

# FULL OF HOT AIR – HONE IN YOUR TONE

BRENDAN TWAMLEY, ARASH RAHMANI,  
& JOVANA PETROVSKA



Saxophone

Flute

Clarinet

Woodwind Family Options



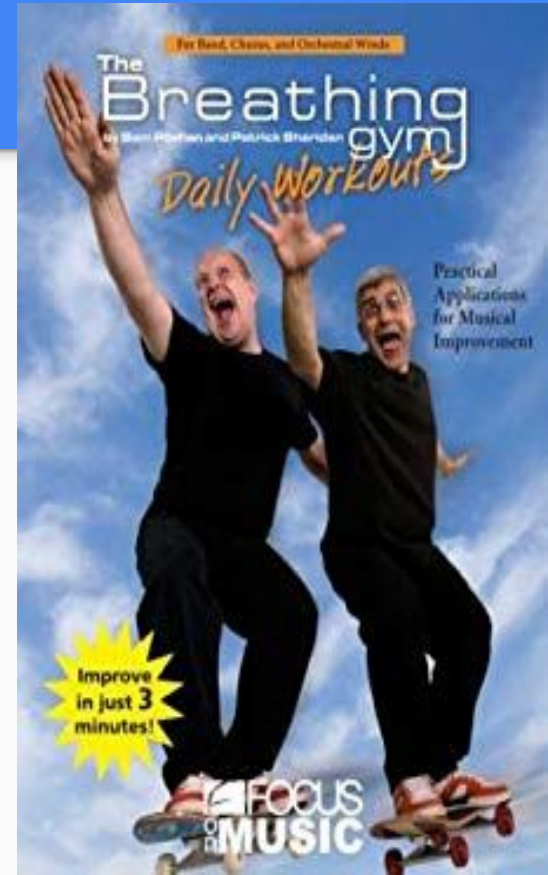
Trumpet

Trombone

Baritone

Brass Family Options

# BREATH SUPPORT, TONE & EMBOUCHURE



# BREATHING

1) FULL BODY STRETCHING - LARGE MUSCLES FIRST THEN JOINTS

2) BREATHING IN - LONG, SLOW, DEEP BREATHS IN, RELAXED BREATH OUT

SAME AS ABOVE BUT ADD EXTRA "SIPS" OF AIR TO STRETCH LUNG CAPACITY

3) BEND OVER WHILE EXHALING UNTIL ALL AIR IS OUT FROM YOUR LUNGS. COVER YOUR MOUTH AND SIT BACK UP. OPEN YOUR MOUTH NOW. YOUR LUNGS SHOULD AUTOMATICALLY INHALE THE CORRECT AMOUNT OF AIR

# BREATHING

## 4) INHALE;

BREATHE IN WITH VERY OPEN "OH" SHAPE TO THE LIPS.

- PARTIALLY BLOCK THE INWARD FLOW WITH THE FIRST KNUCKLE OF YOUR RIGHT HAND, FINGERS STRAIGHT UP. THIS SHOULD MAKE A LOUD HISSING SOUND WITH SOME DEEP UNDERTONES.

-THIS EXERCISE IS TO GET AS MUCH AIR IN AS POSSIBLE IN A SHORT TIME. START WITH A 4 BEAT INHALE, THEN A 2 BEAT THEN A 1 BEAT.

## 5) EXHALE;

RELEASE THE AIR AND SHAPE IT WITH THE SHAPE OF YOUR LIPS. YOU CAN USE A BROAD STREAM OF AIR LIKE WITH LOW BRASS OR A NARROW STREAM OF AIR LIKE WITH TRUMPETS

-ONCE FULL OF AIR, SLIGHTLY TIGHTEN STOMACH MUSCLES TO ADD A LITTLE "BREATH SUPPORT" AND BLOW THE AIR AT YOUR FLAT RIGHT HAND ABOUT 4 INCHES FROM YOUR FACE. YOUR AIR STREAM SHOULD BE HORIZONTAL; STRAIGHT OUT.

# BREATHING GYM EXERCISES

- COMBINE THE BREATHING IN WITH THE BREATHING OUT BY VARYING THE LENGTH OF TIMES BREATHING IN AND THE LENGTH OF TIMES BREATHING OUT SEPARATELY.
- FOR INSTANCE, BREATHE IN FOR 2 BEATS, BREATHE OUT FOR 4 BEATS SEVERAL TIMES, THEN CHANGE TO 2 BEATS IN AND 8 BEATS OUT OR 12 BEATS OUT ETCETERA.
- MORE BEATS IN AND MORE BEATS OUT RELAXES (8 IN AND 20 OUT). FEWER BEATS IN AND FEWER BEATS OUT ENERGIZES. (1 IN AND 1 OUT IN 1/8TH NOTES)
- YOU CAN ACTUALLY USE THESE EXERCISES TO CHANGE STATE OF MIND.

# DIRECTED BREATHING

- BREATHING FOR ACTUAL PLAYING OF WIND INSTRUMENTS IS “MANAGED” BREATHING. EACH MUSICAL CIRCUMSTANCE REQUIRES A SLIGHTLY DIFFERENT APPLICATION OF THE BREATH. (LOW - HIGH, SOFT - LOUD, SHORT - LONG, CRESCENDO - DECRESCENDO)
- THE TWO ASPECTS OF THE AIR STREAM WE CAN CONTROL ARE THE SIZE (DIAMETER) OF THE AIR STREAM AND THE SPEED OF THE AIR STREAM.
- AS WE MINIMIZE THE DIAMETER, THE SPEED INCREASES BY ITSELF. AS WE INCREASE THE DIAMETER, THE SPEED DIMINISHES.

# DIRECTED BREATHING

- WHILE HOLDING A PIECE OF PAPER IN FRONT OF YOU, BLOW A WIDE STREAM OF AIR AT THE CENTRE OF THE PAPER. KEEPING YOUR DIAMETER WIDE, INCREASE THE SPEED OF THE AIR STREAM UNTIL THE PAPER IS HORIZONTAL. REDUCE THE SPEED OF THE AIR TO CONTROL THE DESCENT OF THE PAPER TO VERTICAL.
- REPEAT THE SAME EXERCISE EXCEPT, KEEP THE SPEED OF THE AIR CONSISTENT WHILE YOU MAKE THE DIAMETER OF THE AIR STREAM SMALLER TO RAISE THE PAPER AND INCREASE THE DIAMETER TO LOWER IT.
- INEVITABLY, THE FORCE OF YOUR AIR STREAM WILL RAISE THE PAPER. FORCE CAN BE ACHIEVED WITH A LARGE AIR STREAM MOVING A LITTLE SLOWER AND IT CAN BE ACHIEVED WITH A SMALLER AIR STREAM MOVING FASTER.



A vibrant sunset scene with numerous colorful hot air balloons floating in the sky over a hilly landscape. The sky transitions from a bright yellow-orange near the horizon to a deep blue at the top. The balloons feature various patterns and colors, including stripes, checkerboards, and solid colors. The landscape in the foreground shows rolling hills and some small figures of people, suggesting a popular hot air balloon festival location.

THANK YOU