

INSIDE THE CIRCLE:

A PROVEN METHOD FOR A SUCCESSFUL MARCHING BAND

By Matt and Ben Harloff

FULL ENSEMBLE CHAPTER

TUBA PART

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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.

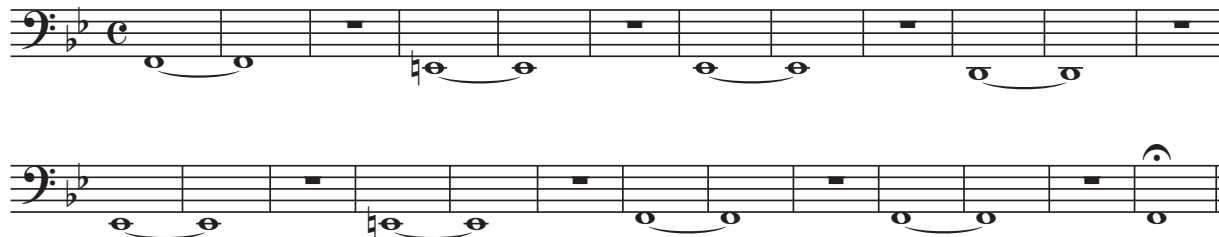
Breathing Exercise #8: Show Excerpts

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

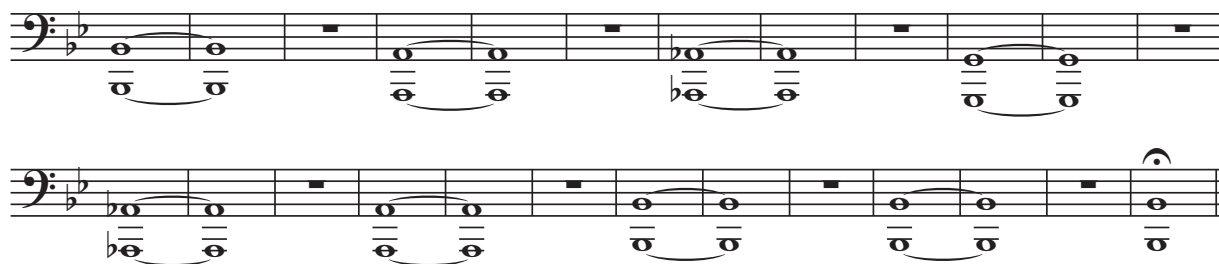
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Long Tones

