# **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**

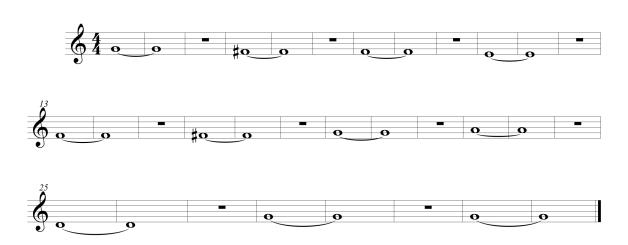
Inhale 4-Exhale 8 (repeat 10 more times)
Blow air through horn, with valves/fingerings for 9-count tone studies

# **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

Tenor Sax

#### 9 Count Tones on F



Tenor Sax

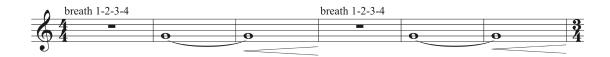
#### 8 Count Tones on Bb



Tenor Sax

# Air Flow

### Exercise 1







Tenor Sax

Air Flow

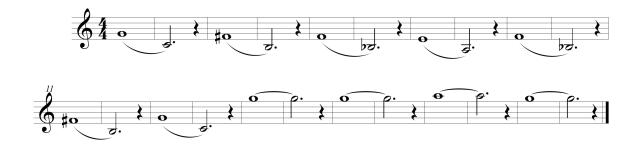
# Exercise 2





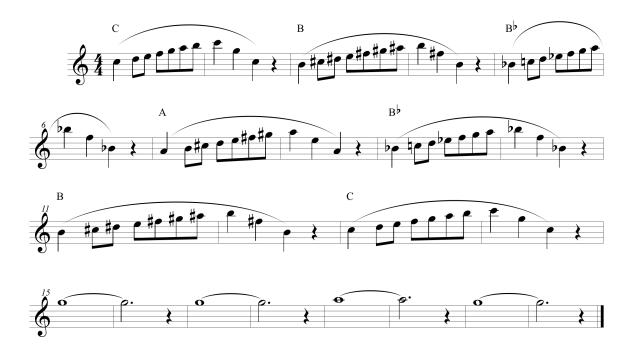
Tenor Sax

# Flexibility Exercise #1



Tenor Sax

# Flexibility Exercise #2

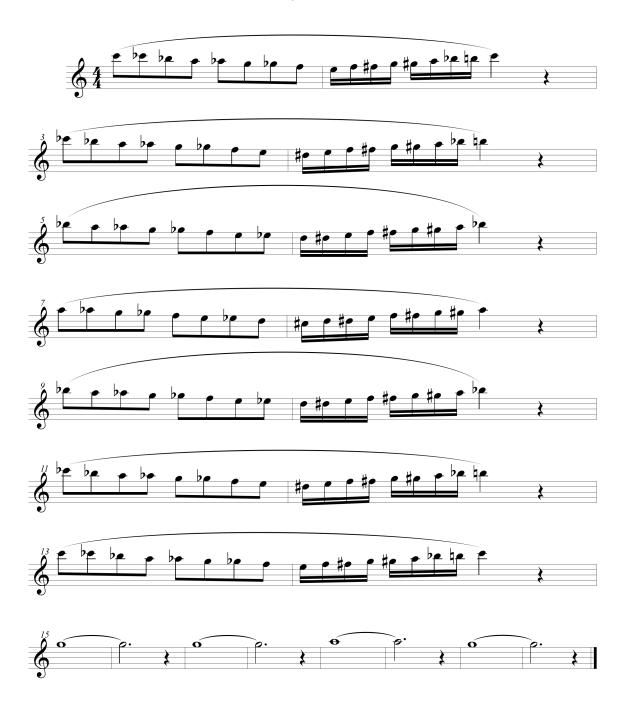


Tenor Sax

# Flexibility Exercise #3



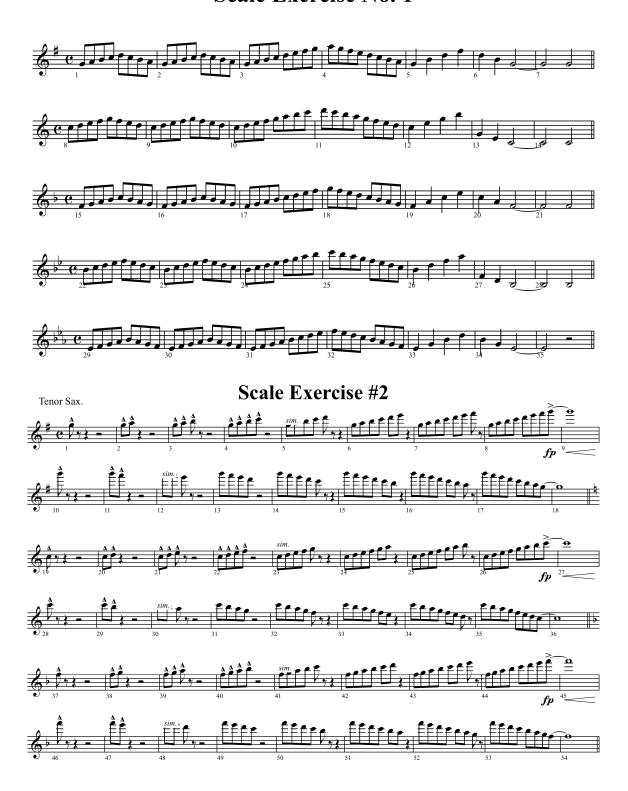
Tenor Sax Flexibility Exercise #4



#### Tenor Sax 2021 Tuning Sequence a la Carolina Crown Martini = 80Ò Ó O o 0 11 12 13 10 14 $^{17}mp$ = 160 10 O Þo <sup>21</sup>**f** 2**4f** 25 26 28 30 29 <sup>-31</sup>**fff**

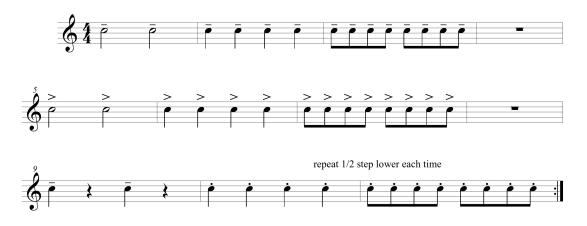
Tenor Sax.

#### Scale Exercise No. 1



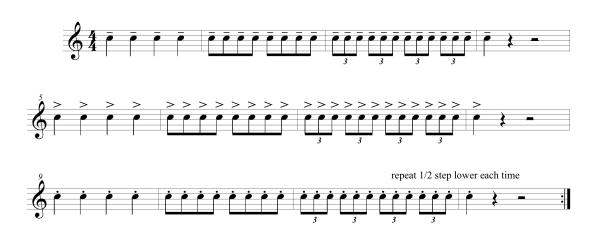
Tenor Sax

#### Articulation Exercise #1



Tenor Sax

Articulation Exercise #2



Tenor Sax

#### Volume and Balance

