

James Grant

ENDORPHINS
tuba and piano

tuba part

James Grant / Grantwood Music Press (ASCAP) / www.JamesGrantMusic.com

An important message from James Grant . . .

Thank you for downloading my music -- I hope you are able to make good use of it, both in the teaching studio and in the recital hall. I encourage you to consider purchasing a published hard copy from my distributor, www.TubaEuphoniumPress.com. Your accompanist surely will appreciate a beautifully bound copy to a pile of loose single sheets.

What I ask from you

Whether you are professional or amateur, a teacher or a student, may I ask that you be vigilant in informing me whenever you perform this music? No matter what the performance venue (recital, master class, symposium), your notifying me of each performance ensures that I can keep an up-to-date performance record of the piece as well as receive a royalty from my performing rights organization, ASCAP (the American Society of Composers, Authors, and Publishers). This royalty payment, which costs you nothing, contributes mightily to my being able to continue to compose music for you. At the most, telling me of your performances will cost you a postage stamp and the few moments it takes to fill out a short Performance Notification Form. This form will give ASCAP essential information it needs in order to award a performance royalty. When ASCAP is not informed of performances of my music, I lose a significant part of my income. So I rely on you to keep me posted.

A hassle-free way to inform me of your performance

Return to www.JamesGrantMusic.com and click on the link "Performance Notification Page." There, you can choose among several simple ways to notify me of your performance, either online or via snail mail.

If you're strapped for time, just phone, fax, or email me and tell me: 1) who you are; 2) what piece you have performed; 3) complete instrumentation of that piece; and 3) the date and location of your performance(s).

My sincere thanks to you for helping me in this way. I look forward to many years of music-making together.

Best regards -- keep in touch!

- *James Grant*

Endorphins is the last of four pieces commissioned by and dedicated to the following 78 adventure-seeking tubists representing 30 states and three countries, who fearlessly joined the 2001 Solstice/Equinox Commissioning Consortium. As each Solstice and Equinox approached during the year 2001, a new piece for intermediate-level tuba was sent to the participants.

2001 Solstice / Equinox Commissioning Consortium for Tubists

- Mr. Bryan Altherr - Part-time professional - Phoenix, AZ
Mr. William T. Anderson - Amateur / Enthusiast - Red Bank, NJ
Mr. Richard Armandi - Freelance, Chicago - Forest Park, IL
Dr. Dennis AsKew - Professor of Euphonium/Tuba, University of North Carolina, Greensboro - Greensboro, NC
Dr. Harry A. Beck - Amateur / Enthusiast - Osceola, WI
Prof. Phillip C. Black - Professor of Tuba/Euphonium, Wichita State University - Wichita, KS
Mr. Matt Brown - Tubist, Avatar Brass Quintet - Mansfield, PA
Mr. Michael Bunn - Principal Tuba, Kennedy Center Opera House Orchestra - Falls Church, VA
Mr. Scott Cameron - Tubist, U.S. Army Field Band, Ft. Meade, MD - Olney, MD
Prof. Keisetsu Chiba - Visiting International Scholar, Valdosta State University, Valdosta, GA - Hokkaido, Japan
Mr. Matt Chin - Amateur Tubist, FPC Brass Quintet, Yarmouth, ME - Yarmouth, ME
Mr. Doug Christensen - Euphonium Amateur, Friend of Tubists - Pinckney, MI
Mr. Bart Collins - Sales Engineer, Lucent Technologies; Amateur Tubist, founder of Twin City Tuba Band - Kernersville, NC
Mr. Rommel Cordova - Band Director, Freelance Tubist; Tubist, Arlington Community Band - Fort Worth, TX
Mr. Lonny Cruff - Amateur / Enthusiast - Bay City, MI
Mr. Bob Daniel - Professor of Tuba, Sam Houston State University - Huntsville, TX
Mr. Rick Denney - Devoted amateur - Leesburg, VA
Mr. Ed Goldstein - Director, Peabody Ragtime Ensemble - Baltimore, MD
Mr. David P. Groff - Tuba / Euphonium Amateur / Enthusiast - San Francisco, CA
Mr. Craig Hall - Principal Tuba, Albuquerque Philharmonic - Albuquerque, NM
Mr. Tim Hansen - 2nd Tuba, Ventura County Concert Band - Ventura, CA
Mr. Andy Harbert - Amateur / Enthusiast - Kensington, MD
Mr. Arthur Harvey - Principal tuba, Cohasset Town Band - Hull, MA
Mr. Daryl L. Hickman - Instructor, Musical Instr. Repair Technician Prgm., Renton (WA) Tech College - Renton, WA
Mr. James M. Hinkle, Jr. - Tuba Student, Settlement Music School - Philadelphia, PA
Mr. Steve Hoog - Freelance - Kansas City, MO
Mr. Dana Howe - Mechanical Engineer; Amateur / Enthusiast - Chelsea, VT
Mr. Chuck Jackson - Freelance - Las Vegas, NV
Prof. Jeffrey Jarvis - Professor of Tuba and Euphonium, East Carolina University - Greenville, NC
Mr. Brandon Johnson - "Blast!" Cast Member - Tuba/Euphonium - Portales, NM
Prof. Fritz Kaenzig - Professor of Euphonium/Tuba, University of Michigan - Ann Arbor, MI
Dr. Shon Katzenberger - Math Doctor, but Obsessed with Tuba - Sykesville, MD
Mr. Al Kelley - Amateur tuba/euphonium with four community bands - Cleveland, OH
Mr. Gary L. Kleszczewski - 1st Company, Governor's Foot Guard Band, Hartford, CT - W.Hartford, CT
Mr. Neil H. Konouchi - Student, Berklee College of Music - Boston, MA
Mr. Tom Larsen - 8th Grade Student, Mt. Abraham Union High School - Monkton, VT
Ms. Sally Larsen - Amateur / Enthusiast - Monkton, VT
Mr. John Lato - Student, St. Olaf College - Chippewa Falls, WI
Mr. John Michael Lopp - Tuba enthusiast, University of North Carolina, Greensboro - Greensboro, NC
Mr. Mark Millère - Amateur / Enthusiast; Charleston Community Band - Charleston, SC
Mr. Ryan Molitor - 2nd-year tuba student, University of Victoria, CA - Victoria, BC
Mr. Philip Moore - Tubist, Rocket City Brass; Freelance Musician and Private Music Teacher - Huntsville, AL
Mr. Sean Myers - Student, University of North Carolina, Greensboro - Greensboro, NC

