

Quarter note = 60

Tap foot

Subdivide the beat in your head

Do not move the mouth from the mouthpiece

Breathe through the nose

<u>Use Steady Air</u>

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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