Breathing Exercises

Breathing Exercise #1 - Stretch

Inhale 8-Exhale 8; Inhale 10-Exhale 10; Inhale 12-Exhale 12; Inhale 10-Exhale 10; Inhale 8-Exhale 8

Breathing Exercise #2 - Slow to Fast

Inhale 8-Exhale 8; Inhale 7-Exhale 7; Inhale 6-Exhale 6; Inhale 5-Exhale 5; Inhale 1-Exhale 1

Breathing Exercise #3 - Capacity

Inhale 8, hold 10 seconds and "sip" small breaths, Exhale 1 count, "Hiss" 10 second, Inhale 1 count, Exhale 1 count, Relax

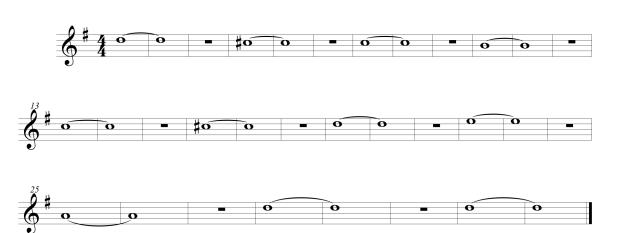
Breathing Exercise - 9-count tones air & valves

Inhale 4-Exhale 8 (repeat 10 more times)
Blow air through horn, with valves/fingerings for 9-count tone studies

Breathing Exercise - 8-count tones air & valves

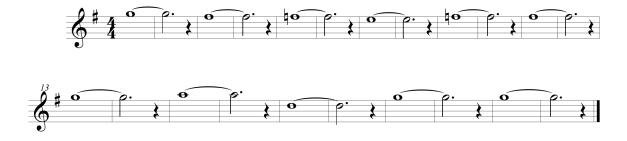
Inhale 1-Exhale 7 (repeat 10 more times)
Blow air through horn, with valves/fingerings for 8-count tone studies

9 Count Tones on F



Alto Sax

8 Count Tones on Bb



Alto Sax

Air Flow

Exercise 1







Alto Sax

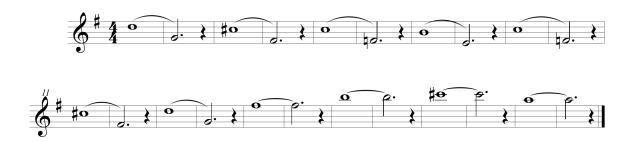
Air Flow

Exercise 2





Flexibility Exercise #1



Alto Sax

Flexibility Exercise #2



Flexibility Exercise #3



Alto Sax

Flexibility Exercise #4



28

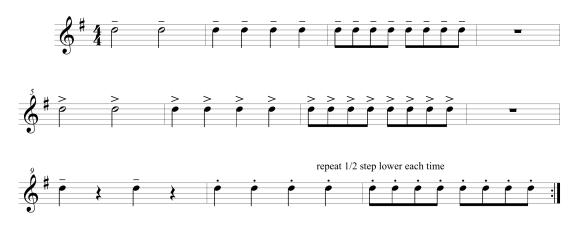
2021 Tuning Sequence a la Carolina Crown Alto Sax Martini **J** = 80 6 mpo 12 13 14 15 16 ^{17}mp = 16021**f** 2**4f** 25 26 **•**

30

3fff

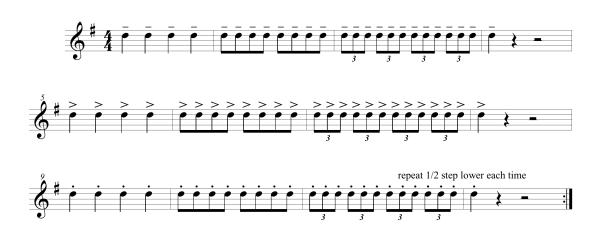
Scale Exercise No. 1 Alto Sax. 1 soore, soore, soorest terre, or Scale Exercise #2 Alto Sax. Top- for fore fore fore fore

Articulation Exercise #1



Alto Sax

Articulation Exercise #2



Alto Sax

Volume and Balance

