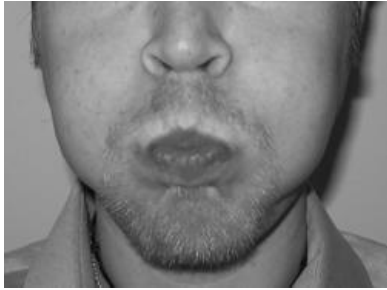


Circular Breathing



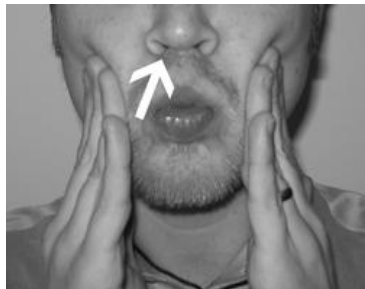
1. Fill your cheeks with air



2. Push the air out using your cheeks



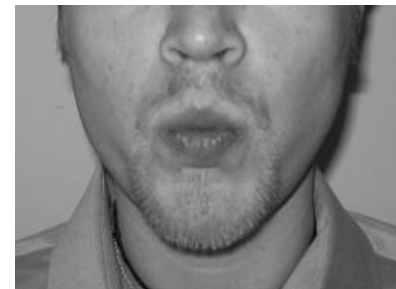
3. Again, fill your cheeks with air but push the air out using your hands.



4. Repeat step 3 but as you push the air out take a breath in through your nose



5. Combine steps 2 and 4: Fill your cheeks with air, push the air out (with your cheeks) and inhale through your nose.



6. Blow a continuous stream. Practice filling your cheeks with air while continually blowing. Repeat step 5.



7. It can help your practice by using lower resistance before using your instrument. You can use your fingers or a straw in a bottle of water.



8. When applying it to your instrument be sure to first practice the transition from continuous blowing to filling your cheeks (6) and the pushing of air with your cheeks (2) since this is where the difference in sound production occurs.



9. A good way to practice circular breathing is to first apply it to long tones and then to a scale routine.