Dr. Mark Nelson - Chair, Performing Arts Department; Instr. of Tuba and Euphonium, Pima Comm. College - Tucson, AZ
Mr. Sam Nettleton - Student, University of North Carolina, Greensboro - Lawrenceville, GA
Ms. Elizabeth Neumann - Amateur / Enthusiast - Palo Alto, CA
Mr. David Newbern - Principal Tuba, Little Rock Wind Symphony; Tubist, Ozark Point Brass - Little Rock, AR
Ms. Heather Noyes - Masters student, University of Northern Iowa - Cedar Falls, IA
Mr. James O'Briant - Tubist, Conductor, Composer, Arranger, Publisher - Gilroy, CA
Mr. Daryl Phipps - High School Senior, William Penn High School - Delaware City, DE
Mr. Paul M. Posada - Student, University of Texas at Pan American - Harlington, TX
Ms. Jean Potratz - Euphonium and all-around music enthusiast - Janesville, IA
Mr. Steve Putnam - Amateur / Enthusiast - Fort Collins, CO
Mr. Jason Remley - Student, Appalachian State University - Boone, NC
H. Brian Ridley - Graduate Student, State University of West Georgia - Bremen, GA
Mr. Scott Rimm-Hewitt - Graduate Student, University of North Carolina, Greensboro - Greensboro, NC
Ms. Catherine Rinella - High School Junior/Orchard Park High School (with professional aspirations!) - Orchard Park, NY
Prof. Raúl Rodríguez - Professor of Tuba/Euphonium, Southwest Texas State University - San Marcos, TX
Mr. Scott Roeder - Grad student, University of Akron - Akron, OH
Arnold M. Rosen, MD - Amateur / Enthusiast - Rockford, IL
Mr. Dan Satterwhite - Freelance, New York City - Nanuet, NY
Mr. Paul Scott - Adjunct Tuba Professor, William Paterson University - Oakland, NJ
Dr. James E. Shearer - Associate Professor of Tuba and Euphonium, New Mexico State University - Las Cruces, NM
Mr. Daniel B. Sherlock - Section Leader/Soloist, Army Field Band; Principal Tuba, MD Symphony Orchestra - Severn, MD
Dr. Kenneth Sloan - Amateur / Enthusiast - Mountain Brook, AL
Mr. David H. Stoddard - Semi-professional Dixieland, Amateur Concert Band Tubist;
Health, Safety and Environmental Coordinator for Wayne Division, Dresser Equipment Group - Salisbury, MD
Mr. Al Suite - Amateur / Enthusiast - Charlotte, NC
Ms. Mary Ann Tilford - Electrical Engineer, Tucson Electric Power - Tucson, AZ
Mr. John Tuinstra - Instructor of Tuba and Euphonium, University of Wisconsin, Whitewater - Whitewater, WI
Ms. Nancy Vogt - Low Brass Instructor, Blue Lake Fine Arts Camp - Gowrie, IA
Mr. James Carl Webster, Jr. - Amateur; software developer, Lindsey Software Systems, Inc. - Searcy, AR
Mr. Steve Wells - Tubist, North Star Community Band - Kansas City, MO
Mr. Jay Wilkinson - Low Brass Votary - Burlington, NC
Dr. Kenyon Wilson - Instructor of Tuba/Euphonium, Valdosta State University - Valdosta, GA
Mr. David Wilson - Tubist, Teacher, Clinician; co-owner, Houston Band - Houston, TX
Ms. Sherry Wilson - Masters student, Pensacola Christian College - Pensacola, FL
Mr. Mark G. Wiseman - President & CEO, Corner Office Solutions, Inc. - Sammamish, WA
Mr. Larry Zaidan - Freelance Tubist, NYC area; Faculty, Rockland Conservatory - Nanuet, NY