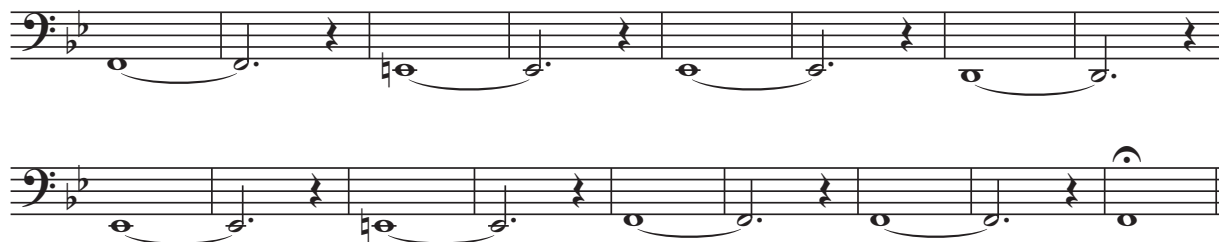
9 Count Tones on F Concert



9 Count Tones on Bb Concert



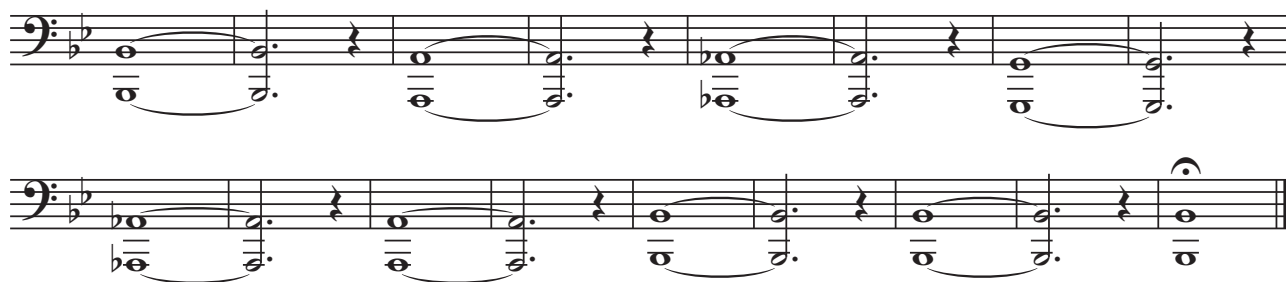
8 Count Tones on F Concert



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Long Tones

8 Count Tones on Bb Concert



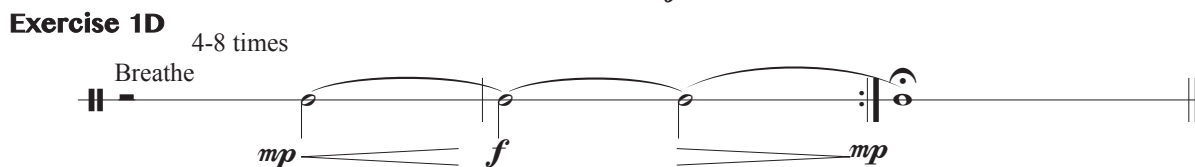
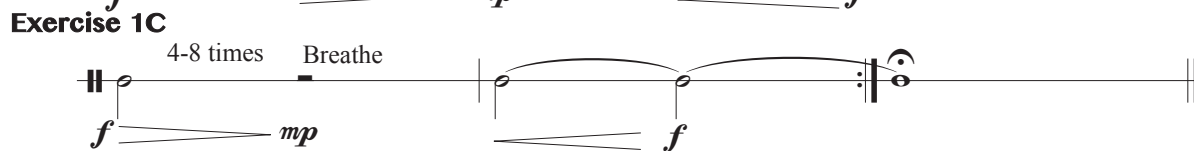
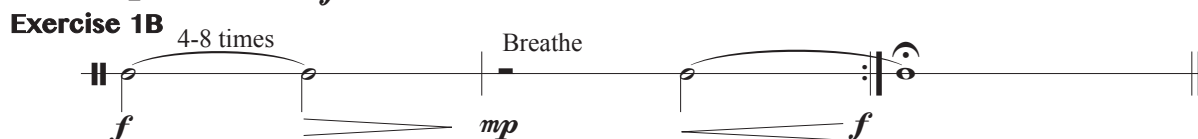
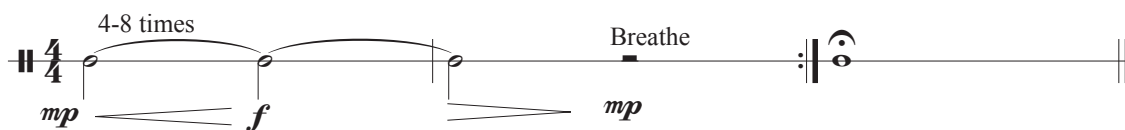
Release Exercise on F Concert



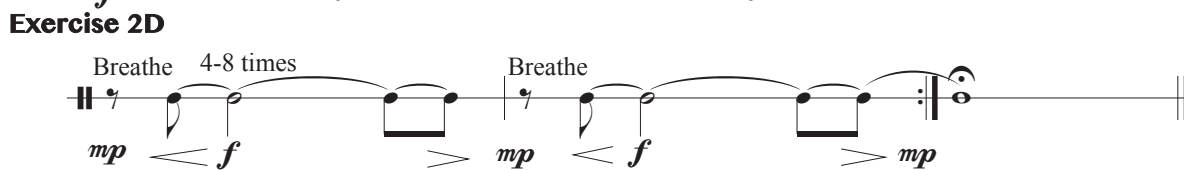
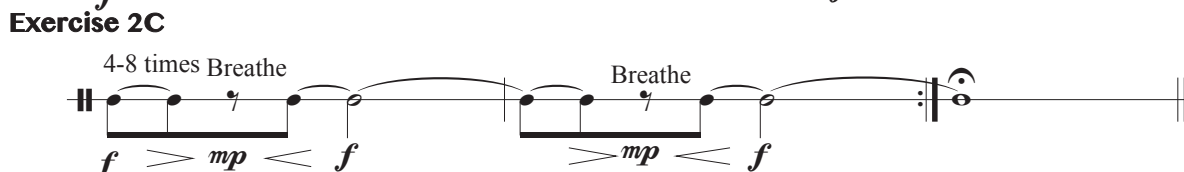
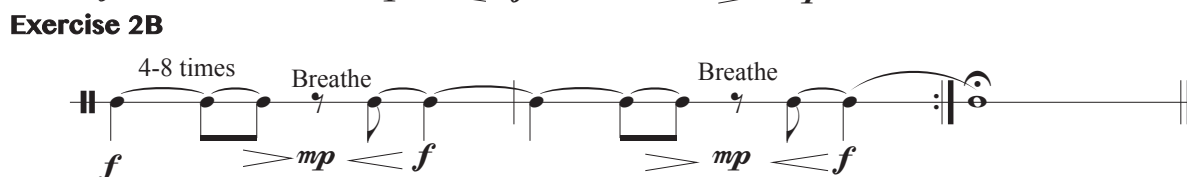
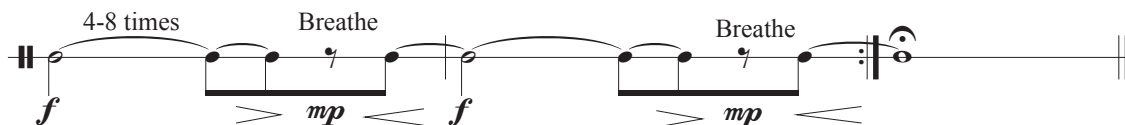
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Stagger Breathing Exercises

