

Calisthenics - Lessons 1 & 2

by Carmine Caruso

Tuba

The Four Rules

1. Tap your foot (to establish proper timing).
2. Keep the mouthpiece on the lips, and the embouchure set in position.
3. Blow the air steadily.
4. Breathe only through the nose.

LESSON 1

Exercise 1: Breath Attack

B = Breath attack (start sound with air only; no tongue)

T = Tongue normally

Musical notation for Exercise 1: Breath Attack. The first staff shows notes with 'B' and 'T' markings below them. The second staff continues the exercise with a 'sim.' marking.

Musical notation for Exercise 1: Breath Attack, continuing from the previous staff.

Exercise 2: Intervals in 2nds

Slur (don't tongue) the intervals

Continue as high as possible until no sound comes out

Musical notation for Exercise 2: Intervals in 2nds. The staff shows a sequence of notes with slurs, ending with 'etc.' and a double bar line.

LESSON 2

Exercise 3: Intervals in 3rds (as above)

The same exercise can be done using intervals in 4ths, 5ths, etc.

Musical notation for Exercise 3: Intervals in 3rds. The staff shows a sequence of notes with slurs, ending with 'etc.' and a double bar line.

Exercise 4: Harmonic Series

Slur all intervals (using the fingerings indicated)

The same exercise can be done by: a) slurring back down to the bottom partial; and b) slurring to higher partials

Musical notation for Exercise 4: Harmonic Series, first staff. Shows notes with slurs and fingerings 0 and 2 indicated below.

Musical notation for Exercise 4: Harmonic Series, second staff. Shows notes with slurs and fingerings 1 and 12 indicated below.

Musical notation for Exercise 4: Harmonic Series, third staff. Shows notes with slurs and fingerings 23, 13, and 123 indicated below.