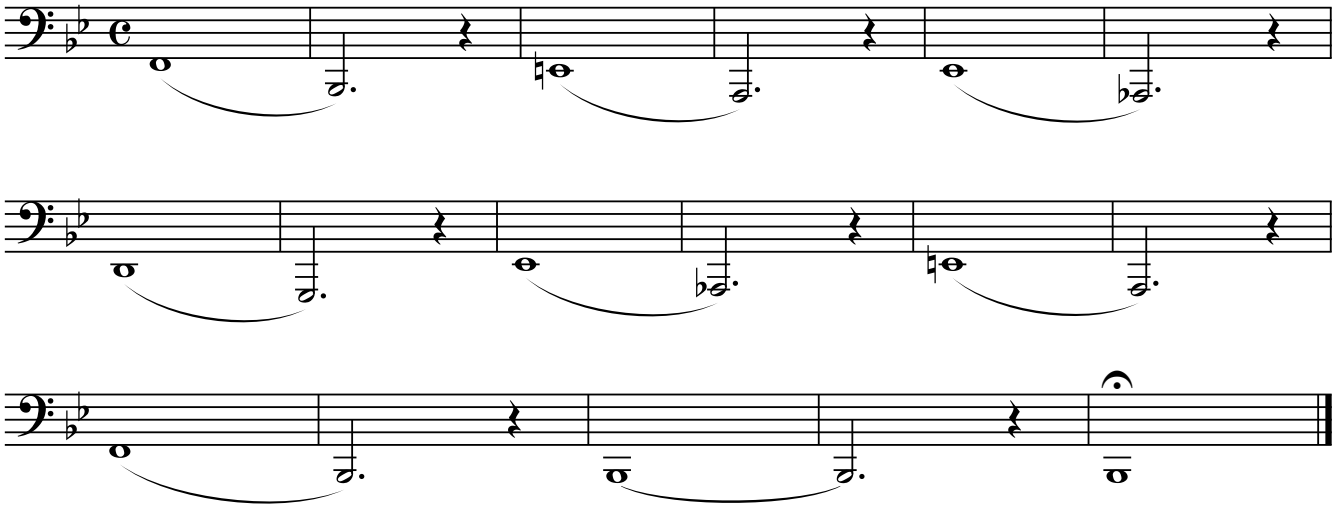


Exercise 2D

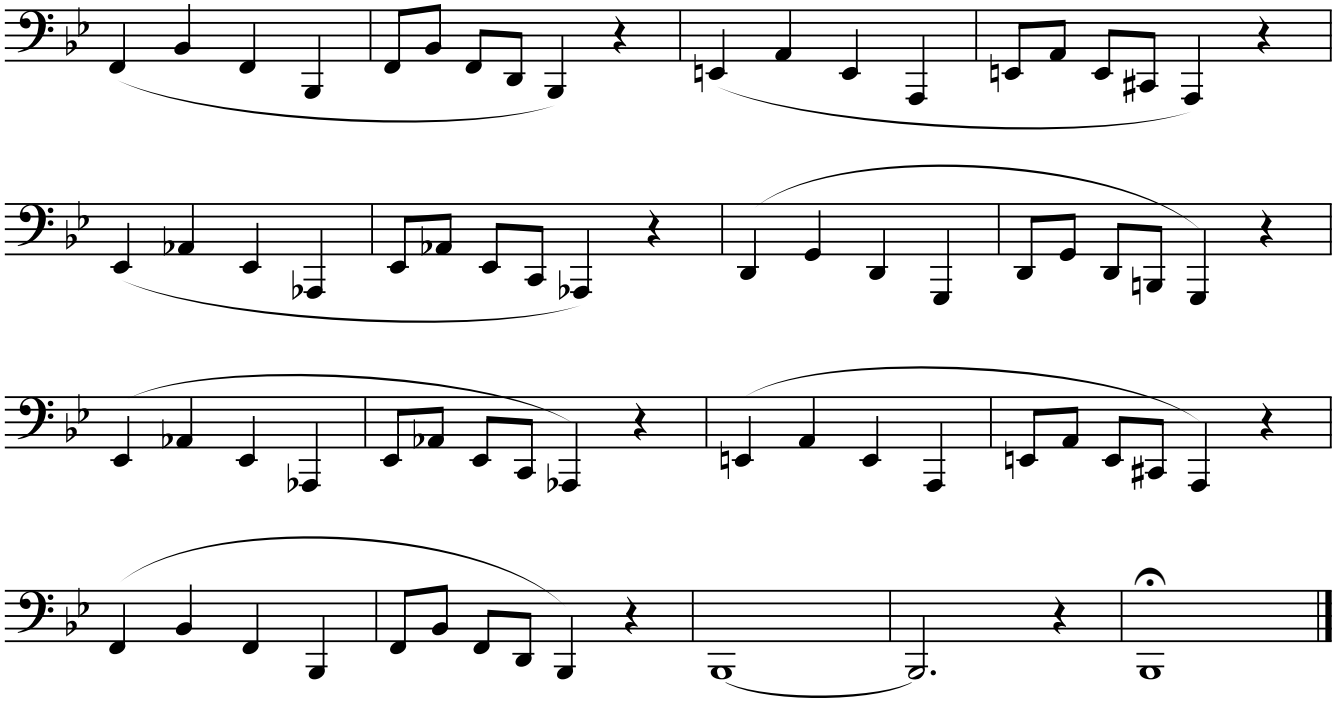


Flexibility / Scales

Flexibility Exercise #1

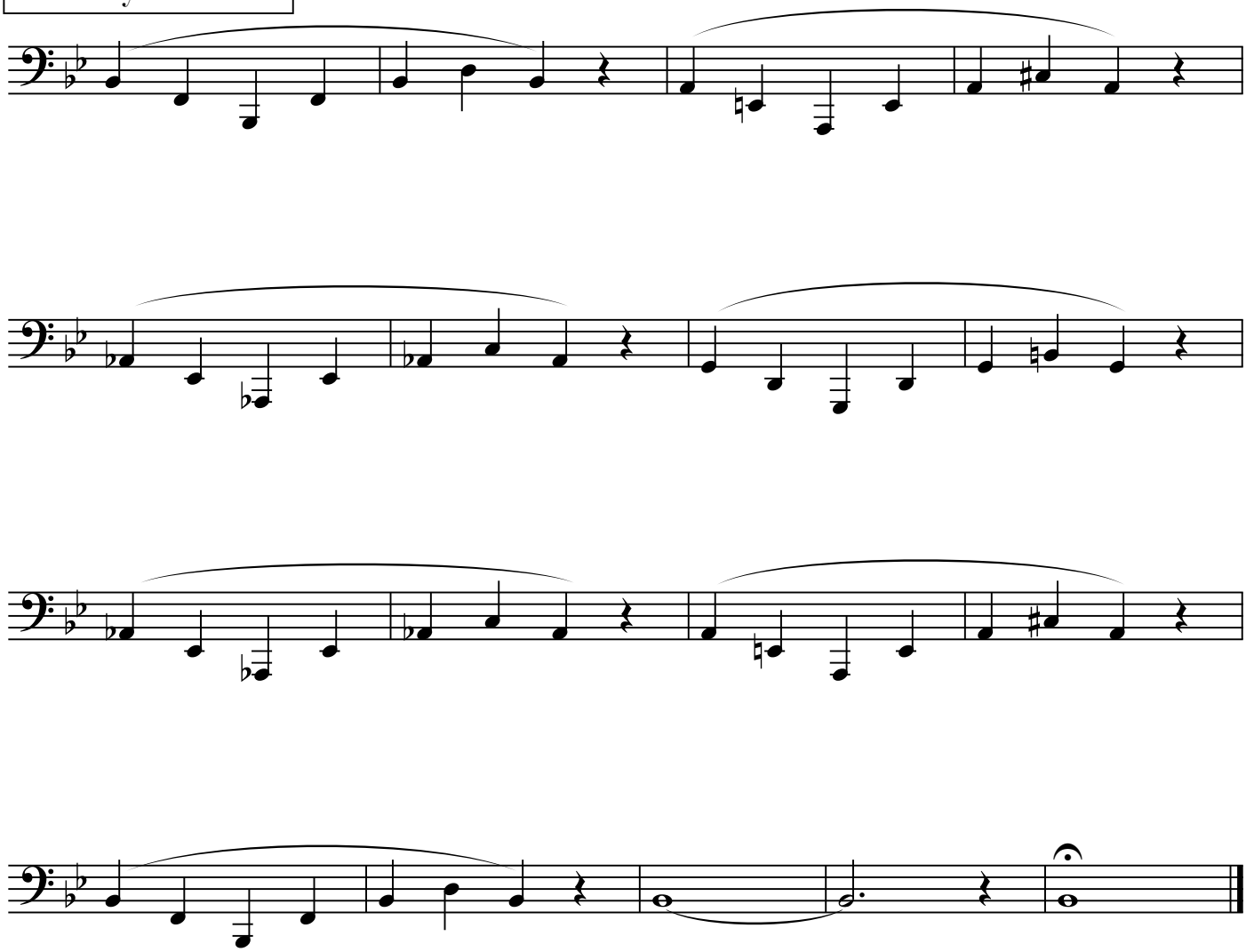


