

# The Basics for Tuba

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## Posture and Holding Position

- **Sit your very tallest**, as if you were standing from the waist up. Have your head straight and tall.
- Everyone is different! Therefore you may need to have the instrument rest on top of your legs, on the chair, or between your legs and below the chair. **Bring the instrument to you** do not come to the instrument. The mouthpiece should come to you without moving your neck or head.
- Your left hand should rest on top of the top bow, or on its side.
- Your right hand should remain near the valves at all times. **All three fingers on all the valves at all times!**

## Setting Your Embouchure: YEP-MM-BUZZ!

- **Keep your corners back and firm** as if you were saying “YEP.” Avoid a smile or frown.
- **Bring your lips together** as if you were saying “MM.” Avoid puckering or swallowing your lips.
- **Have your lips buzz** by blowing air through them.
- **If this does not work:** try saying “OH-oo” or “TU” to form your embouchure.

## Starting a Note: SET-BREATHE-TONGUE

- Set your embouchure.
- **Breathe in from the corners of your mouth**, not your nose. Make the air go to the bottom of your stomach.
- **Start the buzzing by tonguing as if you were saying “TOH”.** Avoid spitting the lips out to start a note.

**LOW NOTES= RELAXED WINDOW FOGGING AIR!**

**HIGH NOTES= FAST, FOCUSED, COFFEE STRAW AIR!**