Caruso 2nds
Range Builder

Quarter note = 60
Tap foot
Subdivide the beat in your head
Do not move the mouth from the mouthpiece
Breathe through the nose

Use Steady Air
Keep the embouchure firm and be careful not to use too much pressure when resting

Play as relaxed as possible
Do not worry about sound or intonation
Play as high as possible until no sound

This is the end of the exercise.

Get the lactic acid out of your embouchure and lips by flapping them or use pedal tones

Try to do this exercise at the end of your practice routine.

Adapted by Mark Zauss -
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