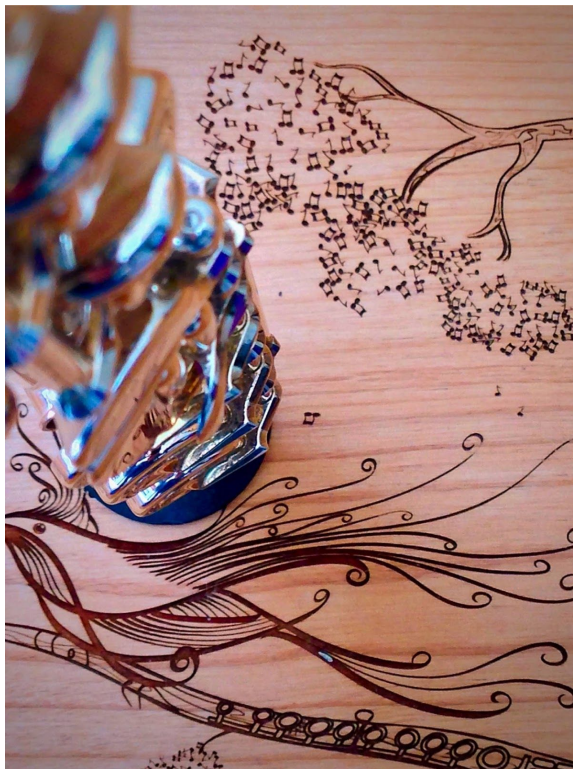


RECIPE

Producing a Characteristic Sound Confidently and with Consistency



Ingredients

- Good Posture
- Full Breathe
- Breathe support
- Proper use of air (volume and speed)
- Knowledge of embouchure shape and size
- /Constant tone exercises in EVERY register

Preparation

1. **Recognize how you are feeling that day.**
2. **Introduce your body to taking a full breath** (before you get started you must warm up the body)
3. **Know exactly the sound that you want to hear yourself produce.**

Tips

Practice each exercise with a specific goal or intention. Stay focused and engaged throughout the exercises to increase your practice productivity. The *amount* of time that you practice is not as important as *how* you are practicing.

Exercises

1. Posture (seated vs. standing)
2. Breathing and Air Usage
3. Embouchure
4. Tone Exercises (Low, middle, and upper register)

Posture

Ingredients:

1. Be in a position that maximizes your ability to take in and use your air
2. Stay RELAXED
3. Maintain body awareness

How must our body adjust from being seated to standing to execute these well?

*Typically, it is better to practice standing up because the body has the ability to stay in a relaxed, natural position.

Breathing and Air Usage

Ingredients:

1. Take in air to your full potential
2. Be conscious of how the body feels and adjusts when taking in and releasing air
3. Maximize the use of air by controlling both volume and speed

*When you first begin doing exercises focusing on using full expansion and release of the lungs, you may become dizzy or light headed. BE CAREFUL AND AWARE

Embouchure

Ingredients:

1. Take note of what your embouchure actually looks like
2. Think about being as relaxed as possible to increase flexibility
3. Know how to properly manipulate the embouchure to produce the best sound between registers (a small change can have a huge impact)

*The embouchure has a lot of responsibility in the manipulation of our sound, be aware of how it is functioning and what it needs to do.

Standard size and shape of each register

Low:

Middle:

Upper:

Tone Exercises

(Use link as your tool)