* 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
* Push wet muscles together
* Keep your corners forward
* Hold for about 5 seconds (5x)
* Headjoint Placement
* Head up (prideful)
* Lips touch naturally
* Bottom lip pouted out slightly
* Bottom lip slightly spills over the edge of the aperture hole (you should feel this).
* Check for gaps under your chin
* Aperture hole centered under nose
* Headjoint parallel to the ground
* Stay Still for 30 seconds (5x)
* 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 aperture is very small and round**
* Do five minutes of breathing exercises.
* Note Starts
* Always take a huge breath in (correctly and relaxed)
* For now, always start with you lips touching
* Say the syllable “Pew” as if saying “pure”
* Use a mirror to get your aperture as small as possible
* Say “Pooh, Pooh, Pooh, Pooh, Pooh” to work on the beginning of notes (5x)
* Held Notes
* Same exercises as note starts
* Keep air in the same direction at all times (slightly downward)
* Keep air moving fast through the entire note
* Hold a pitch as long as you can without it changing
* Keep your corners down – “Don’t smile”
* Try to hold a note steady for more than 5 seconds (5x)
* 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_