Flexibility Exercise #2



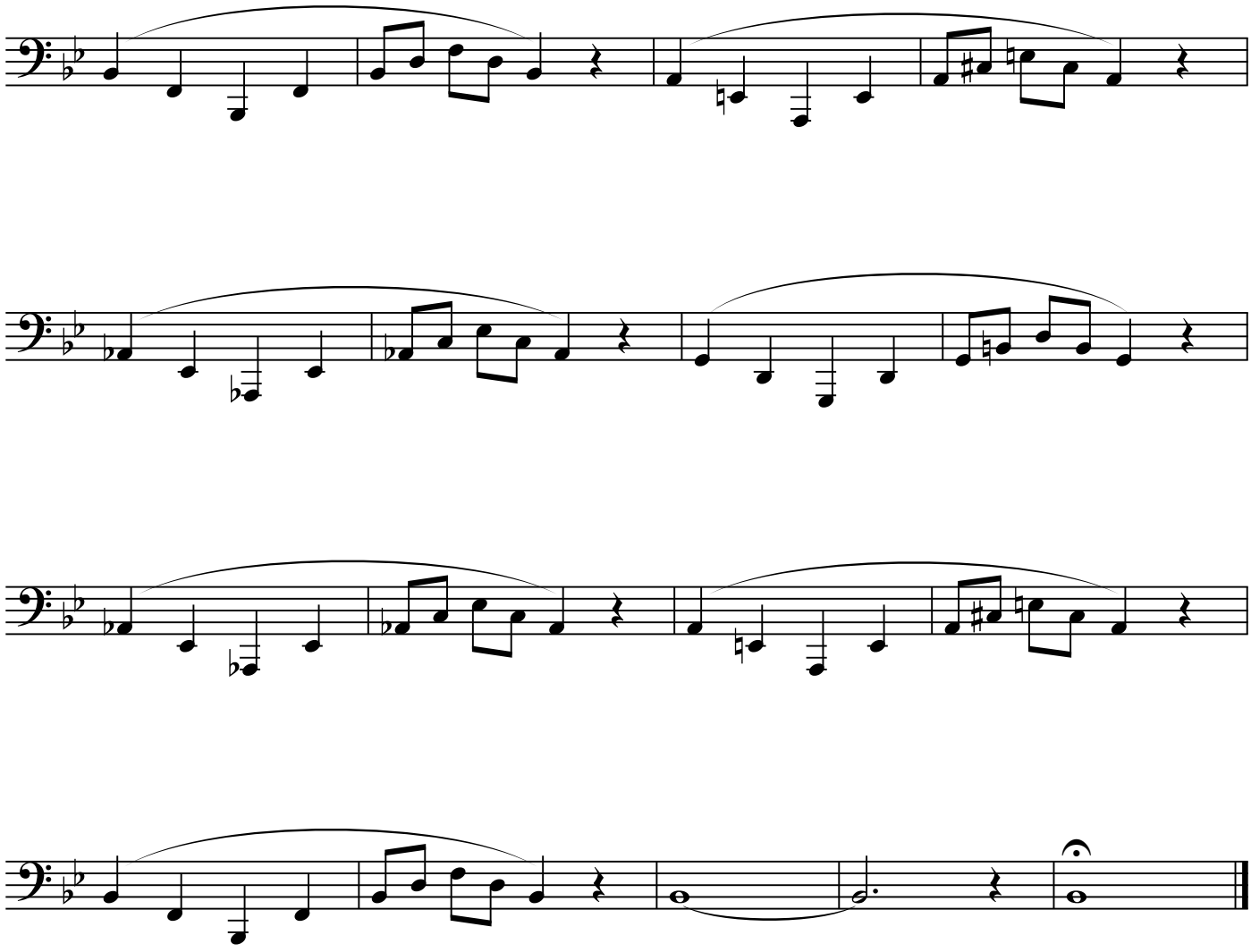
Flexibility / Scales

Flexibility Exercise #3

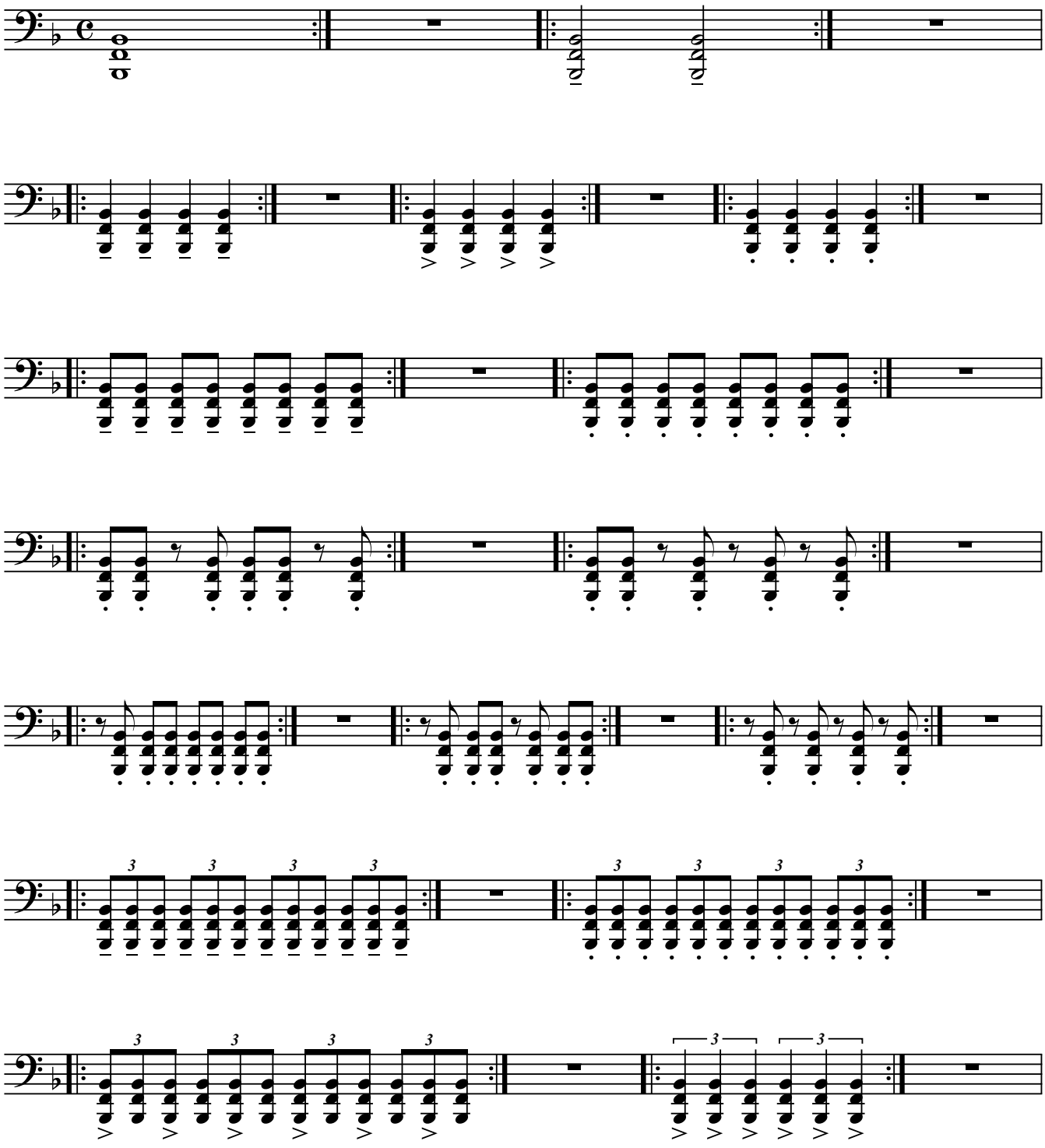


Flexibility / Scales

Flexibility Exercise #4



