

# Session 1 (approx 25mins)

## Main objectives:

- to exercise good breathing technique
- to position the embouchure and exercise the face muscles
- to develop a co-ordinated and controlled tongue stroke

### Ex. 1A

Concentrate on taking a full breath in a relaxed manner and then creating an even emission of air through a carefully formed embouchure to produce a full, well-controlled and resonant tone throughout the note. Use the silent bar to relax, re-form the embouchure and breathe efficiently and rhythmically. Play at least some of the notes without tongue production to check that it is the weight of air that is causing lip vibration to begin and not an explosive tongue release.

$\text{♩} = 60$

*mf*

### Ex. 1B

Maintain concentration on good breathing, taking maximum air and using it to support the embouchure. Make sure the embouchure is precisely focused on the particular pitch and that it is free-blowing and resonant. In the low register the aperture needs to be open, the jaw low and forward and the mouth cavity as big as possible; the lip muscles should not be too tight but the supporting muscles around the lips need to be in a controlled tension. If your sound is full and ringing and is maintained with steady tone and pitch, then you are probably doing the right things. If not, think about each of these factors and adjust gently until the sound starts to improve.

$\text{♩} = 60$

*mf*