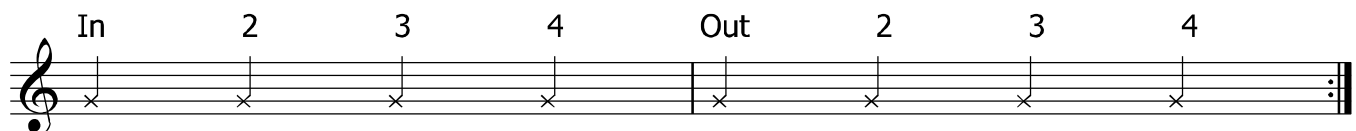


Exercises for the Rubber Re-breathing WindBag

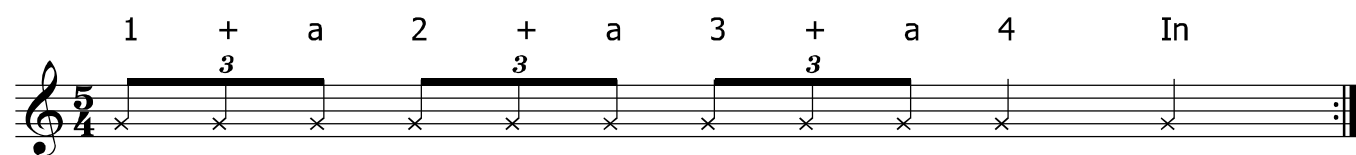
1. Set a metronome at 60 beats per minute.
2. Take a relaxed breath over 4 beats. Be sure that the Breath is completely silent. Any sound is caused by restriction so relax the throat and quietly *move* air. *Notice that as your lungs fill, your rib cage expands and your chest rises.*
3. Place the re-breathing bag between your teeth and allow warm air to flow silently into the bag for 4 beats. Be sure that the chest stays raised as you exhale. A fuel tank doesn't collapse as it runs out of fuel.
4. Repeat this process 4 or 5 times focusing on relaxation and the silent movement of a large quantity of air while maintaining the raised chest.

Your aim is to feel the air move from the bag to the lungs and back again with as little effort as possible.

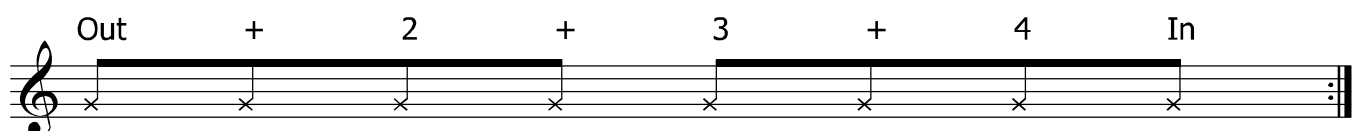
Exercise 1.



Exercise 2.



Exercise 3.



Repeat these exercises several times throughout the day. This form of breathing requires diligent practise for up to 8 weeks to become habit.

Exercises for the WindGauge

INHALATION

1. Exhale and place the mouthpiece between the teeth. Breath in so ONE of the balls moves to the top of the unit. Time yourself and write down how many seconds you can inhale for. Keep this as a record so you can monitor your improvement. Notice how the rib cage expands and the chest rises as you inhale. Become aware of this sensation when breathing to play your instrument.

Correct breathing and Natural Airflow is the most efficient way to play your instrument.

2. Inhale so two of the balls move to the top of the unit. You are now increasing your in-flow of air. Time yourself and keep it as a record. Create a relaxed aperture at the lips (no buzzing) when your lungs are full and you will notice how the air comes out easily with great force. This is the Wind power that you will use to fuel a relaxed and resonant sound on your instrument.

3. Inhale so all three balls move to the top of the unit. Time yourself and keep it as a record.

EXHALATION

4. Remove the blue hose and replace it with the short rubber hose. Turn the unit upside-down and place your mouthpiece in the end.

5. Have the pitch of a middle G in your mind. Take a full, silent breath and feel your ribs expand and your chest rise.

6. Blow that pitch through your mouthpiece. The ball on the right-hand side of the unit should move to the top of the unit. If it does not move, your need to relax the aperture more and increase the flow of air thickness.

7. Once the ball has moved, take your mouthpiece and place it in your instrument, take a full breath and play in the same, relaxed way. Your lips respond to the airflow, don't try and create sound by tightening your lips. Treat your lips as a singer does their vocal cords.

8. Use the WindGauge when practising harmonic slurs and tunes to be sure that your airflow is full and constant.

Natural Airflow and the WindStick

- 1.** Natural Airflow is a phenomenon that occurs after a deep breath is taken. When you inhale correctly (use the **WindBag** and **WindGauge** to improve breathing efficiency) the air pressure inside the lungs is much higher than atmospheric pressure outside of the body. A natural equalisation of air pressure occurs - Natural Airflow, and you must learn to use the power of this to play easily and efficiently, in all registers of the trumpet.
- 2.** As simple as it may seem, the **WindStick** is one of the important tools to use in your practice routine. Most players overblow causing the abdominal muscles to push too hard on the lungs, putting excessive pressure on the aperture. The aperture of the lips must be free to vibrate and overblowing causes it to tense up, causing back pressure in the throat and unwanted tension and strain throughout the body.
- 3.** Take a deep breath, feeling the rib cage expand and the chest rise at the top of the breath. Place the **WindStick** in the aperture of your lips and allow the air to flow freely. DO NOT push the air through the **WindStick**. Notice that if you try to stop the airflow at the top of the breath, the only way you can do this is by tensing the muscles around the abdomen causing the throat to close.
- 4.** It is amazing how little airflow is actually required to get a solid, resonant and centred note on the trumpet. The purpose of the **WindStick** is to help you understand and experience Natural Airflow, so when playing your instrument, you can BACK OFF the force and allow nature to do the work for you. Use the **WindStick** regularly during the day either when practising, walking around or sitting at your desk.
- 5.** Put about 7mm of the **WindStick** in between your lips so you can feel the end of it with your tongue. Take a deep breath and let the airflow begin, then quickly strike the end of the **WindStick** several times with the tip of your tongue. This is the aperture that creates your airstream when playing, so develop an understanding of your airstream and how the lips respond to Natural Airflow and then play in the same, relaxed way.
- 6.** Your aim is to play as you would sing. Your natural voice is at the vocal cords and the trumpet is an extension of your voice. The best singers have a relaxed and resonant sound so let your lips respond to Natural Airflow in the same way your vocal cords respond when singing.
- 7.** Blow fast then slow through the **WindStick** to feel how the muscles of the face and body react to an increase in internal air pressure. Remember, physical strain and tension reduces resonance and make playing difficult. Relax and play easily! If it is hard, you are over exerting unnecessary muscles.