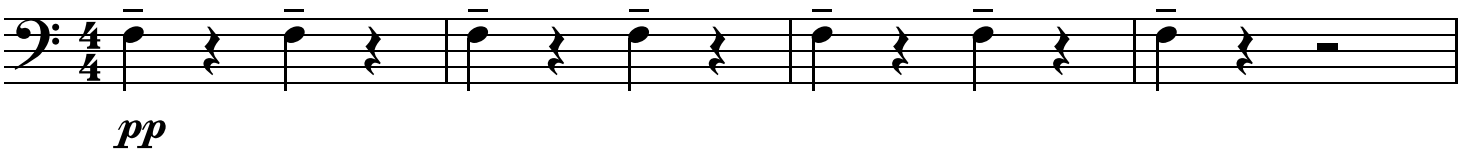
Healthy Response and Clear Front

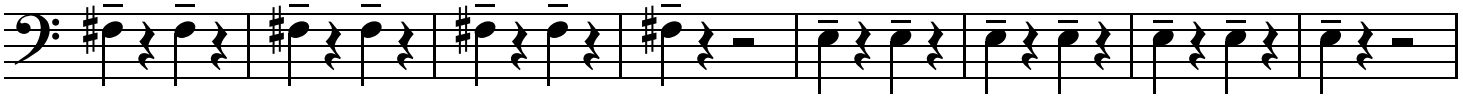
#45DaySet Packet 1

Alex Knutrud

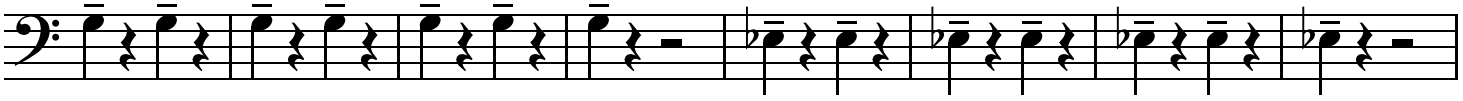
A Only Breathe once. Use a mirror to prevent moving. Avoid tension and tightness. Instead, keep your muscles SOFT and RESPONSIVE.



