ITEC 2019 Daily Routine with GP notes and enhancements:

ITEC – Iowa City. June 1, 2019. Gene Pokorný
Handout for 8 AM Warm-Up
Warm-Up/ Practice Routine based on Stephen Covey’s Daily Private Victory/Quadrant 2

Equipment: Cold, sparkling water (San Pellegrino). TE Tuner, Korg or similar tuning/metronome device. Stretching – Bottom of the body to the top. End with Air expansion. Tempo with metronome (or with waves breaking on the beach or ???). “Let the 1001 things on your mind disappear…”

Buzzing – Ear Training
  Do Golz Exercise in key of Bach chorale you are about to do.
SATB. Do one (or two) based on “date” and/or “date + 30”.
  Buzz Bach chorale
  Drones with Jimmy Stamp exercise. Major and Minor key
  Buzz a song: HB,” America,” “Do You Know What it Means,” “Shenandoah,” “There’s a Place…”
  Play it (various keys)

Remington Long Tone Exercise. Read Mission Statement, inspirational literature, etc.
Michael Davis “20MWU”
  Original – 15 exercises
  With variations

Legato – Tone awareness
  Bordogni trombone etudes (Mulcahy or Wes Jacobs versions)
  1) First time: 15vebassa
  2) Second time: As written
  Do one (or two) based on “date” and/or “date + 30”
Prokofiev: Symphony No. 5 opening.
Single and Double Tonguing (if not done in a 20MWU variation)
Use metronome so progress is measurable.
Kopprasch
Do one (or two) based on “date” and/or “date + 30”
Arban

Flexibility – Lip Trills
Arban (Wes Jacobs/Jerry Young edition or Mike Roylance).
Marsteller open chords: Bobo: Mastering the Tuba page 77
Lip Trills - Bobo: Mastering the Tuba page 80-103

Scales – Arpeggios
Wrobleski: Scale Drills for the Tuba www.reallygoodmusic.com
Bell: Daily Routine

Sight Reading;
Brandt book
Tough Excerpts: Fountains, Ride, Mahler 2, Bydlo, end of Sym Fant., etc.
Blues in CC https://www.youtube.com/watch?v=5YiVNh_P6s4
Listening List for the summer of 2019– With thanks, gratitude and
credit to David Zerke

Orchestral Repertoire
1. Orff: Carmina Burana
2. Stravinsky: Symphony of Psalms
3. Strauss: Don Juan
4. Mozart: Serenade Eine kleine Nachtmusik
5. Revueltas: Sensemaya
6. Bach: Goldberg Variations
7. Liszt: Les Preludes
8. Adams: Grand Pianola Music
9. Tippet: Symphony #3
10. Mahler: Symphony #6
11. Brahms: German Requiem
12. Prokofiev: Symphony #1
13. Ives: Symphony #2
14. Schubert: Symphony #8
15. Bruckner: Symphony #9

Wind Ensemble Repertoire
1. Gillingham: Waking Angels
2. Persichetti: Divertimento
3. dello Joio: Variations on a Mediaeval Tune
4. Grainger: Children’s March
5. Colgrass: Winds of Nagual
7. Scnitt: Dionysaques
8. Lindroth: Spin Cycle
9. deMeij: Lord of the Rings
10. Stravinsky: Octet
11. Jacob: William Byrd Suite
12. McTee: Soundings
13. Grainger: Molly on the Shore
14. Nelson: Rocky Point Holiday
15. Dzubay: Myaku

Check out syllabi of various schools on the internet. Much music (etudes, solo music, excerpts are available within those syllabi). There are many great sources of learning from Dr. Andrew Glendening, Jeremy Wilson, David Zerkel among others.

Sources:
Golz Routine from csotuba@gmail.com
Bach: 371 4-part Chorales Breitkopf and Haertell
Michael Davis “20 Minute Warm Up” www.hip-bonemusic.com
Mission Statement creation: Stephen Covey Seven Habits of Highly Effective People
Bell “Daily Routine”, Bordogni (Wes Jacobs or Mulcahy versions), Kopprasch “60 Etudes”, Arban (Young and Jacobs version), Vassily Brandt “34 Studies” are all available from Encore Music. Arban (Roylance version) available through Carl Fischer.
Bobo: “Mastering the Tuba” available through BIM
Wroblewski "Scale Drills for the Tuba" and other great, great methods and solo material. Available through 
www.reallygoodmusic.com and www.windsongpress.com

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