

Breath Control Exercise

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Based on the Remington exercise but focussing on "control" instead of "building," this exercise is designed to enhance our breath control and optimize efficiency. Our lungs, phisologically, can only take in as much air as they are designed to. For each of us, that varies based on our height. The answer to making longer phrases often is not a matter of how much more air we can take in with a breath, but how efficiently we can exhale that wind into an active rapid-filled river of supported sound.

For our breath: Imagine you are a tree - your roots plunging meters into the soil. Now, with good, tall posture, breathe in an active manner from your feet keeping your shoulders relaxed. At each fermata, allow yourself to exhale any remaining air in the beginning exercises and allow yourself a moment of composure as it progresses

♩-90

mp

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