

BREATHING – John Sebastian Vera

Things to think about:

Breathing is literally the most natural and most well-practiced thing you do as a human, don't overthink it.

Stretch! Loosen up, get the blood flowing.

Posture: Long 5 lines: spine, both arms and legs. Chest open. (Always bring instrument to you not vice versa)

Always exhale dead air first before inhale

"AH" Inhale. This is the most open vowel sound!

In these exercises when you exhale always imagine playing a musical phrase with your imagined perfect sound

Blow on your open palm so you can get a real sense of how much you are blowing for consistency. Experiment with your hand further and further away.

EXERCISES:

#1

Metronome: 60

Exhale dead air

BREATHE IN 4::BREATHE OUT 4

BREATHE IN 3::BREATH OUT 3

BREATHE IN 2::BREATHE OUT 2

BREATHE IN 1::BREATHE OUT 1

*Continuous without stopping, should be full/empty before turning air around

#2

Metronome: 60

Exhale dead air

II: BREATHE IN 1::BREATHE OUT 1 :II repeat 10x in a row

*Completely full and empty after each breath

*Stay relaxed, you may feel a little light-headed so make sure to sit down after if you need!

#3

Metronome: 60

*This exercise can be done with a brief pause between each

Exhale dead air

BREATHE IN 2::BREATHE OUT 4

BREATHE IN 2::BREATHE OUT 8

BREAHTE IN 2::BREATHE OUT 12

BREATHE IN 2::BREATHE OUT 16

Now Buzz:

Simply buzz and song that you know, one will do just fine and anything with pitches works!

Only mp! The mouthpiece is a big amplifier, if you buzz too loud it's the same as blasting fff and is counterproductive.

Air start each note after you breath and only articulate repeated notes. Gliss lightly between each pitch.

Buzz **right in the center of every pitch** while imagining your ideal sound. Play along with a piano, drones or use a tuner for reference.