

FINGER SPEED (*LEVEL II*)

Always use a metronome. Always start with slower more accurate repetitions before trying faster speeds. Teach your brain, embouchure, fingers and heart correct, accurate habits by spending most of your time within your comfort zone. *Yes*: Push for lightening fast finger speed, but not at the expense of accuracy; not at the expense of creating beautiful music.

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Tuba

Mark each exercise with your fastest, most accurate daily performance tempo.

The musical score consists of seven exercises, each on a separate staff in bass clef. Exercise 1 is in 4/4 time, starting at measure 1 and ending at measure 12. It features a series of eighth-note patterns with dynamic markings of *mp* and *f*. Exercise 2 is in 3/4 time, starting at measure 13 and ending at measure 22, with dynamic markings of *mp* and *f*. Exercise 3 is in 6/8 time, starting at measure 23 and ending at measure 32, with dynamic markings of *f* and *p*. Exercise 4 is in 9/4 time, starting at measure 33 and ending at measure 42, with dynamic markings of *f* and *p*. Exercise 5 is in 7/4 time, starting at measure 43 and ending at measure 52, with a dynamic marking of *mf*. Exercise 6 is in 4/4 time, starting at measure 53 and ending at measure 62, with dynamic markings of *ff* and *mp*. Exercise 7 is in 9/8 time, starting at measure 63 and ending at measure 72, with dynamic markings of *p*, *mp*, *f*, and *pp*. The score includes various musical notations such as slurs, accents, and dynamic hairpins.

Six-Clicks Pyramid: 1. With your metronome, find your comfort zone - the speed at which you can play a Finger Speed exercise comfortably. 2. Now, set the met 16 clicks slower and play 3-5 quality reps. 3. Next, set the met 6 clicks faster, 3-5 quality reps. 4. Keep repeating step 3 until you can't go any faster. 5. Now subtract 6 clicks several times until you reach your beginning tempo.