

# Exercise: Fluid beginnings

## Goal:

- A fluid Inbreath-Outbreath cycle. Air is constantly moving, either in or out
- Reduce “stuttering” or “choking”

## Tips:

- Always use metronome.
- All movements should be well-timed. Timing is important for good coordination.
- Count-in and start the note with energy.
- Think ahead. Anticipate next beat. Thoughts flow effortlessly past the beginning of a note.
- Sound starts **on** the beat, not after. Articulation/consonant comes *before* the beat
- In slow tempos: subdivide while counting-in
- Do not repeat mindlessly. Full focus throughout.
- Only repeat success – Repetition makes permanent
- Spend about 10-20 minutes a day with this exercise for at least one week.

## Process:

1. Choose a pattern (1, 2 or 3)
2. Choose a tempo. Set the metronome
3. Choose the length of inbreath (1, 2, 3 or 4 beats). Inbreath length should be consistent across repetitions
4. Repeat each step as many times as indicated for the tempo

Tempo	q=60	q=96	q=120	q=144
Repetitions of each step	5	5	10	10

## Pattern 1: Breath-only. Blow through the instrument, or reverse mouthpiece

Count in.      Blow



### Pattern 3

Count-in Repeat X times

The image displays six staves of musical notation for a guitar exercise. Each staff begins with a treble clef and a key signature of one sharp (F#). The first staff is in 4/4 time, while the remaining five staves are in 2/4 time. The notation consists of a sequence of notes and rests, with 'x' marks indicating specific rhythmic points. The notes are: Staff 1: G4, A4, B4, C5, D5, E5, F#5, G5; Staff 2: G4, A4, B4, C5, D5, E5, F#5, G5; Staff 3: G4, A4, B4, C5, D5, E5, F#5, G5; Staff 4: G4, A4, B4, C5, D5, E5, F#5, G5; Staff 5: G4, A4, B4, C5, D5, E5, F#5, G5; Staff 6: G4, A4, B4, C5, D5, E5, F#5, G5. Each staff includes repeat signs and a double bar line at the end.