Exercise 1A TEMPO: FAST



Exercise 2A TEMPO: MODERATE-SLOW



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Flexibility/Scales

Flexibility Exercise #1



Flexibility Exercise #2



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Flexibility/Scales

Flexibility Exercise #3

Flexibility Exercise #3 is a three-measure exercise for the Tuba part. It is written in bass clef with a key signature of two flats (B-flat and E-flat). The exercise consists of three measures, each containing a half note followed by a quarter rest. The notes are: G2 (first measure), F2 (second measure), and E2 (third measure). The exercise is marked with a '3' in a box, indicating a triplet of eighth notes.

Flexibility Exercise #4

Flexibility Exercise #4 is a three-measure exercise for the Tuba part. It is written in bass clef with a key signature of two flats (B-flat and E-flat). The exercise consists of three measures, each containing a half note followed by a quarter rest. The notes are: G2 (first measure), F2 (second measure), and E2 (third measure). The exercise is marked with a '4' in a box, indicating a triplet of eighth notes.

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Note Length/Shape Exercise

The musical score for the tuba part consists of seven staves, each containing a different rhythmic pattern. The key signature is one flat (Bb) and the time signature is common time (C). The exercise is designed to help students practice different note lengths and shapes.

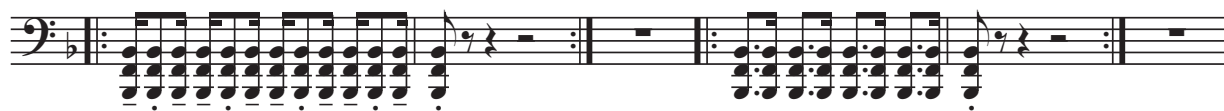
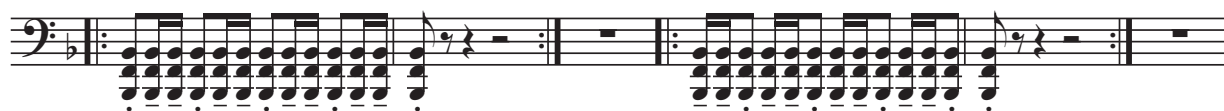
- Staff 1: A half note G2.
- Staff 2: A whole note G2.
- Staff 3: A half note G2, followed by a quarter rest, then a half note G2.
- Staff 4: A half note G2, followed by a quarter rest, then a half note G2.
- Staff 5: A half note G2, followed by a quarter rest, then a half note G2.
- Staff 6: A half note G2, followed by a quarter rest, then a half note G2.
- Staff 7: A half note G2, followed by a quarter rest, then a half note G2.

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Note Length/Shape Exercise



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Show Articulation Examples

Basic 8 Staccato Eighth Notes

Four staves of music in bass clef, 2/4 time. Each staff shows a sequence of 8 staccato eighth notes, followed by a whole rest, and then another sequence of 8 staccato eighth notes. The notes are grouped in pairs of four. The first three staves end with a double bar line, and the fourth staff ends with a repeat sign.

Show Articulation Example 1

Four staves of music in bass clef, 2/4 time. Each staff shows a sequence of 8 staccato eighth notes, followed by a whole rest, and then another sequence of 8 staccato eighth notes. The notes are grouped in pairs of four. The first three staves end with a double bar line, and the fourth staff ends with a repeat sign.

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Show Articulation Examples

Show Articulation Example 2

Four staves of musical notation in bass clef, showing articulation examples. The notation includes various note values, rests, and articulation marks such as slurs, accents, and breath marks. The music is written in a key signature of one flat (B-flat).

Show Articulation Example 3

Three staves of musical notation in bass clef, showing articulation examples. The notation includes various note values, rests, and articulation marks such as slurs, accents, and breath marks. The music is written in a key signature of one flat (B-flat). The third staff includes triplet markings over groups of notes.