Note Length / Shape Exercise



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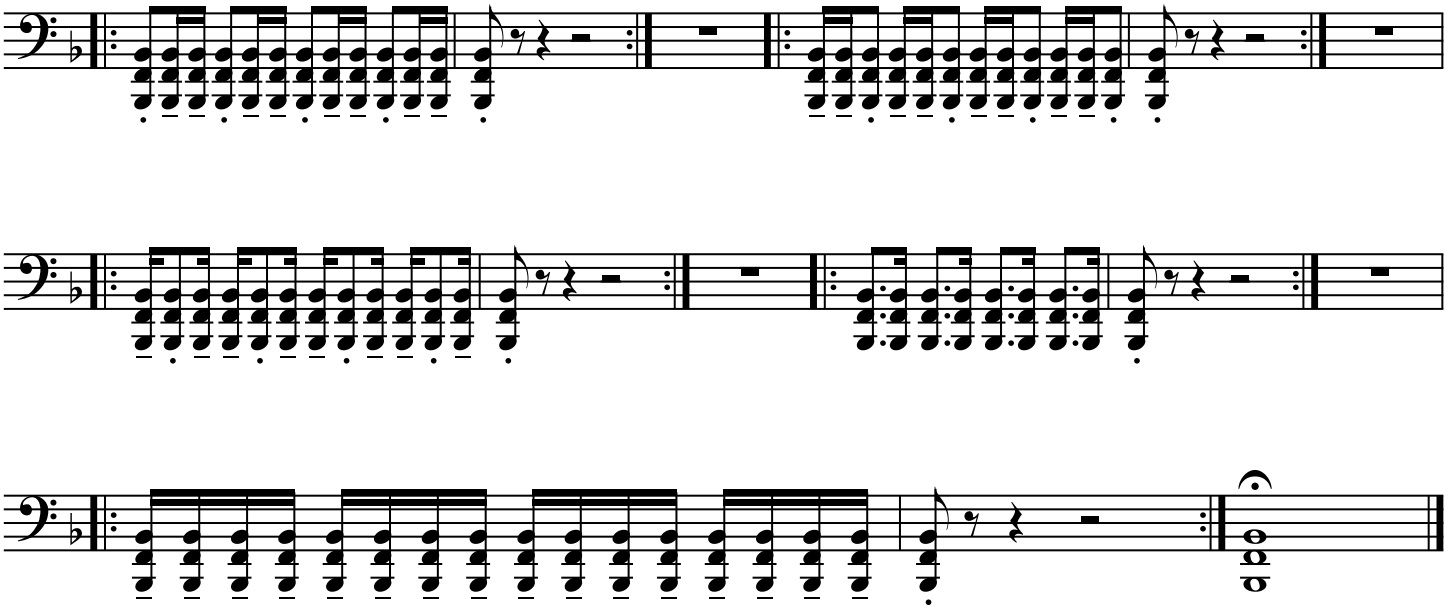
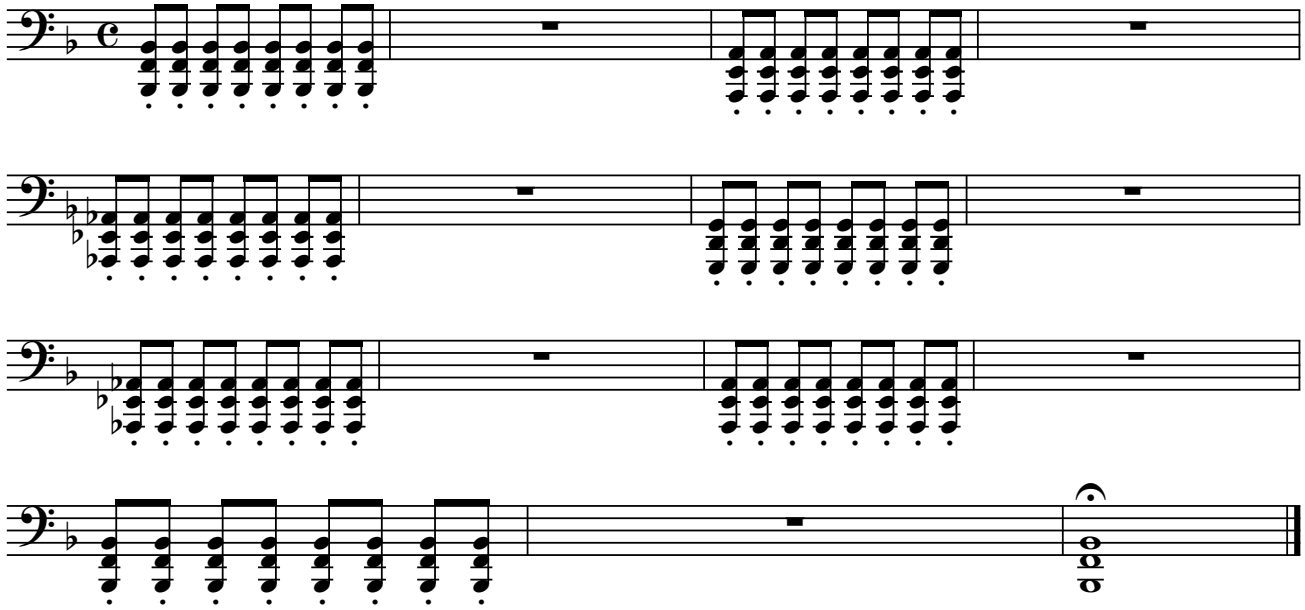
Note Length / Shape Exercise