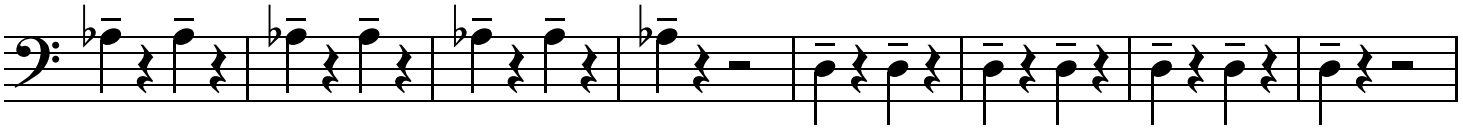
5



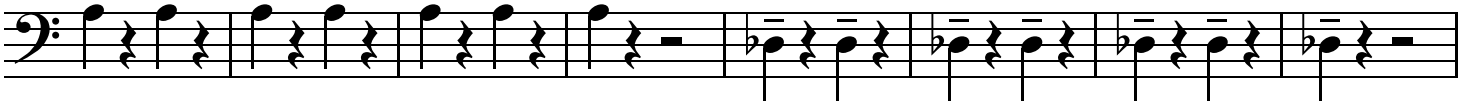
13



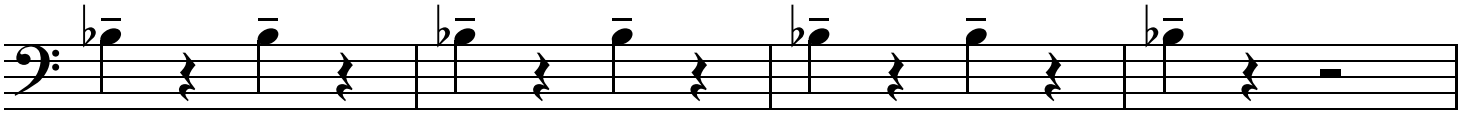
21



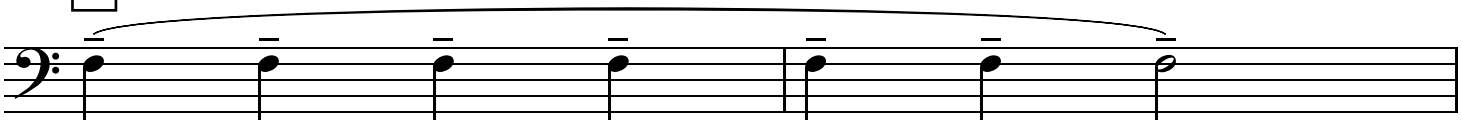
29



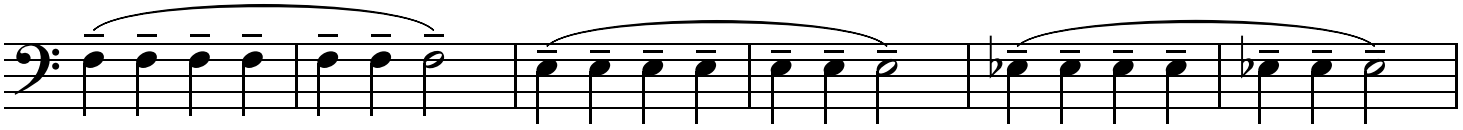
37



41 B Alternate 'Ha Da' between these. The final half note is 'dah'. Keep the sustain behind each.

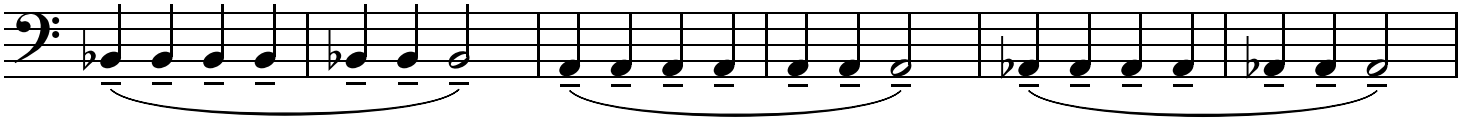


43

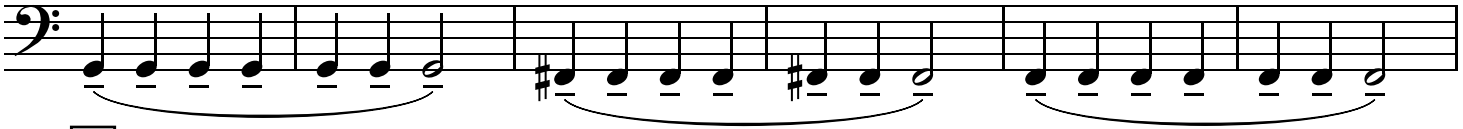


49

55

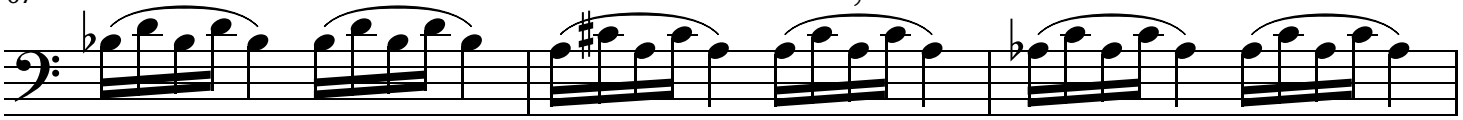


61



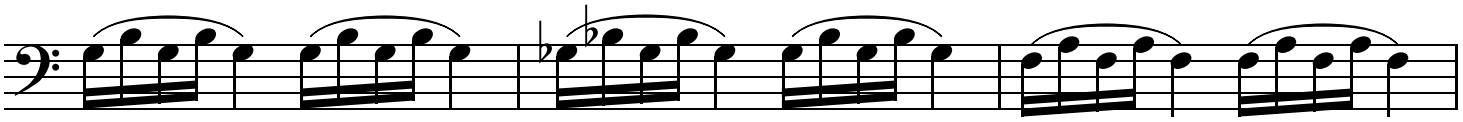
