

# Exercise: Flowing beginnings

## Goal:

- Make the Inbreath-Blowing cycle as fluid as possible. Air is constantly moving
- Reduce “stuttering” or “choking”

## Tips:

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

## Process:

- Choose a pattern (1, 2 or 3)
- Choose a tempo. Setup the metronome
- Choose the length of inbreath (1-2-3-or-4 beats). Inbreath length should be consistent across repetitions
- 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

The notation consists of two staves. The first staff starts with a treble clef and a 4/4 time signature. It features a 4-beat count-in (marked 'Count in.') with four 'x' marks, followed by a 4-beat blow cycle (marked 'Blow') with four 'x' marks and upward slashes. The second staff begins with a double bar line, followed by a 4-beat blow cycle (4 'x' marks with slashes), a 4-beat rest cycle (4 'x' marks), and this sequence repeats once more, ending with a double bar line and repeat dots.

# Pattern 2

Count-in

Repeat X times



### Pattern 3

Count-in Repeat X times

The image shows six staves of musical notation for a guitar exercise. Each staff begins with a treble clef and a 4/4 time signature. The first staff is labeled 'Count-in' and contains a sequence of notes and rests, with some notes marked with 'x'. The remaining five staves are labeled 'Repeat X times' and contain similar sequences of notes and rests, with some notes marked with 'x'. The notation includes repeat signs and a double bar line at the end of each staff. The notes are primarily quarter notes and eighth notes, with some accidentals like sharps and flats.