

♩ = 60 (B) Preliminary Exercise (Stay Up!!) Repeat until ready

3 (B) Relieve Tension Maintain contact Rest

7 (B) Maintain contact Rest

10 (B) Maintain contact Rest

13 (B) Relieve Tension Maintain contact Rest

17 (B) Maintain contact Rest

20 (B) Maintain contact Rest

23 (B) Maintain contact Rest

Things to remember:

1. Relaxed big breath! Ha--hoo
2. Always breath on the 4th beat (Ha)
3. Breath attacks
4. Maintain embouchure contact for each exercise, but not rigid.
5. Imagine you are playing one note and visualize staying on that note.
6. Use the preliminary exercise to establish the feeling of staying up.
7. Rest between each exercise.
8. When done correctly, notes pop into place.
9. Stay Up! Don't scoop the low notes.
10. Look for tension on the long notes and relieve it.
11. Listen for center and resonance.
12. Take your time.