

STEADY AIR:

ABOVE ALL... STEADY AIR! STEADY AIR IS A VITAL COMPONENT OF ANY BRASS PLAYER AND STRONGLY INFLUENCES OUR ABILITY TO PERFORM. IF STEADY AIR IS ESTABLISHED DURING THE WARM UP, YOU CAN TRAIN YOUR BODY AND BRAIN TO PLAY WITH STEADY AIR EVERY TIME YOU PLAY.

PREVENT UNNECESSARY CONSTRICTION OF MUSCLES AND THROAT. REST AS LONG AS YOU PLAY.

THE REASON WE REST AS LONG AS WE PLAY IS TO PREVENT OUR MUSCLES FROM TIGHTENING UP WHICH CAN CAUSE THE SHOULDERS TO RISE AND THROAT TO CLOSE OFF. BREATHE AS IF YOU HAVE 2 FINGERS IN BETWEEN YOUR TEETH. FILL YOUR LUNGS AND RELAX.

15 SECONDS... FOCUS ON STEADY AIR! **DON'T FORGET TO REST AS LONG AS YOU PLAY!**

5 *pppp* REST FOR 5 SECONDS... *pppp* REST FOR 5 SECONDS...

9 15 SECONDS... FOCUS ON STEADY AIR! REST FOR 5 SECONDS... *pppp*

FOLLOW THE SAME PATTERN AS HIGH AS POSSIBLE UNTIL YOU FEEL LIKE YOU ARE STRAINING, THEN STOP. THE GOAL IS TO TRY TO PLAY EVERYTHING AS RELAXED AS WHEN YOU PLAY THE LOW C AS SOFTLY AS POSSIBLE.

13 15 SECONDS... FOCUS ON STEADY AIR! **DON'T FORGET TO REST AS LONG AS YOU PLAY!**

17 *pppp* REST FOR 5 SECONDS... *pppp* REST FOR 5 SECONDS...

21 15 SECONDS... FOCUS ON STEADY AIR! REST FOR 5 SECONDS... *pppp*

THE REASON FOR PLAYING AS SOFT AS POSSIBLE IS TO KEEP THE APERTURE FROM OPENING UP TOO WIDE. THE APERTURE SHOULD CHANGE AS LITTLE AS POSSIBLE FROM LOW TO HIGH. THE OBJECT IS TO TRAIN YOUR MIND AND BODY TO PLAY IN A RELAXED MANNER.

BRAIN STIMULUS:

IF WE ASSOCIATE TRUMPET PLAYING WITH STRAINING OR TIGHTENING OUR MUSCLES, THEN WE WILL AUTOMATICALLY ASSOCIATE PLAYING THE TRUMPET AS A MORE DIFFICULT TASK THAN IT NEEDS TO BE. IF WE PERCEIVE TRUMPET PLAYING AS A RELAXED NON TENSE TASK, THEN IT WILL BE!