PRACTICE TOOLS FOR SPEED

Tempo Chart *(see last page)*
Day One, start at a **VERY** slow tempo (the chart starts at 60 BPM) – play **VERY** precisely – *with a metronome*. [The slower the tempo, the more tenuto!] Day Two, one "click" faster (use Maezel's Metronome marks: 60, 66, 72, etc.). Continue through Day Seven, then start over, one "click" faster than Day one (e.g. 66). Eventually (be it weeks or months), there will be a tempo that is unplayable. Start over at Week One, Day One. Rinse. Repeat. Ad Infinitum. Over time, the "unplayable" tempo will get faster and faster, but always building from *slow*, *precise*, playing.

Chunking & Chaining
These terms are used in memory training and communication. For our purposes, chunking involves breaking an "undigestible" task into smaller, simpler "chunks." (This can be done with the Tempo Chart.) After the chunks are thoroughly "masticated," they can be reassembled and absorbed. Chains can be built one link at a time – *at performance tempo – not slowly*!

There are several ways to "chunk." Here are a couple:

For example, "Bill Tell" Lick:

"Beat to Beat" Chunking

"Glide the Slide" Chunking (trombone only)

> *Note: Bar 3 does have a minimal slide direction change – your mileage may vary.*

There are several ways to chain; again, ***always at performance tempo*** – not slowly.

Forward Chaining
Start at the beginning. Play the 1st two notes – *at tempo*. When those are clean, play the 1st, 2nd, and 3rd notes. When those are clean, play the 1st, 2nd, 3rd, and 4th notes, etc., until the whole lick has been played.

Back Chaining
Play the 2nd to last note and the last note – *at tempo*. When that is clean, play the 3rd to last, 2nd to last, and last note. Keep working backward this way until the whole lick has been played.

The *Bobo Trick** is a variety of chaining. It can be done forward or back. Play the lick in two-note groups (1-2, 2-3, 3-4 . . .). Then play the lick in three-note groups (1-2-3, 2-3-4, 3-4-5 . . .). Then four-note groups, then five . . . etc. until the whole lick has been assembled. Then (assuming a 20-note lick), play 19-20, then 18-19, then 17-18, etc. like above but backwards. Then 18-19-20, 17-18-19, and so on.

**Mastering the Tuba*, Roger Bobo, Editions BIM, 2003

TEMPO CHART

Begin at upper left hand corner and continue through chart until your ability to play breaks down. Finish the week, then return to upper left hand corner and repeat the process ad nauseum!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week I	60	66	72	76	80	84	88
Week II	66	72	76	80	84	88	92
Week III	72	76	80	84	88	92	96
Week IV	76	80	84	88	92	96	100
Week V	80	84	88	92	96	100	104
Week VI	84	88	92	96	100	104	108
Week VII	88	92	96	100	104	108	112
Week VIII	92	96	100	104	108	112	116
Week IX	96	100	104	108	112	116	120
Week X	100	104	108	112	116	120	126
Week XI	104	108	112	116	120	126	132
Week XII	108	112	116	120	126	132	138
Week XIII	112	116	120	126	132	138	144
Week XIV	116	120	126	132	138	144	152
Week XV	120	126	132	138	144	152	156
Week XVI	126	132	138	144	152	156	160
Week XVII	132	138	144	152	156	160	168
Etc.	↓	↓	↓	↓	↓	↓	↓