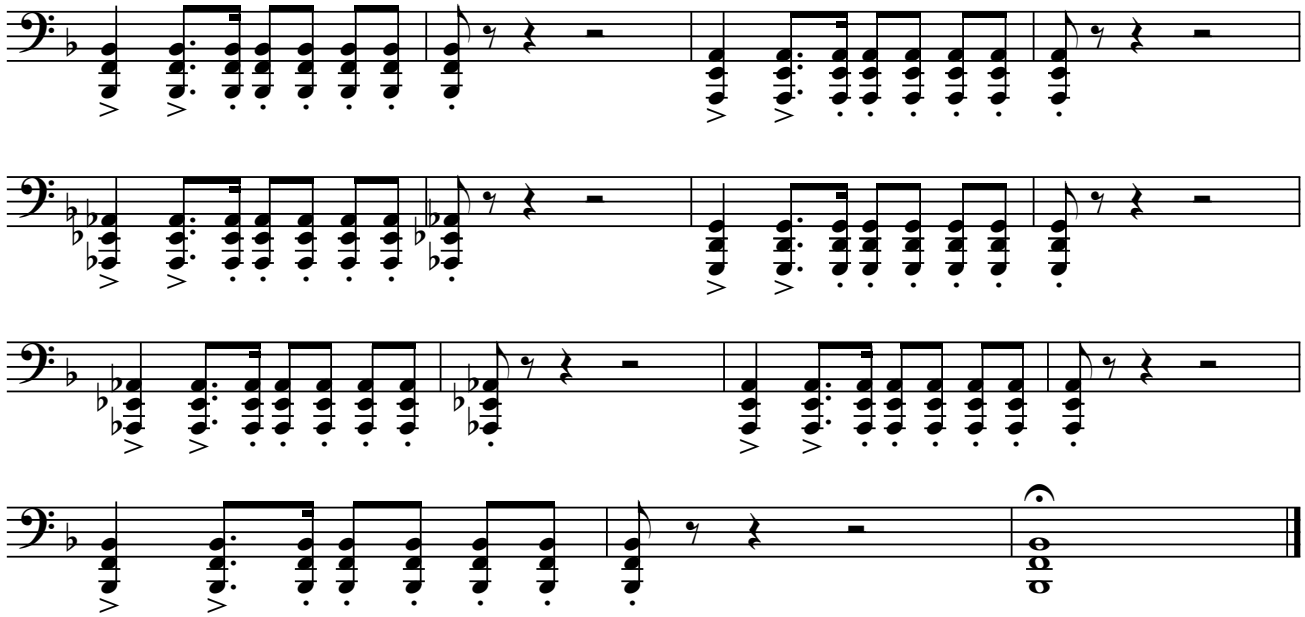


Show Articulation Examples

Basic 8 Staccato Eighth Notes

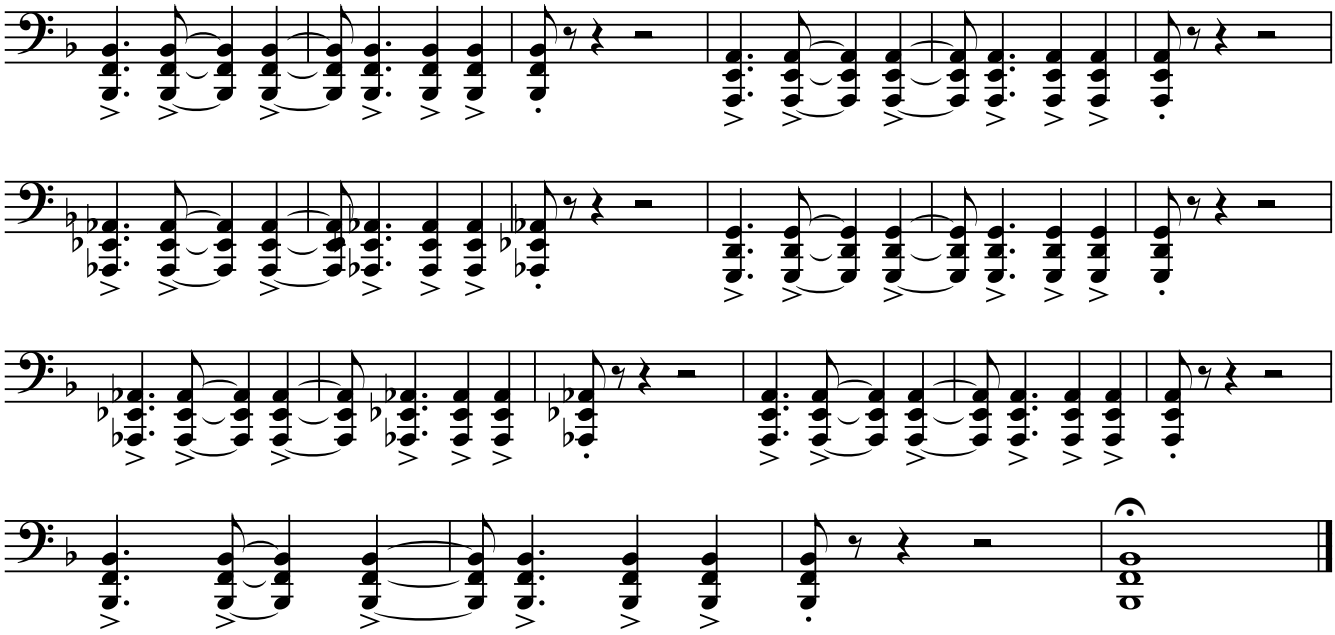


Show Articulation Example 1

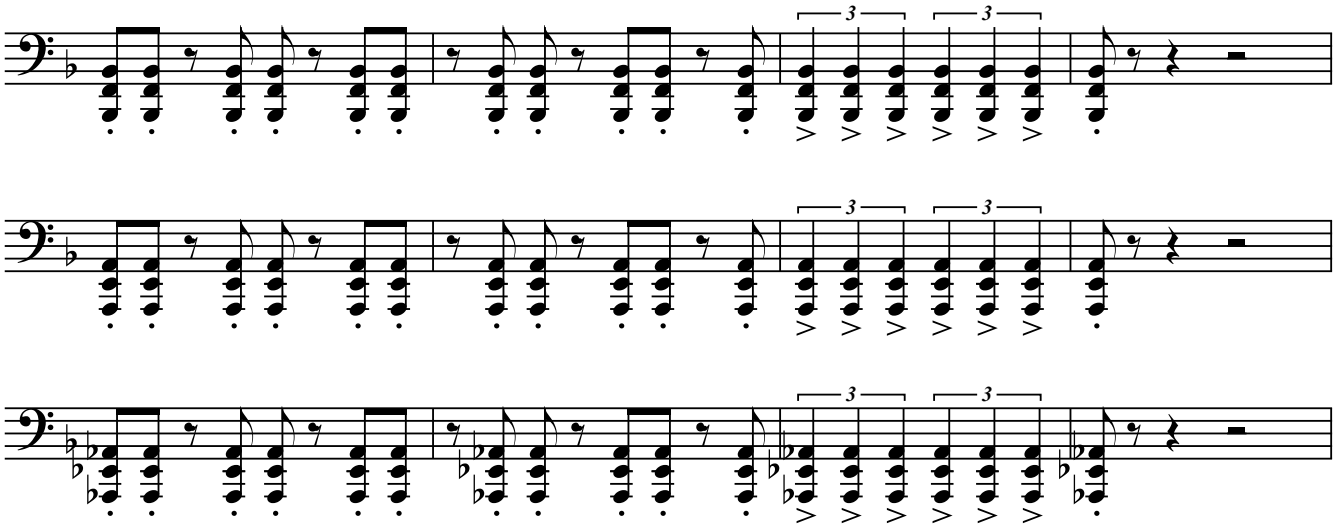


Show Articulation Examples