C

67 Do each exercise first fluttered or half valved, and then normal.

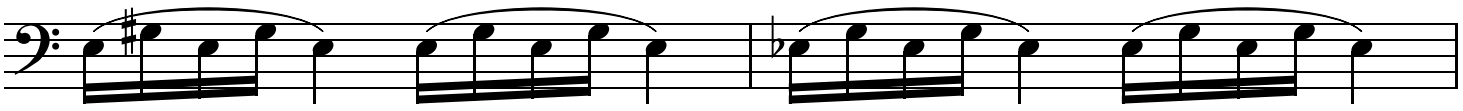


pp

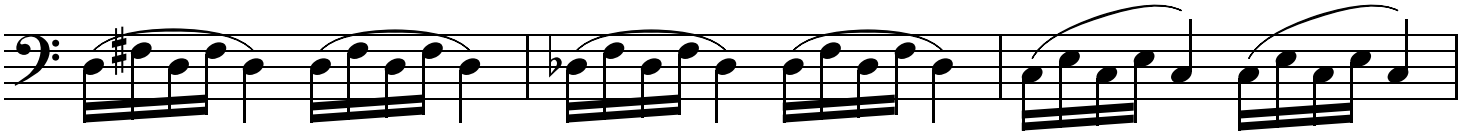
70



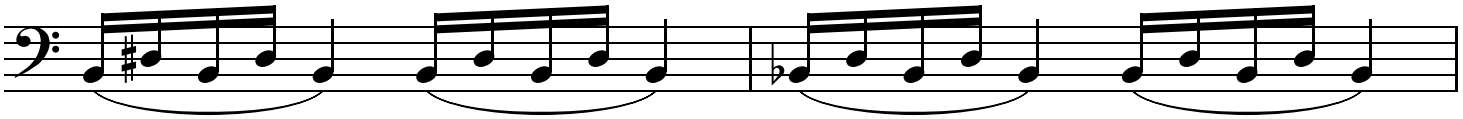
73



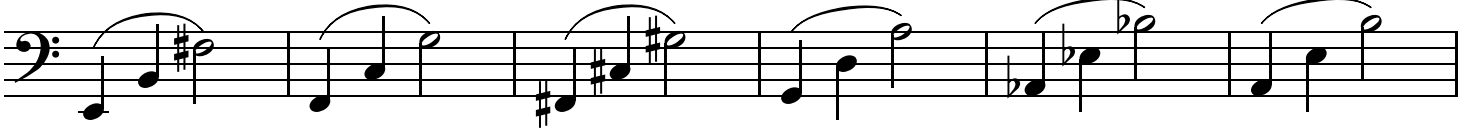
75



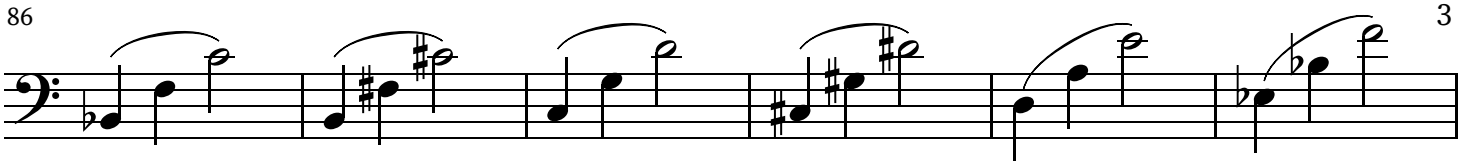
78



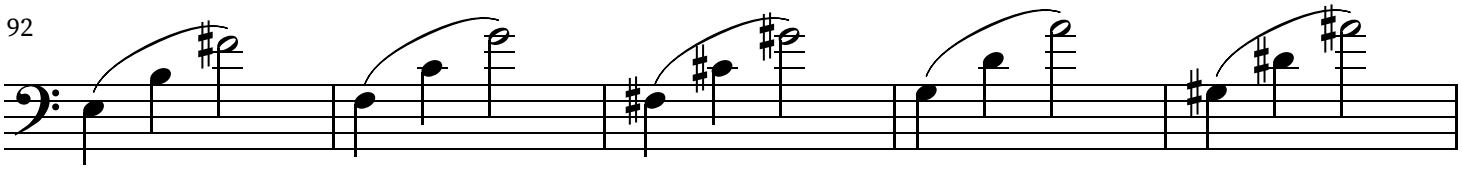
80 D Keep these even and supported. Inhale as above. Don't go higher unless your setting is comfortable and functioning correctly.



