Exercise: Fluid beginnings

Goal:

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

Tips:

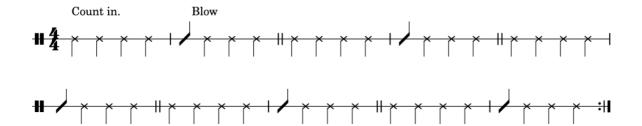
- Always use metronome.
- All movements should be well-timed. Timing is important for good coordination.
- Count-in and start the note with energy.
- Think ahead. Anticipate next beat. Thoughts flow effortlessly past the beginning of a note.
- Sound starts **on** the beat, not after. Articulation/consonant 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:

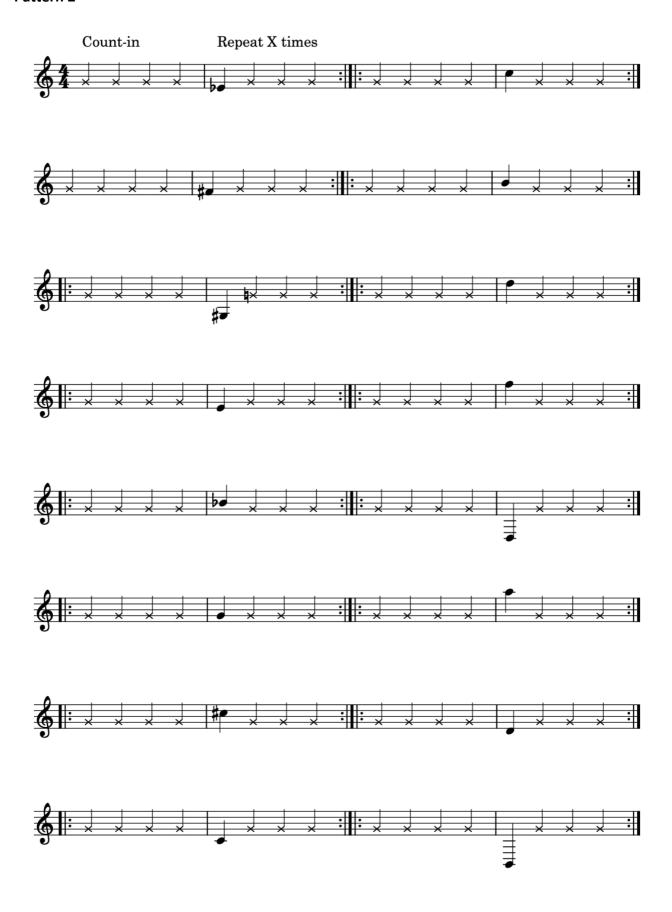
- 1. Choose a pattern (1, 2 or 3)
- 2. Choose a tempo. Set the metronome
- 3. Choose the length of inbreath (1, 2, 3 or 4 beats). Inbreath length should be consistent across repetitions
- 4. Repeat each step as many times as indicated for the tempo

Тетро	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



Pattern 2



Pattern 3

