

BREATHING

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| | Breathing |
| | Tonguing |
| | Intonation |
| | Dexterity |
| | Flexibility |
| | Range |
| | Rhythm |
| | Phrasing |
| | Sound |
- 1) How does breathing affect your playing?
 - a. Sound
 - b. Intonation
 - c. Tonguing
 - d. Flexibility
 - e. Range
 - f. Phrasing
 - g. Sound
 - h. Endurance

 - 2) How does breathing create energy?
 - a. When you breathe, you create wind. That wind is used as energy much like a windmill produces energy.
 - b. The more efficiently you breathe, the more energy you will have in your playing.

 - 3) Why do I need more energy in my playing?
 - a. The more energy you have, the better you will perform all of the fundamental skills listed above in bullet 1).
 - b. You will progress faster as an instrumentalist and enjoy playing more.

 - 4) What can I do to help my breathing?
 - a. Learn the feeling of what an 'open' breath feels like. Use a breathing tube and maintain that feeling while inhaling and exhaling.
 - b. Let the only point of resistance be at the lips.
 - c. Use correct posture.

 - 5) How can I improve my posture?
 - a. Start from the bottom (your feet, or foundation) and work upward.
 - b. Your feet should be shoulder-width apart.
 - c. Your knees should be slightly bent.
 - d. You should not be bent at the waist, but you should be flexible (imagine hula-hooping!).
 - e. Your stomach should be relaxed.
 - f. Keep you back fairly straight - you may feel as if you are leaning forward a bit, as this will put a bit more weight on the balls of your feet.
 - g. Your shoulders should be down and back.
 - h. You neck should be straight, with your chin slightly downward.
 - i. Overall, stand as if there were a string attached to the top of your head, pulling you up towards the ceiling.

In summary, your goal should be to remove all excess tension from your body. Tension consumes energy that you create with your breathing. Also, the more oxygen you can bring to the brain, the better focused you will remain while you are playing or performing. It will also help keep your nerves in check.

*Remember, practice does not make perfect,
but consistent, perfect practice will get you very close.*