**Stretching and Reed Exercises**

**Stretching: Things to Think About**

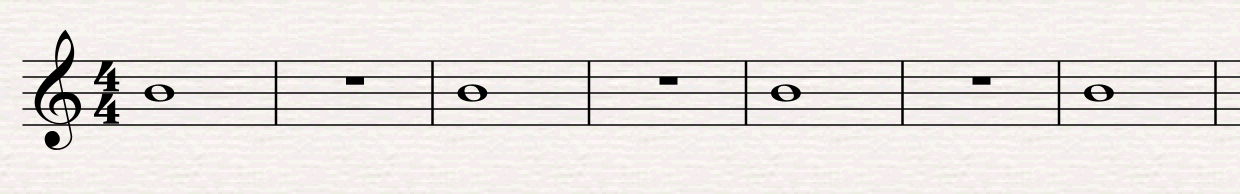
* Stretching should not hurt, never push it to the point of discomfort
* Focus in on hands, wrists, arms, and shoulders
* Take big, relaxed breaths in and out with each stretch
* A consistent routine will put you in the right mind space for practice

**Reed Exercises: Things to Think About**

* ALWAYS CHECK IN WITH YOUR TUNER!
* Consistency is the aim, then accuracy. If you can’t get the exact pitch right away, aim for close and keep it there for each rep
* DO NOT use your hands to pull the reed in and out of your mouth
* DO NOT take away the support until you can confidently hold the reed steady with only your embouchure.
* Never stop the air during the exercises
* Breath all the way out and take a good breath in before starting/moving on to the next exercise.

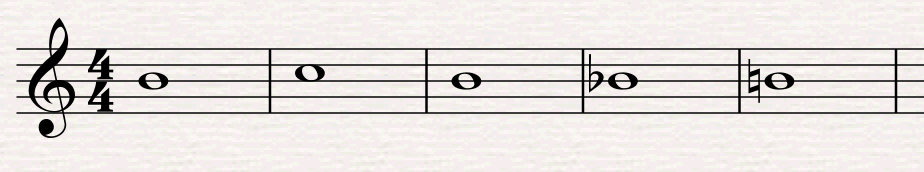
**Reed Exercises**

Pitch: B-C is an acceptable range



NOTE: If you struggle with playing sharp, aim for a B pitch, if you struggle playing flat, aim for a C pitch

Reed Push Up:



NOTE: Break this down and practice just one motion before putting the entire exercise together

Advanced Reed Push Up:



NOTE: As in the normal push up, break this down into smaller chunks until you feel confident

Alarm Exercise:



NOTE: Equal parts sound and silence.

Air should not stop.

Each note should sound exactly the same; start, middle, and end.

Try with tongue first and then air.