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Show Articulation Examples

The image displays four staves of musical notation for a Tuba part. Each staff begins with a bass clef and a key signature of one flat (B-flat). The notation consists of eighth and sixteenth notes, often beamed together in groups. The first three staves each feature two triplet markings (indicated by a '3' over a bracket) over the final measures of the piece. The fourth staff concludes with a final double bar line and a fermata over the last note. The music is written in a style typical of marching band sheet music, with clear articulation and dynamic markings.

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Ensemble Fundamental Tuning Exercise

$\bullet = 92$

A

B

C

D

20

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Just Intonation Tuning Exercises

Bb Major Scale

Tb A

Tb B

Bb Major Chord

Tb A

Tb B

F Major Chord

Tb A

Tb B

C Major Chord

Tb A

Tb B

Eb Major Chord

Tb A

Tb B

Ab Major Chord

Tb A

Tb B

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Just Intonation Tuning Exercises

G Minor Scale

Tb A

Tb B

G Minor Chord

Tb A

Tb B

D Minor Chord

Tb A

Tb B

A Minor Chord

Tb A

Tb B

C Minor Chord

Tb A

Tb B

F Minor Chord

Tb A

Tb B

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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.

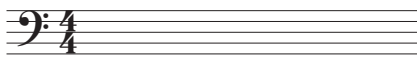
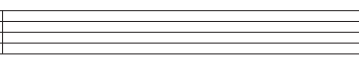
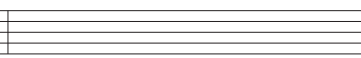
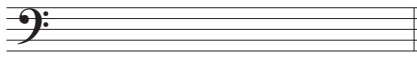
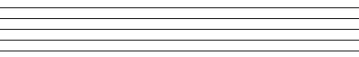
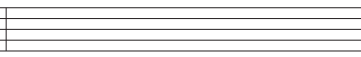
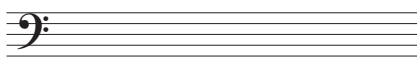
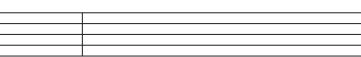
This way you will be receiving your most accurate tendency on each pitch.

*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.

 p__ mf__ ff__ Fix? _____	 p__ mf__ ff__ Fix? _____	 p__ mf__ ff__ Fix? _____
 p__ mf__ ff__ Fix? _____	 p__ mf__ ff__ Fix? _____	 p__ mf__ ff__ Fix? _____
 p__ mf__ ff__ Fix? _____	 p__ mf__ ff__ Fix? _____	 p__ mf__ ff__ Fix? _____

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Tuning Chart

p__ mf__ ff__		p__ mf__ ff__	
Fix? _____		Fix? _____	
p__ mf__ ff__		p__ mf__ ff__	
Fix? _____		Fix? _____	
p__ mf__ ff__		p__ mf__ ff__	
Fix? _____		Fix? _____	
p__ mf__ ff__		p__ mf__ ff__	
Fix? _____		Fix? _____	
p__ mf__ ff__		p__ mf__ ff__	
Fix? _____		Fix? _____	
p__ mf__ ff__		p__ mf__ ff__	
Fix? _____		Fix? _____	

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Chorales

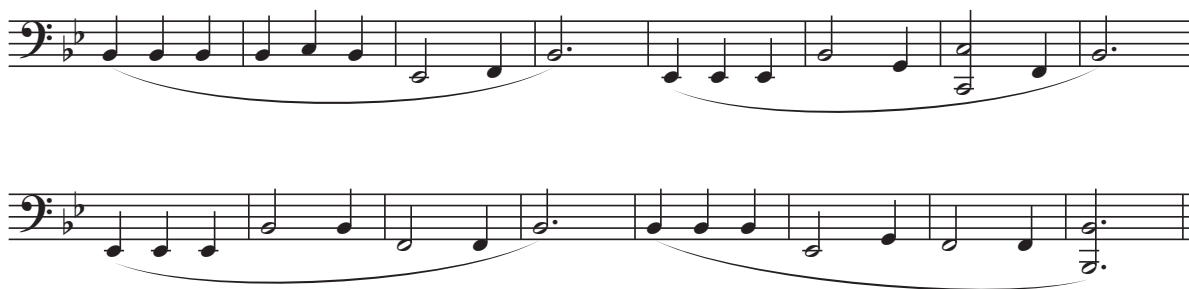
O Sacred Head Now Wounded by JS Bach



Be Thou My Vision



Faith of Our Fathers by H Hemy



Excerpt #1

Excerpt #2

Excerpt #3

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