

PROPER BREATHING

Breathing is the most critical part of playing an instrument. If done correctly, a good sound is produced. If done incorrectly, the sound will not be good and you will become dizzy. Follow the Breathing Checklist and do the instructions below.

BREATHING CHECKLIST:

1. Sit up straight with your feet flat on the floor.
2. Take air in only from the mouth. This should give you a cool feeling in the back of your throat.
3. Don't lift the shoulders, allow the air to flow down to the stomach expanding it. It may feel like you are sipping air through a straw.
Remember not to lift the shoulders!!!!
4. Control the release of the air. If you need to exhale faster use your stomach muscles. This is what we call Breath Control.

EXERCISES:

1. Take air in for 4 counts and out for 4
2. Take air in for 4 counts and out for 8
3. Take air in for 4 counts and out for 16
4. Take air in for 2 counts and out for 8
5. Take air in for 2 counts and out for 16
6. Take air in for 1 count and out for 8
7. Take air in for 1 count and out for 12
8. Take air in for 1 count and out for TIME YOURSELF

How many seconds can you hold a note?	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7