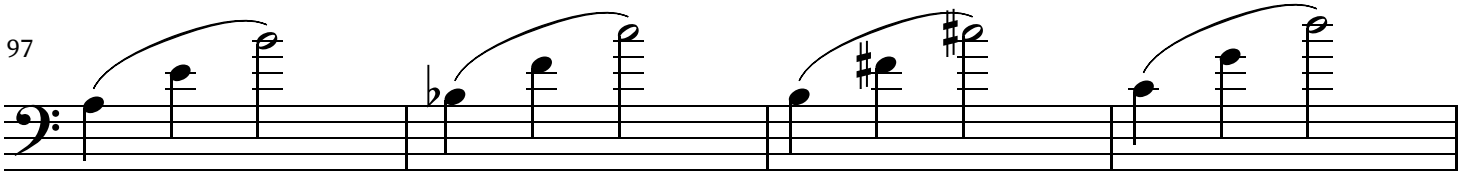
86



92

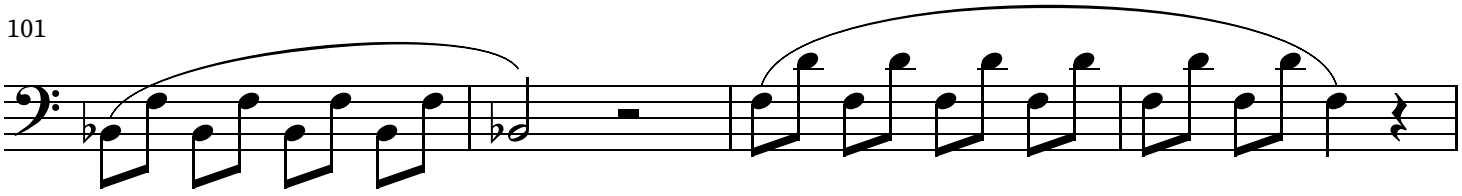


97



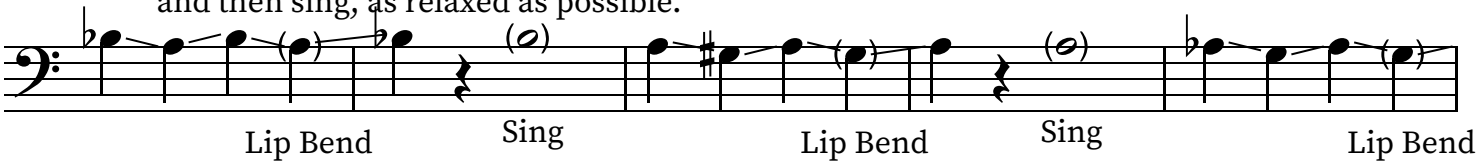
E Do the Following as a Foundation Sequence- Start a metronome at Q=80, do the following pattern in all 7 positions, click the metronome up 4 beats, and repeat. Go from 80 - 120 in this manner. Should be about 10 repeats.

101

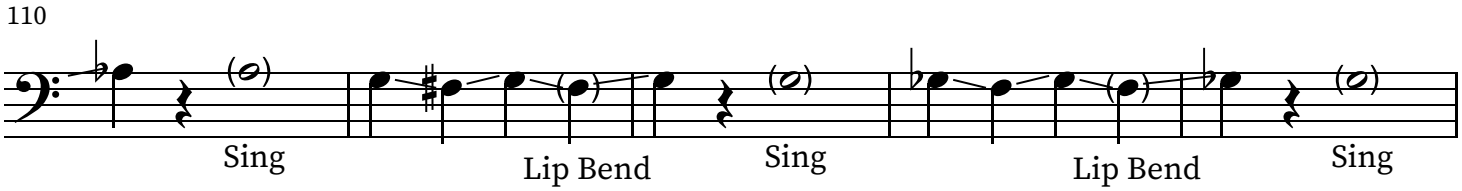


F Tone Bending: Gliss without tongue. When you reach a lip bend, make sure to blow through the bend, and not back off on air. When you sing, don't scoop into the note. Hear it in your head and then sing, as relaxed as possible.

