

Surveys were mailed out in February 2004 and accepted until November 2004. A total of 47 professional musicians and college teachers have responded to this survey. Any questions should be directed to [George Palton](#). Thank you to all who have taken the time to participate.

Daily Routines Survey Results Section 1: Personal Information

1. Which of the following best describes you?

Amateur Musician- 2%
College Tuba/Euphonium Professor- 58%
Professional Musician- 36%
Other- 4%

2. What is your main instrument?

Tuba- 73%
Euphonium- 23%
Other- 4%

3. What type of instrument do you regularly practice? (Tuba Players Only)

BB Flat- 9%
CC- 91%
E Flat- 24%
F- 68%

4. Euphonium Players: Do you regularly practice the baritone?

Yes- 17%
No- 83%

5. In an average week, how many days do you practice?

7 Days/Week- 30%
4-6 Days/Week- 57%
1-3 Days/Week- 11%
Never/Rarely- 2%

6. How many hours do you average in a day?

5 or more Hours- 0%
4-5 Hours- 0%
3-4 Hours- 9%
2-3 Hours- 28%
1-2 Hours- 46%
30-60 Minutes- 17%

7. Do you regularly practice your secondary instrument?

Yes- 34%
No- 66%

8. How many days a week do you do a daily routine?

7 Days/Week- 28%

4-6 Days/Week- 59%

1-3 Days/Week- 9%

Never/Rarely- 4%

9. On average, how long do you spend on your daily routine?

Less than 15 minutes- 19%

15-30 minutes- 38%

30-60 minutes- 32%

60-90 minutes- 9%

Over 90 minutes- 2%

Section 2: Daily Routine Habits

How often do you do each of the following?

5= Every Day

4= Almost Every Day

3= About Every Other Day

2= Rarely

1= Never

1. Breathing Exercises

1- 7%

2- 20%

3- 9%

4- 22%

5- 42%

2. Mouthpiece Buzzing

1- 7%

2- 18%

3- 7%

4- 13%

5- 55%

3. Long Tones

1- 0%

2- 4%

3- 16%

4- 24%

5- 56%

4. Three or Five Note Lip Slurs
(Example: B Flat, F, B Flat, and back down)

- 1- 2%
- 2- 20%
- 3- 16%
- 4- 18%
- 5- 44%

5. Flexibility Lip Slurs

- 1- 0%
- 2- 11%
- 3- 9%
- 4- 27%
- 5- 53%

6. Low Register Exercises

- 1- 2%
- 2- 2%
- 3- 7%
- 4- 24%
- 5- 65%

7. High Register Exercises

- 1- 4%
- 2- 11%
- 3- 22%
- 4- 27%
- 5- 36%

8. Single Tonguing Exercises

- 1- 4%
- 2- 9%
- 3- 17%
- 4- 19%
- 5- 51%

9. Multiple Tonguing Exercises

- 1- 6%
- 2- 21%
- 3- 41%
- 4- 17%
- 5- 15%

10. Other Technique Exercises

- 1- 17%
- 2- 11%
- 3- 30%
- 4- 23%
- 5- 19%

11. Lip Trill Exercises

- 1- 30%
- 2- 34%
- 3- 21%
- 4- 6%
- 5- 9%

12. Scales

- 1- 9%
- 2- 0%
- 3- 19%
- 4- 26%
- 5- 46%

13. Phrasing/Melody Exercises

- 1- 4%
- 2- 2%
- 3- 15%
- 4- 21%
- 5- 58%

14. A secondary daily routine

(For tuba players who play on multiple tubas in different keys, or euphonium players who practice baritone)

- 1- 45%
- 2- 19%
- 3- 23%
- 4- 11%
- 5- 2%

Section 3: Conclusions, Observations, and Quotes of Interest

Floyd Cooley- “Always practice in front of a mirror watching for unusual cues...”

Kelly Diamond- “I practice scales everyday everyway. You can do anything and everything with scales.”

“It is important to remember a daily routine is not set in stone. It must be flexible to accommodate changes in yourself or your circumstance.”

“Your routine should be like home. Use it as a reference to gauge your needs, weaknesses and strengths. Also, use it to right the ship when something isn’t working as well as you think it should.”

Gene Porkorny- “It is very important to listen a lot more to music then we regularly do. To imitate great Artists is one the best ways to learn.”

Torrey Lawrence- “We do a Monday, Wednesday, Friday studio warm-up, it is great to do this in a group to keep it fun and build studio togetherness.”

Steven Perry- “I went to a master class in Grad School with Pinkus Zuckerman (Vla/Vln) and he said a survey was taken from players in the top 20 US orchestras. The number one reason that helped them get a big gig was that they all had a regimented warm-up that they did religiously.

Other Notable Conclusions:

- The top non tuba/euphonium method books cited were the Clarke and Schlossberg books.
- Many of those who were surveyed advocated regular sight-reading practice.
- Many of those who were surveyed advocated using real music as often as possible to focus on these elements of playing.
- Most focused on breathing, buzzing, long-tones, and flexibility early in their routine.
- A majority of those who were surveyed practice 4 or more days a week.
- A majority of those who were surveyed practice 1-3 hours a day.
- A majority of those who were surveyed do a daily routine 4 or more days a week.
- A majority of those who were surveyed spend between 15-60 minutes on their daily routine.
- For most of the components isolated in this survey a majority of the respondents indicated they work on them every day or almost every day. This shows that most of the professionals surveyed aim for consistency in their daily warm-up.