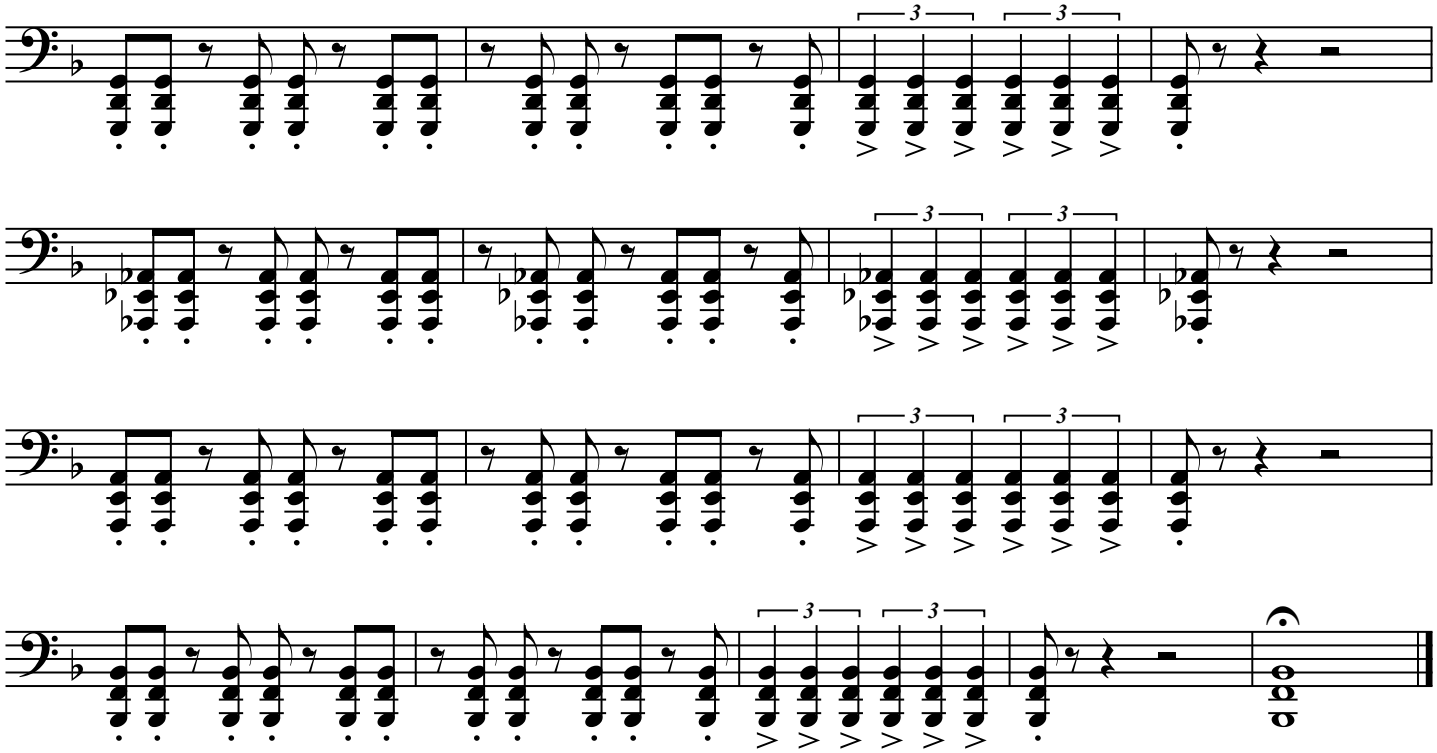
Show Articulation Example 2



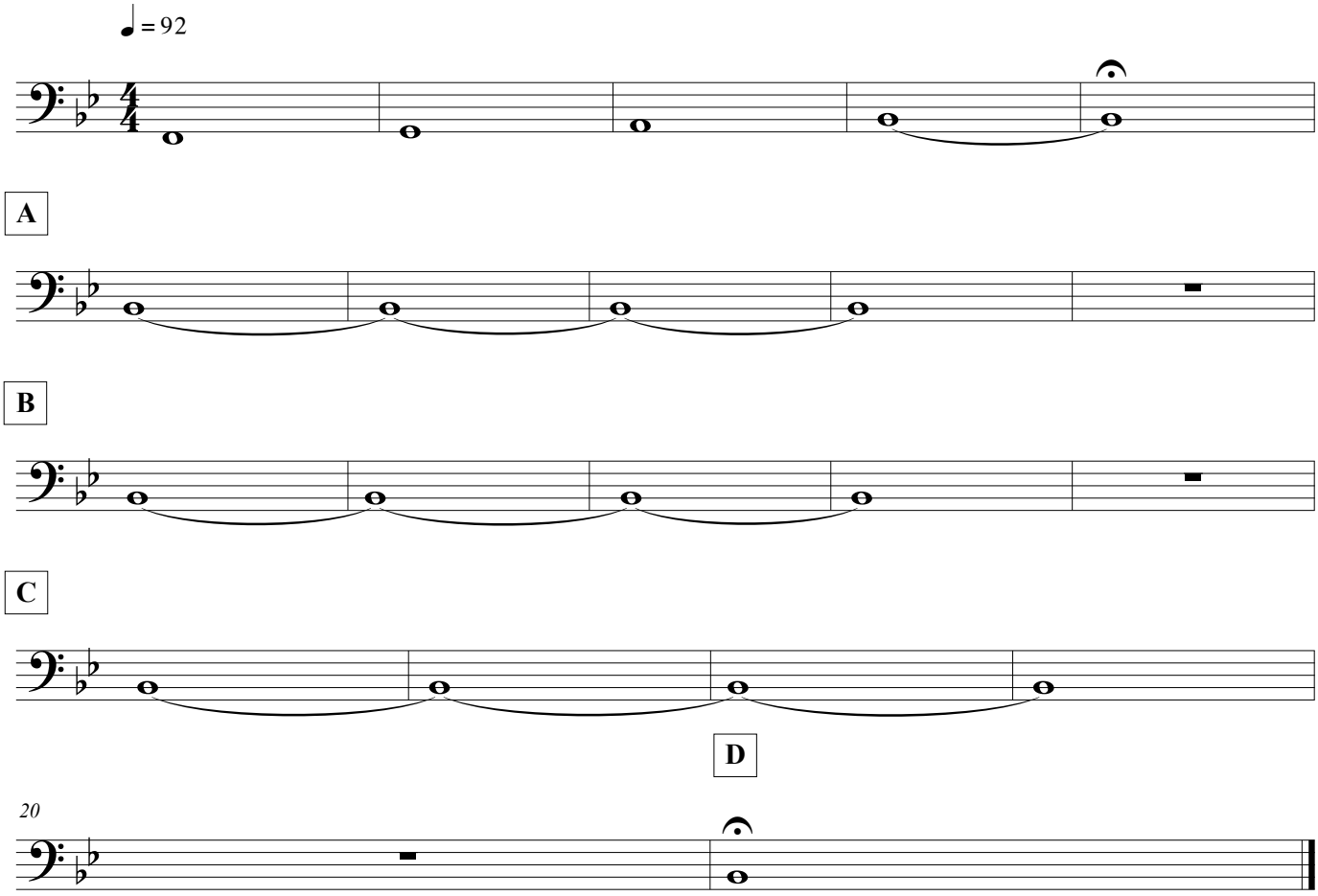
Show Articulation Example 3



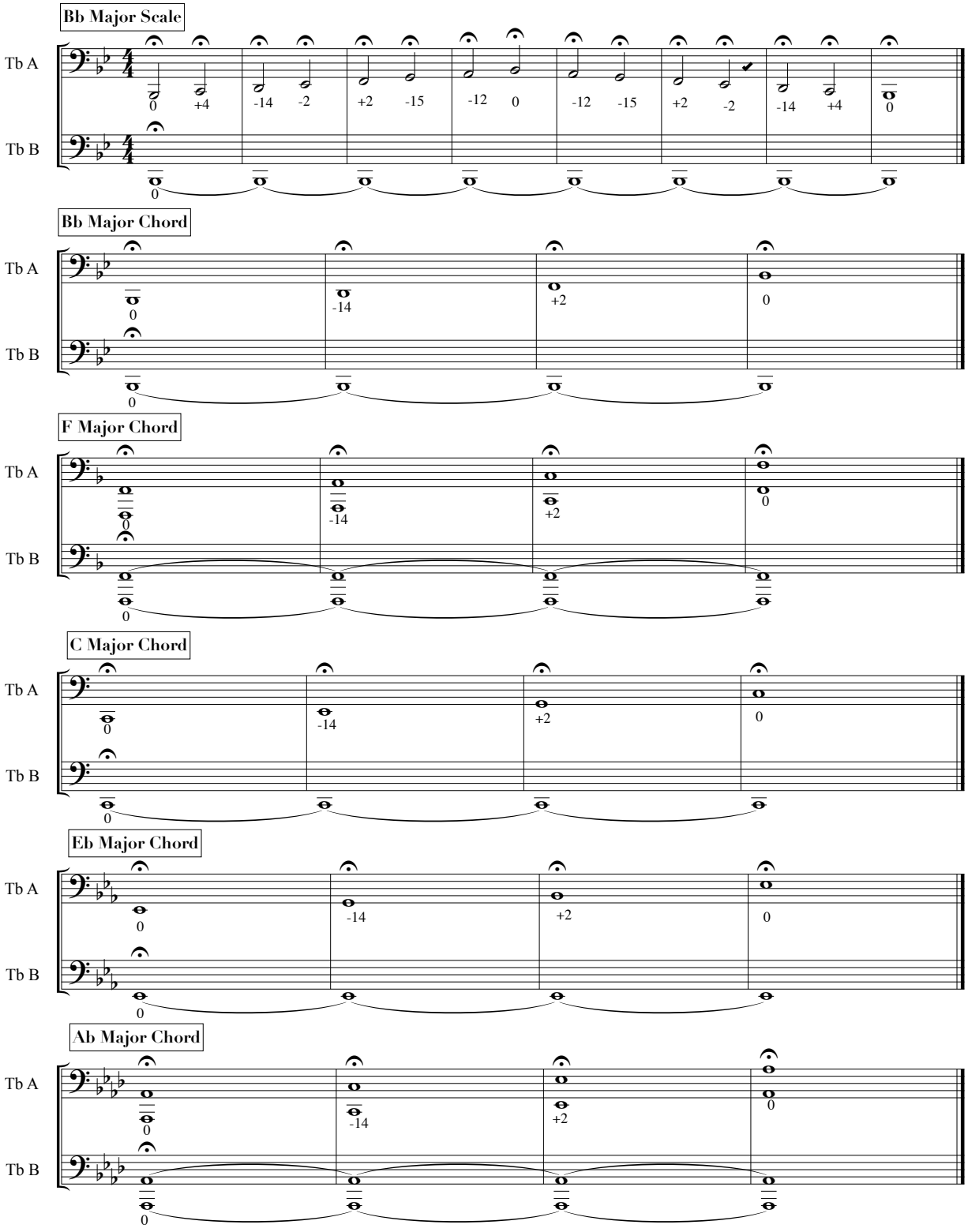
Show Articulation Examples