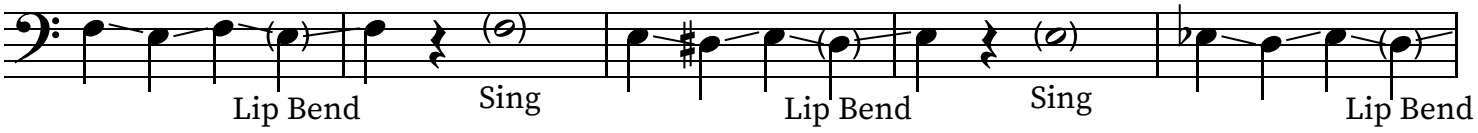
105



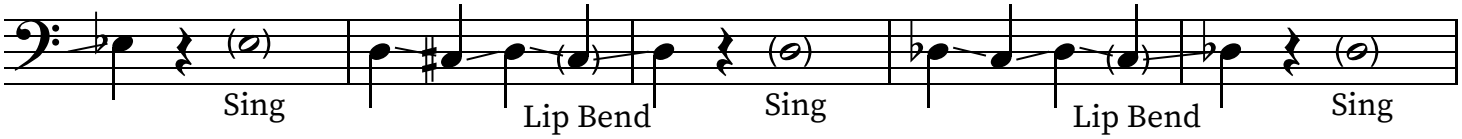
110



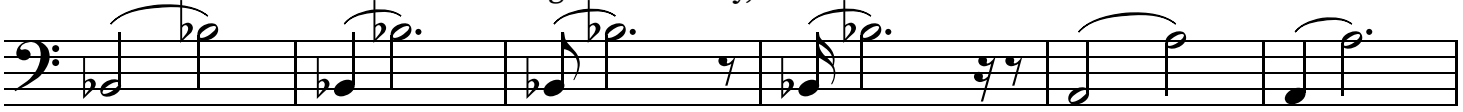
115



120

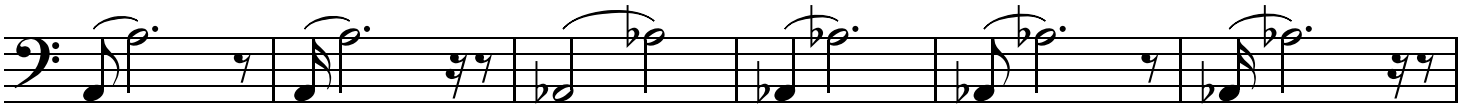


125 G Yoga Slurs like these should be as relaxed and efficient as you can. Use a mirror and metronome. Don't 'change' notes early, wait until the EXACT moment.

