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

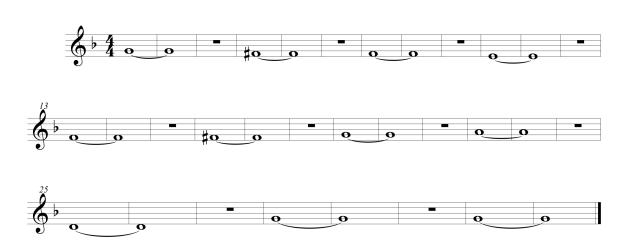
Breathing Exercise - 9-count tones air & valves

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



Mellophone

8 Count Tones on Bb



Air Flow

Exercise 1







Mellophone

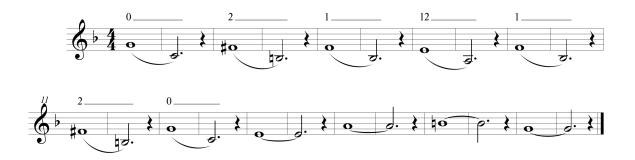
Air Flow

Exercise 2





Flexibility Exercise #1



Mellophone

Flexibility Exercise #2



Flexibility Exercise #3



Mellophone Flexibility Exercise #4

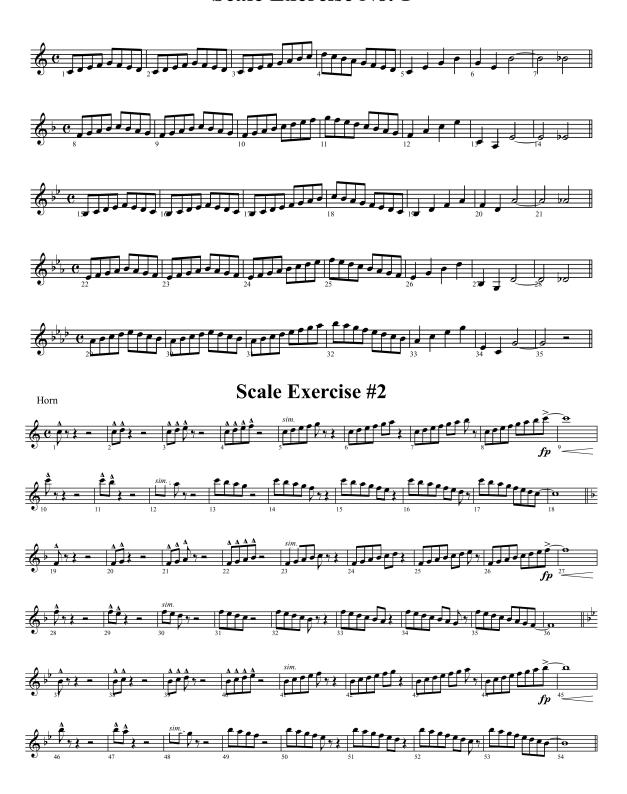


2021 Tuning Sequence a la Carolina Crown

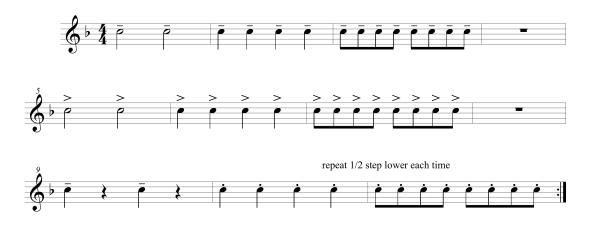
Martini **J** = 80 mp O Ò 12 13 16 15 ^{17}mp = 160 10 10 21**-f** 22 — 2**4**ff 25 27 28 30 *IIII*

Horn in F 1-2

Scale Exercise No. 1

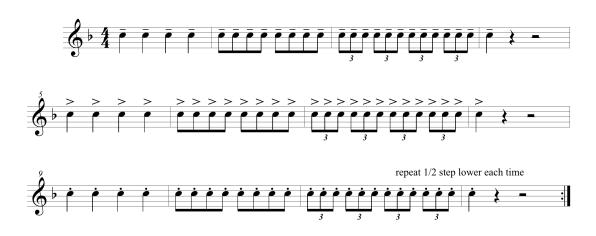


Articulation Exercise #1



Mellophone

Articulation Exercise #2



Mellophone

Volume and Balance

