

**Daily Routines Survey Results (2004)**  
**Dr. George Palton**

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.

**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%

**Daily Routines Survey Results (2004)**  
**Dr. George Palton**

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%

**Daily Routines Survey Results (2004)**  
**Dr. George Palton**

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%

**Daily Routines Survey Results (2004)**  
**Dr. George Palton**

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.

**Daily Routines Survey Results (2004)**  
**Dr. George Palton**

**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.

---

**Section 4: Daily Routines Survey Conclusions**

---

In February of 2004 a total of 150 surveys were mailed to professional tuba and euphonium players in the United States. A majority of the participants are current college professors, prominent freelance musicians, and musicians in professional ensembles such as military bands and orchestras. First, questions ranged from personal information such as instrument, current job, and their general practice habits. Then, specific questions were asked about their daily routine habits. Questions in this section focused on what specific components of tuba and euphonium playing they focused on. They were asked the likelihood of focusing on one particular aspect of playing, and if they did, how they did it, how long they did it, and in what order did they structure it. The respondents were also given a chance to write in detail about any of these things if they so desired. As of November 2004 total of 47 people have responded.

The results provided some worthwhile insight into the practice habits of many successful tuba and euphonium players. Many of them stressed a need for a consistent routine that still allowed for flexibility to meet the individual's current performing demands. For most of the components isolated in this survey a majority of the respondents indicated that 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. Most of the respondents indicated that they work on a very standard list of components such as breathing exercises, mouthpiece buzzing, long tones, lip slurs, low range, high range, scales, and tonguing exercises. Many of those who were surveyed stressed the importance of using actual music instead of exercises as often as possible. Also, many advocated the need for regular sight-reading practice as well as to actively listen to music more as a part of a daily routine. Overall, the conclusion this survey brings is that the standard items stressed by many teachers to students for improving their playing are items focused on regularly by professional musicians.

**Daily Routines Survey Results (2004)**  
**Dr. George Palton**

**Section 5: Daily Routines Survey Participant List**

---

<b>Name</b>	<b>Job</b>
Anonymous- 10	
A W Lehman	DC Marine Band
Doug Whitten	Pittsburg State University (KS)
Dr. Thompson	NW St. University Louisiana
Jerry Young	University of Wisconsin Eau Claire
Joseph Skillen	Louisiana State University
Bill Keck	Constitution Brass Quintet
John Stevens	University of Wisconsin
Steve Lamb	US Coast Guard Band
Steven Perry	Hartford/Springfield (MA) Symphony
Michael Forbes	Illinois State University
Steven Winteregg	Dayton Philharmonic
J Eric Paul	Freelance Musician
Joe Dollard	DC Navy Band
Torrey Lawrence	University of Idaho
Sy Brandon	York (PA) Symphony Orchestra
Douglas Hunt	Orchestra/Quintet Musician
Scott Cameron	US Army Field Band
John Cradler	DC Marine Band
Jas Linford	Freelance Musician
Kyle Turner	Freelance Musician
Ron Bishop	Cleveland Orchestra
Michael Grosse	University of Oregon
Hank Feldman	Freelance Musician/ F.A.M.E. Foundation
Joseph Williams	Amateur Musician
Ben Pierce	University of Arkansas
Fritz Kaenzig	University of Michigan
John Mueller	University of Memphis
Marc Dickman	University of Northern Florida
Skip Gray	University of Kentucky
Gene Porkorny	Chicago Symphony Orchestra
Michael G. Know	Freelance Musician
Jonna Hersy	Freelance Musician
Neal Corwell	DC Army Band/ Soloist
Kelly Diamond	DC Navy Band
Floyd Cooley	Retired- San Francisco Symphony/College Professor
Willis Traphgan	Orchestral Musician