* Posture
* “Sit as you stand” – upper body is as tall as possible for better breathing
* Rear-end on the edge of a good sturdy chair
* Feet flat on the ground (ankles below the knees)
* Head up and head floating above shoulders & neck
* Shoulders relaxed and down
* Embouchure
* Keep your lips together and teeth apart – as if saying “home” (touching not tense and pressing)
* Keep your corners forward and lips soft (no smiling)
* Point chin towards the ground and make it flat
* Hold for 5 seconds
* Mouthpiece Placement
* Head up (prideful)
* Hold mouthpiece with thumb and 2 fingers on the end of the shank
* Mouthpiece should be centered under nose and on mouth
* Mouthpiece should be evenly placed upper and lower lips
* The shank should be angled down slightly
* Mouthpiece should be “sealed” all around the rim (flush against the face)
* **Flat chin**
* Breathing Exercises
* Relaxed breaths as if lying down (shoulders down and relaxed neck)
* Breath in as full as you can make it
* Expansion (**Down, Sides out, Back out, & up)**
* Hand position (middle finger on tip of nose and moved away about 1 inch)
* Air moves out in a small and direct air stream
* Air is steady on your hand and on one part of the hand
* Make sure your tongue is low in your mouth and you are using warm air
* Air Only
* Always take huge breath in (correctly and relaxed)
* Keep teeth far apart
* Use lots of **warm air!!!**
* Make sure all air gets into the mouthpiece ( you should feel no air creep out of the corners of your mouth while playing)
* **Lips and mouth flush against the teeth (no air pockets)**
* **Make sure your cheeks do not puff out**
* Get a good full air stream through the mouthpiece
* Held Notes
* Same exercises as air only but….
* Keep air moving fast through the entire note
* **KEEP TEETH APART**
* Let your lips touch and vibrate
* **Move a steady amount of air**
* **Make a tone for as long as you can**
* Red Book Exercises
* Clap through the piece, counting out the length of each note.
* Play through the piece once slowly.
* Check your fingerings, correct any notes you may have missed.
* Play through again, aiming for accuracy and fluidity.

My red book exercises this week are:

Week 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_