File this page in a safe place. When you perform *Endorphins*, please fill out this form and send it to me along with a copy of your recital program -- my current mailing address is always posted at www.JamesGrantMusic.com. Alternatively, please return to www.JamesGrantMusic.com and go to the *Performance Notification Page*, where you can quickly and easily submit performance information.

Thank You! - *James Grant*

NOTIFICATION OF PERFORMANCE
SYMPHONIC & RECITAL FIELD

Date: _____

1. COMPOSER: **JAMES GRANT (ASCAP)**

2. TITLE OF WORK: **ENDORPHINS for tuba and piano**

PUBLISHER: **GRANTWOOD MUSIC PRESS (ASCAP)**

3. PERFORMING GROUP/PERFORMER: _____

CONTACT NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

4. DATE OF PERFORMANCE: month _____ day _____ year _____

5. LOCATION OF PERFORMANCE _____

ADDRESS _____

CITY, STATE, ZIP _____

6. ADMISSION CHARGED? YES NO Not known

7. PERFORMERS PAID? ALL SOME NONE Not known

8. APPROXIMATE SEATING CAPACITY? _____

Have you included a program? YES NO

Again, my thanks . . .

Endorphins

to the 78 members of the 2001 Solstice/Equinox Commissioning Consortium for Tubists

James Grant
(2001)

♩ = 112
Aerobic

Tuba

mp

poco

mp

poco

f subito

A

f

ff

f

V.S.

22 **B**

26 **C**

31

36 **D**

41

46 ^{15^{ma}} [Piano] *ff* rit. **E** ♩ = 90 *p* *mp* not too prominent

50 *crescendo poco a poco*

55 *rall.* *a tempo* *f* *rit.* -----

60 **F** **CADENZA** (♩ = 90) *ff* *mf* subito (echo) *molto accelerando* *crescendo poco a poco* **Piano drops out**

65 **molto rallentando** *move ahead*
sfz sfz sfz ff

69 *mp subito* *cresc.* *ff dramatic*
 (♩ = 60) **accelerando** ----- (♩ = 112) **rallentando** (♩ = 60)

73 *ff less and less* *mf* *mp* *p*
rallantando poco a poco

77 **G** **Tempo I** *mp* *Pno resumes*

81 *mf* *f* *ff* *sfz sfz sfz* *p subito **H***

86

91 *f* *mp* **I**

95 *mf* *f* *ff*

99 *sfz sfz sfz* *fff (sustain)* **J** **molto rall.** ----- **a tempo** **V.S.**

105 **K**

105 *f*

Measure 105: Bass clef, key signature of two flats, 3/4 time signature. The music begins with a forte (*f*) dynamic. It features a series of eighth notes in the first half, followed by a quarter rest, and then another series of eighth notes in the second half.

108

Measure 108: Bass clef, key signature of two flats, 4/4 time signature. It starts with a quarter rest, followed by eighth notes, and ends with a quarter note.

111

Measure 111: Bass clef, key signature of two flats, 2/4 and 3/8 time signatures. It features eighth notes with accents and a quarter note.

114 **L**

114 *f*

Measure 114: Bass clef, key signature of two flats, 4/4 time signature. It features a series of eighth notes with a forte (*f*) dynamic.

117

Measure 117: Bass clef, key signature of two flats, 3/4 and 2/4 time signatures. It features eighth notes with a *ff* *sempre* dynamic marking.

120 **M**

Measure 120: Bass clef, key signature of two flats, 2/4 and 3/8 time signatures. It features eighth notes with accents.

123

Measure 123: Bass clef, key signature of two flats, 4/4 time signature. It features eighth notes with accents.

126 **N**

126 *rit.* *a tempo* *sffz* (sustain *fff*)

Measure 126: Bass clef, key signature of two flats, 4/4 time signature. It features eighth notes with a *rit.* marking, followed by a *a tempo* marking and a *sffz* (sustain *fff*) dynamic marking.

129

129 $\text{♩} = 90$ *Poco ritenuto* (empty) *fff* *vivo* **!!!**

Measure 129: Bass clef, key signature of two flats, 4/4 time signature. It features a quarter note with a $\text{♩} = 90$ tempo marking, followed by a *Poco ritenuto* marking and a *fff* dynamic marking. The measure ends with a *vivo* marking and a **!!!** dynamic marking.