

- 1. Calm down** (or Find peace, a calm, focused place)
- 2. Air comes freely in, goes freely out**
- 3. Low mouthpiece pressure on the lips**
- 4. Healthy Buzz**
- 5. Prepare next note** (audiate and saturate)
- 6. Stable and upright body**
- 7. Lean on resistance** (or Blow through the horn)
- 8. Catch the Note** (and mid-lip buzz)
- 9. Bite an Apple** (and Plumber's wrench)
- 10. Beautiful Sound**
- 11. Tongue Retraction**