Exercise: Flowing beginnings

Goal:

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

Tips:

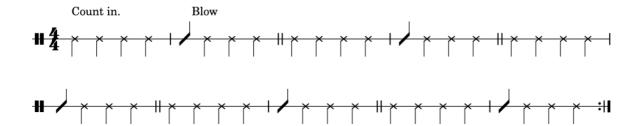
- Always use metronome. All movements should be well-timed.
- Count-in with energy.
- Anticipate next beat. Think ahead. Thoughts should flow effortlessly past the beginning of a note.
- Sound should start **on** the beat. Articulation/consonant comes before the beat
- In slow tempos: subdivide while 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:

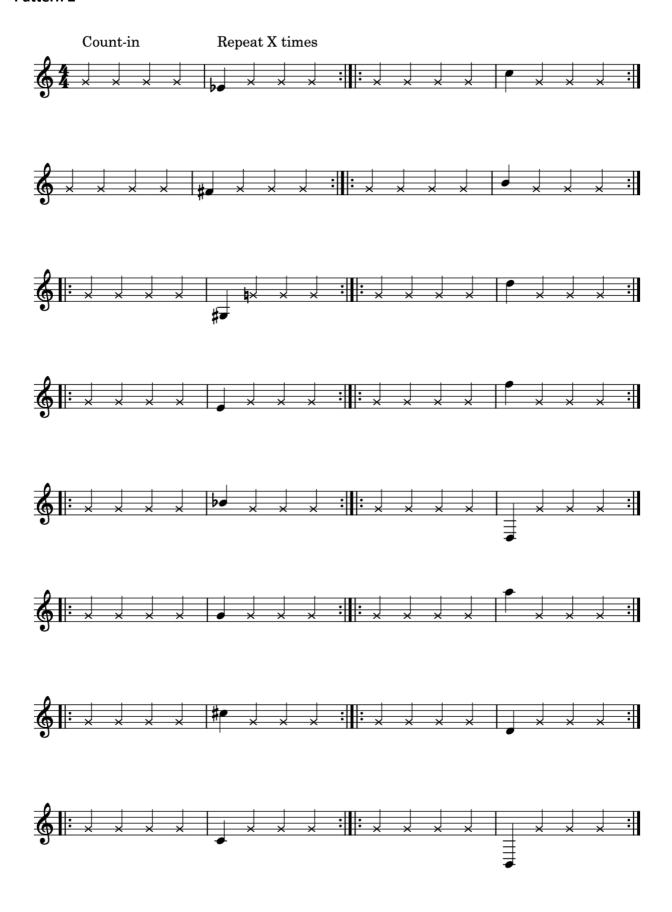
- Choose a pattern (1, 2 or 3)
- Choose a tempo. Setup the metronome
- Choose the length of inbreath (1-2-3-or-4 beats). Inbreath length should be consistent across repetitions
- Repeat each step as many times as indicated for the tempo

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