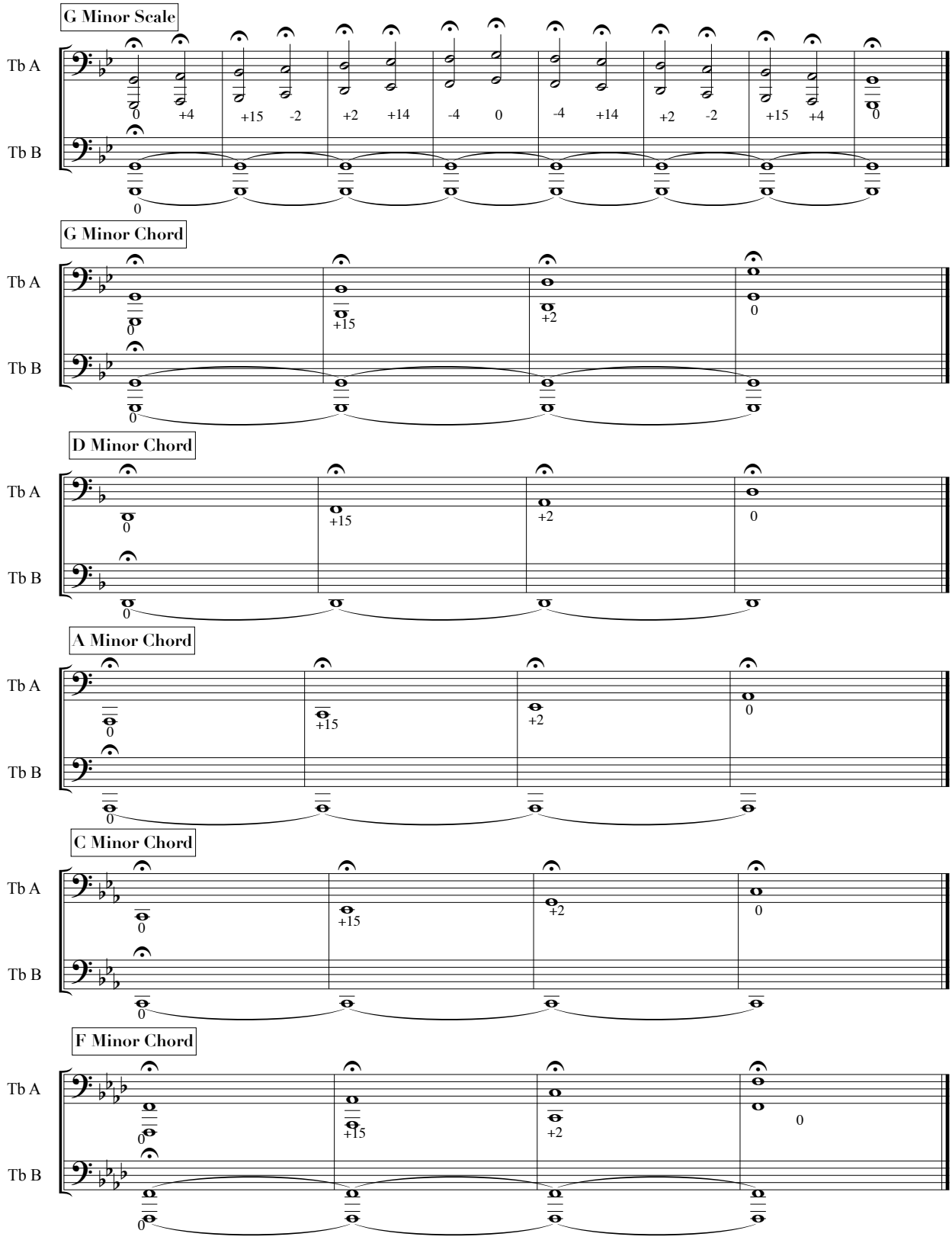
Ensemble Fundamental Tuning Exercise



Just Intonation Tuning Exercises



Just Intonation Tuning Exercises



Tuning Chart

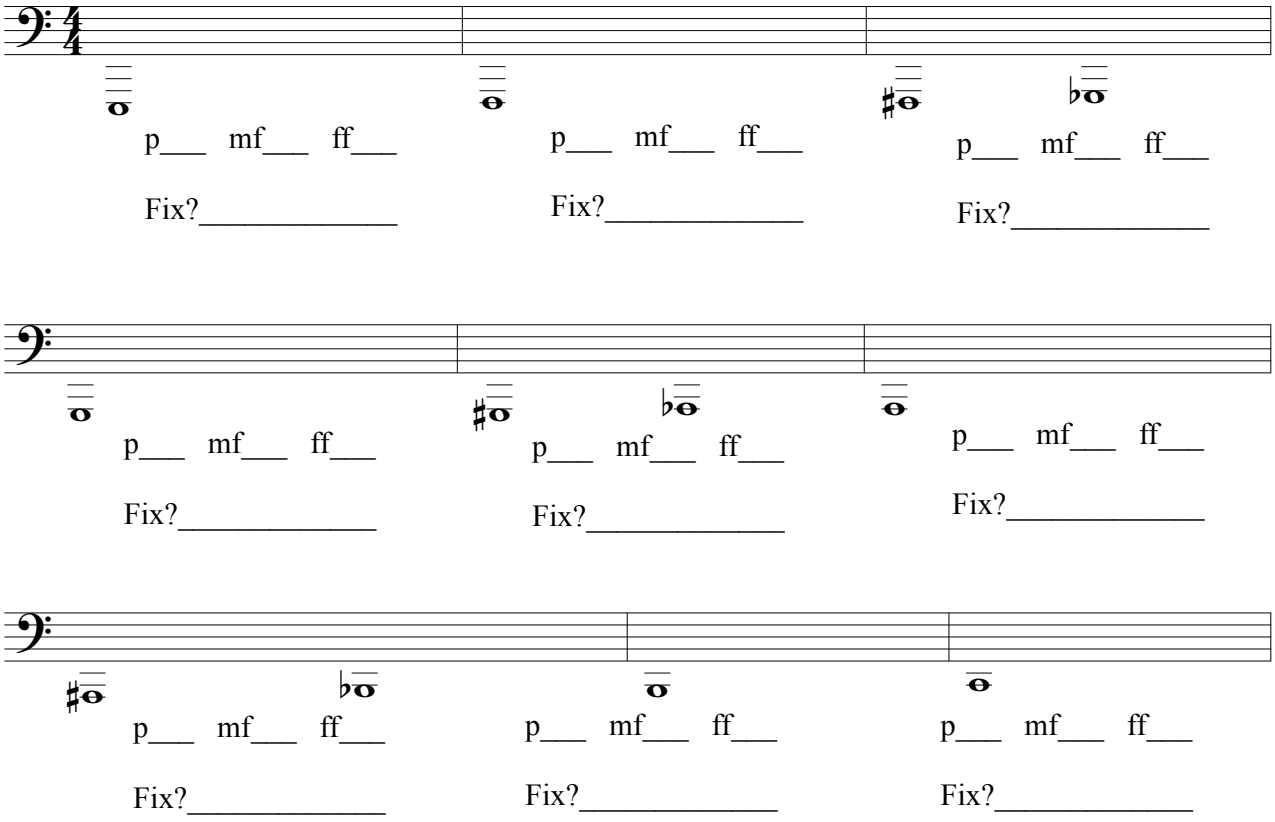
Materials: Instrument, tuner and patience.

