* 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
* Tuck your bottom lip over your bottom teeth
* Tighten the corners of your mouth to form a small embouchure
* Point chin towards the ground and make it flat
* Blow out for five seconds like you are blowing bubbles into a thick milkshake (5x)
* Mouthpiece Placement
* Head up (prideful)
* Tuck bottom lip over bottom teeth
* Mouthpiece should be at a
  + 45 degree angle to your body for clarinet
  + Just below 90 degree angle to your body for saxophone
* Top teeth should be touching the mouthpiece
* Chin should be flat and smooth
* Mouthpiece should be ‘sealed’ all the way around.
* Place your mouthpiece and stay still for 30 seconds.
* 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 in the “ee” position**
* Do breathing exercises for 5 mintues
* Air Only
* Always take huge breath in (correctly and relaxed) from the corners of your mouthpiece
* 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)
* **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 embouchure tight so the pitch does not go down
* **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_