

Lesson 10

1. Long tones

Take a full relaxed breath- **Chest Up!!** *Watch the tongue!*

No crescendo. Hold at *mf* but never hold back. Listen for resonance, clarity and centered sound and pitch.

2. Flexibility

Vocalize first. Play slowly the first time to feel the movement of the tongue. *Watch The Tongue*. Kick the top notes.

Rest and repeat entire exercise slurred.

3a and 3b. Glissandos

Read **Glissandos** in introduction.

Review **Breath Push** exercise- Lesson 1 Part 3.

Play in slow cut time. Use breath push and tongue level to ascend. Hit all the “in-between” partials. *Watch the tongue!!* Strive for a smooth glissando. Rest frequently!

Glissandos are demonstrated in **Video 2**.

4. Intervals

Review Lesson 3 Part 5.

Practice vocalizing: *aw-ew-ee-ss* 4 times.

Play slowly to allow for the sixteenth notes. Speed up as you improve but never sacrifice accuracy or tone quality. Rest as needed.

Rest and repeat entire exercise slurred. Follow tongue movement.

All flexibility and interval studies may also be played with models; Slur 2 up, Slur 2 down, Slur 4, and slur all.

Chest Up!
Big Breath!