Tuning Steps:

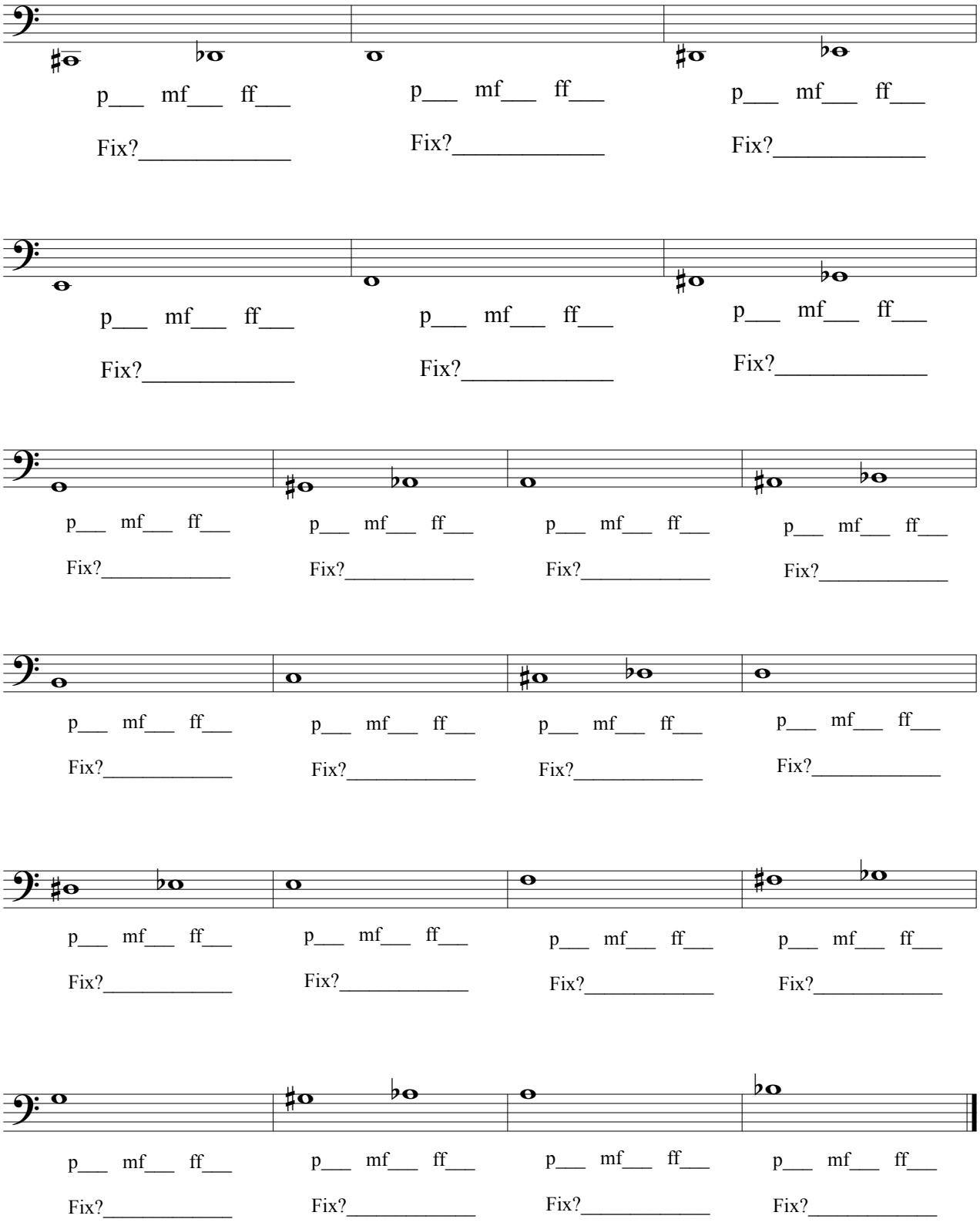
Step 1: Tune your fundamental pitch to get the instrument in tune. For Tuba: Bb on the staff.
Step 2: Tune the note at a piano dynamic. Write down how many cents out of tune.
Step 3: Tune the note at a mezzo forte. Write down how many cents out of tune.
Step 4: Tune the note at a fortissimo. Write down how many cents out of tune.
Step 5: Experiment how to fix the intonation. Write down ways to place the note in tune.
Repeat Steps 2 through 4 all the way to the highest pitch.
***Ways to adjust tuning: Lip up. Lip down. Alternate Fingering. Adjust valve slides if possible.

Tips:

*Start the chart with the lowest note.
*When tuning each note, do not adjust the pitch to play in tune. Play the note as natural as possible. This way you will be receiving your most accurate tendency on each pitch.
*Each dynamic may have a different pitch tendency. Be patient with each dynamic to get the most accurate tendency.
*Write +13 if you are sharp 13 cents. Write -10 if you are flat 10 cents. Write 0 if you are in tune.
*Fix?: On the "Fix?" line write down what you need to do to adjust the pitch and play it in tune. You may want to fill out the entire chart come back later to fill in the "Fix?" line.
*This sheet may take some time. You may have to complete the full chart in a couple of practice sessions.

