

# Sample Routine

Dr. Paul Dickinson

## Mouthpiece Sirens - Perfect 5th

♩ = 60

Breathe!

Continue upwards the same way

Musical score for Mouthpiece Sirens - Perfect 5th. The score is in 4/4 time with a tempo of 60 beats per minute. It features five staves for Horn in F, Trumpet in B♭, Trombone, Euphonium, and Tuba. The music consists of three measures. The first measure shows a rising eighth-note pattern. The second measure is marked 'Breathe!' and features a sharp sign on the first note. The third measure is marked 'Continue upwards the same way' and shows the pattern continuing. The notes are: Horn in F (F4, G4, A4, B4), Trumpet in B♭ (B♭3, C4, D4, E4), Trombone (B♭2, C3, D3, E3), Euphonium (B♭2, C3, D3, E3), and Tuba (B♭1, C2, D2, E2).

## Mouthpiece Sirens - Octave

Continue upwards the same way

Musical score for Mouthpiece Sirens - Octave. The score is in 4/4 time and features five staves for Horn (Hn.), B♭ Trumpet (B♭ Tpt.), Trombone (Tbn.), Euphonium (Euph.), and Tuba. The music consists of three measures. The first measure is marked with a '4' above the staff. The notes are: Hn. (F4, G4, A4, B4), B♭ Tpt. (B♭3, C4, D4, E4), Tbn. (B♭2, C3, D3, E3), Euph. (B♭2, C3, D3, E3), and Tuba (B♭1, C2, D2, E2). The second measure features a sharp sign on the first note. The third measure shows the pattern continuing upwards.

# Long Tones ex. 1: Remington, Descending from F

*Practice these at every dynamic level*

$\text{♩} = 72$       Breathe!

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

*Repeat this pattern slow/fast & ascending/descending from each B♭ & F across the entirety of your instrument*

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

Flow Studies in Bb and F (8ve higher optional where reasonable)

21

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

This system contains measures 21 through 24. It features five staves: Horn (Hn.), B♭ Trumpet (B♭ Tpt.), Trombone (Tbn.), Euphonium (Euph.), and Tuba. The music is written in a key signature of two flats (Bb) and a common time signature. Each staff contains a melodic line with slurs and ties. The Tuba part is written in a lower register, with a large slur encompassing the first two measures of the system. The music concludes with a fermata on the final note of measure 24.

25

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

This system contains measures 25 through 28. It features five staves: Horn (Hn.), B♭ Trumpet (B♭ Tpt.), Trombone (Tbn.), Euphonium (Euph.), and Tuba. The music is written in a key signature of one sharp (F#) and a common time signature. Each staff contains a melodic line with slurs and ties. The Tuba part is written in a lower register, with a large slur encompassing the first two measures of the system. The music concludes with a fermata on the final note of measure 28.

**Flexibility Examples: Continue each pattern down your valve series (0, 2, 1, 1+2, etc.)**

**1.) 3-note series**

**2.) 4-note series**

27

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

*\*Practice all of these fast, slow, loud, and soft. Aim for a GREAT, smooth sound.*

**3.) 5-note series (optional lowered 4th)**

**4.) Working into the high register**

31

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

**Articulation:**

**Pick a pattern and any scale, and play each note of the scale for one measure of the pattern.**

**Aim to slowly increase your single tongue speed to mm=120 or more. Use a metronome.**

35 1. 2. 3. 4. 3

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

39 5. 6. 7.

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

# Range Builder #1

-Continue upwards by half steps. These are based around arpeggios. Slur the triplets

43  $\text{♩} = 72$

Hn.

B♭ Tpt.

Tbn.

Euph.

Tuba

46

Hn.

B♭ Tpt.

Tbn.

Euph.

Tuba

## Range Builder #2 - Work your way up by half steps

Valves 1+3 or 4 | Slide 6 | Regular horn fingerings

Continue upwards by half steps

49  $\text{♩} = 72$

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

## Low Range Extensions - Play these slowly and with smooth, legato air

Adagio  $\text{♩} = 40$

53

Hn.  
B♭ Tpt.  
Tbn.  
Euph.  
Tuba

## Dynamic Extremes

1.) Follow this dynamic pattern up and down a scale, or during your Long Tones work.

♩ = 72

57

Hn.

B♭ Tpt.

Tbn.

Euph.

Tuba

*pp* *ff*

2.) *Play these slow, fast, and on any scales/ranges of your instrument.  
Keep the sound even and steady.*

59

Hn.

B♭ Tpt.

Tbn.

Euph.

Tuba