George Palton Tuba Scale and Technique Cross Training Regiment

AREA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tone Develop	Bruckner 4	Hindemith	Chordal #3	Exercise F	Exercise J	Hindemith	Chordal #3
Scales	Mode Patterns	Mode Patterns	Mode Patterns	Mode Patterns	Advanced	Advanced	Advanced
	Flat	Sharp	Flat	Sharp	Study C-E	Study B-D	Study A Flat-
						Flat	F
	Whole Tone	Whole Tone	Diminished	Diminished	Natural Minor	Harmonic	Melodic
	Sharp	Flat	Sharp	Flat		Minor	Minor
Arban Leap	PG. 34 #47	PG. 34 #48	PG. 35 #49	PG. 35 #50	PG. 34 #48	PG. 35 #49	PG. 35 #50
Arban	PG. 104 #3	PG. 105 #4	PG. 106 #5	PG. 107 #7	PG. 107 #8	PG. 108 #9	PG 109 #10
Chromatic							
Arban	PG. 161 #1	PG. 162 #2	PG. 163 #3	PG. 165 #4	PG. 167 #5	PG. 168 #6	PG. 169 #7
Interval							
Leaps							
Arban	PG. 235 #93	PG. 235 #94	PG. 235 #95	PG. 236 #96	PG. 236 #97	PG. 236 #98	PG. 236 #99
Double							
Tonguing							
Hard							
Arban	PG. 231 #77	PG. 231 #78	PG. 231 #79	PG. 231 #80	PG. 231 #81	PG. 232 #82	PG. 232 #83
Double							
Tonguing							
Easy							
Arban Triple	PG. 209 #17	PG. 209 #18	PG. 209 #19	PG. 210 #20	PG. 210 #21	PG. 210 #22	PG. 211 #23
Tonguing							
Hard							
Arban Triple	PG. 204 #5	PG. 204 #6	PG. 204 #7	PG. 205 #8	PG. 205 #9	PG. 206 #10	PG. 206 #11
Tonguing							
Easy							
Clarke	Etude #1	Etude #2	Etude #3	Etude #4	Etude #1	Etude #2	Etude #3
Etudes							
General	Kopprasch	Kopprasch	Blazhevich	Blazhevich	Kopprasch	Kopprasch	Blazhevich
Etudes	#25	#32	#11	#35	#25	#32	#35