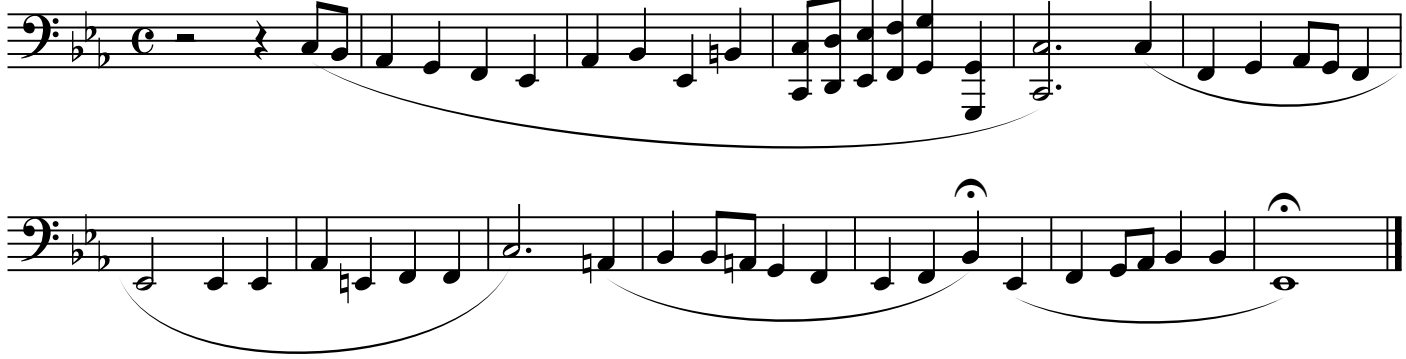


Tuning Chart

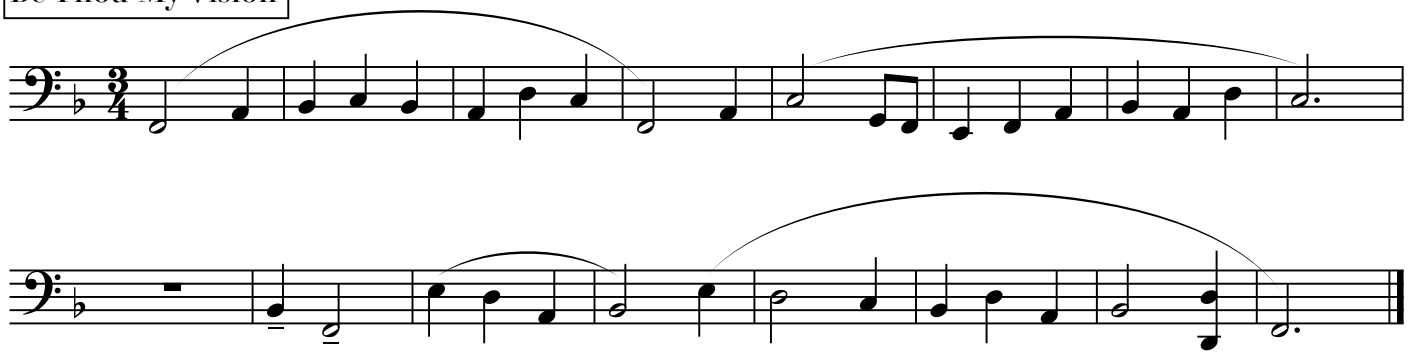


Chorales

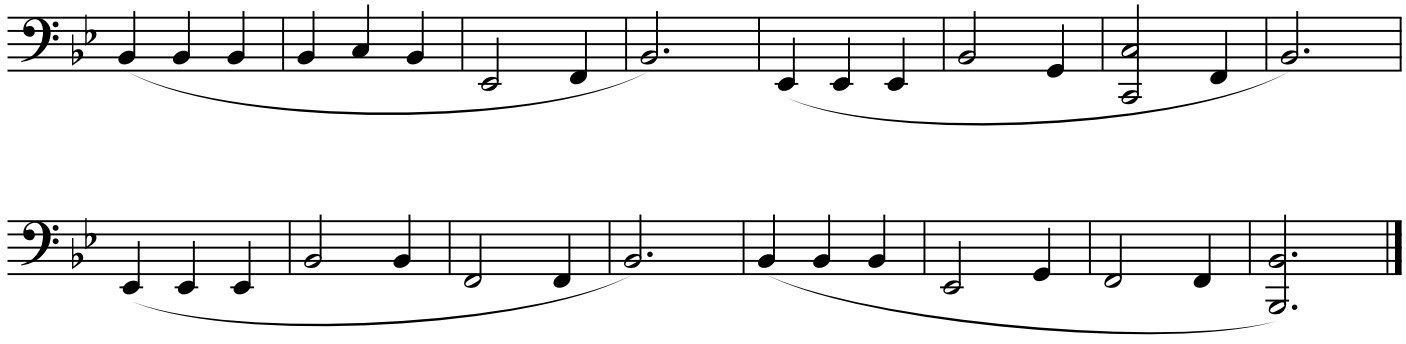
O Sacred Head Now Wounded by JS Bach



Be Thou My Vision

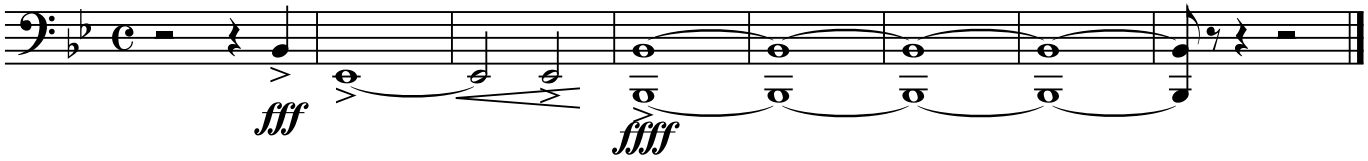


Faith of Our Fathers by H Hemy

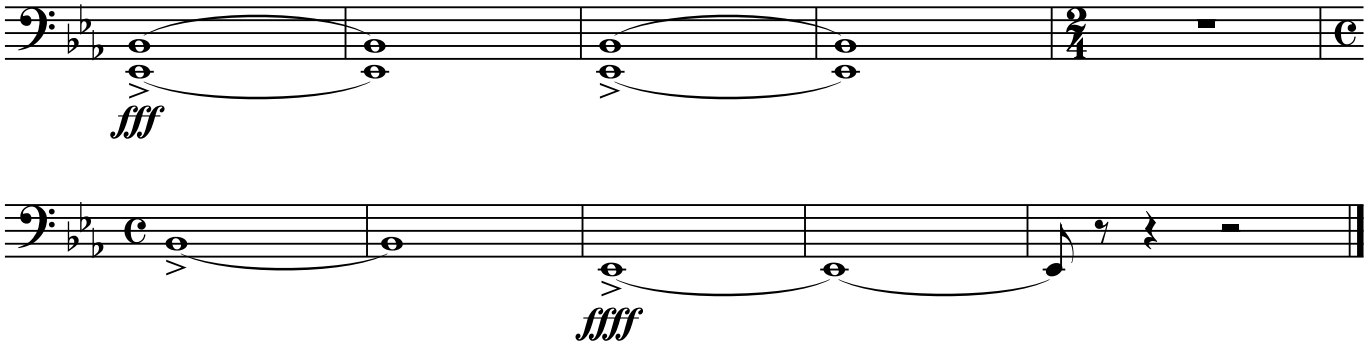
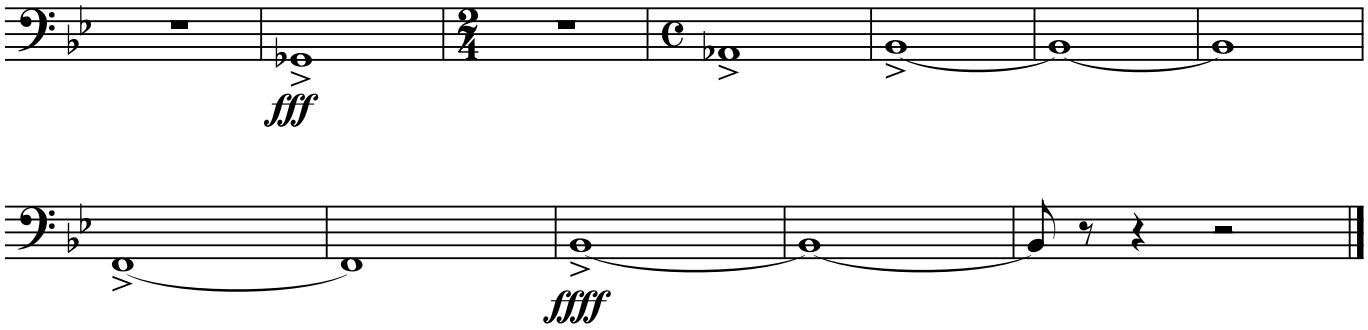


Full Volume

Excerpt #1 ♩=86-92



Excerpt #2 ♩=86-92



Excerpt #3 ♩=92-100