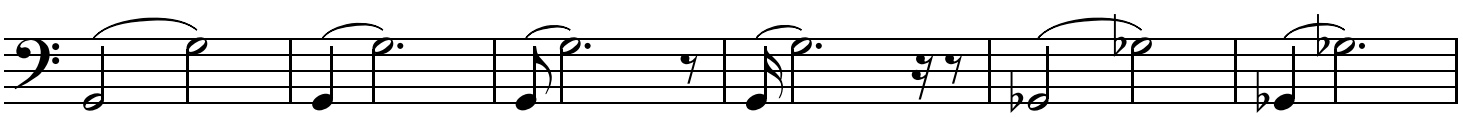


f *and then* ***p***

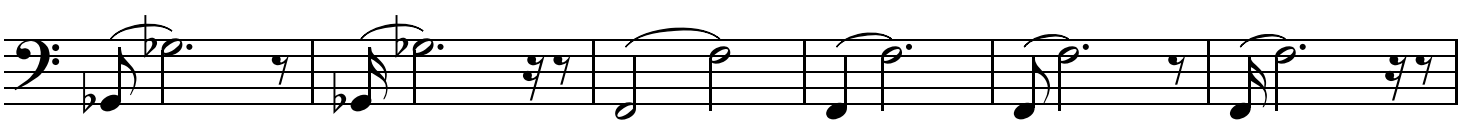
131



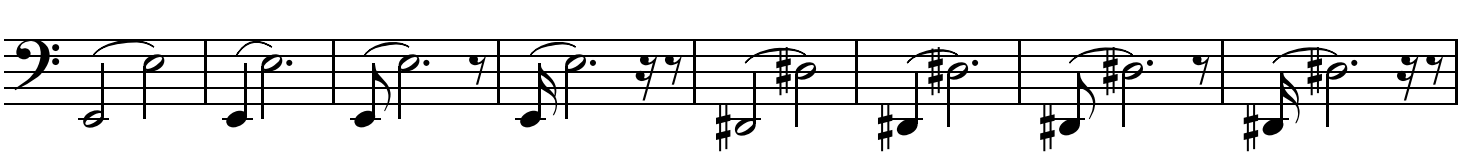
137



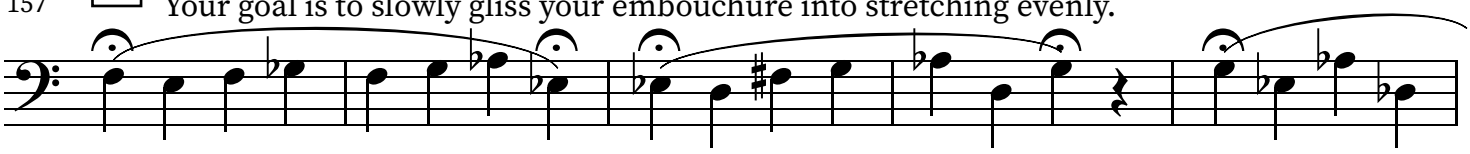
143



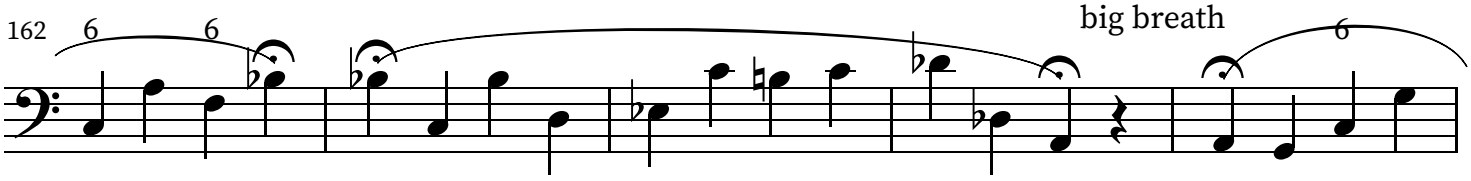
149



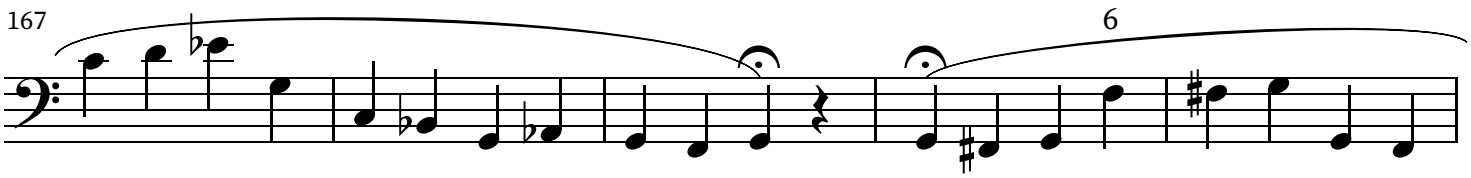
157 H Makashi Patterns like these are to be done with a breath on each fermata, but NO RESET. Your goal is to slowly gliss your embouchure into stretching evenly.



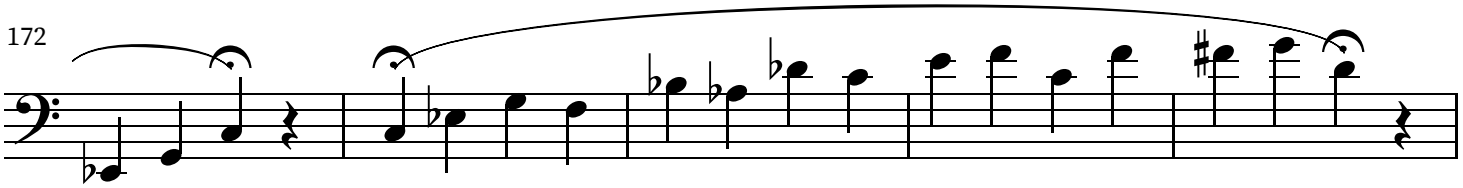
162 6 6 big breath 6



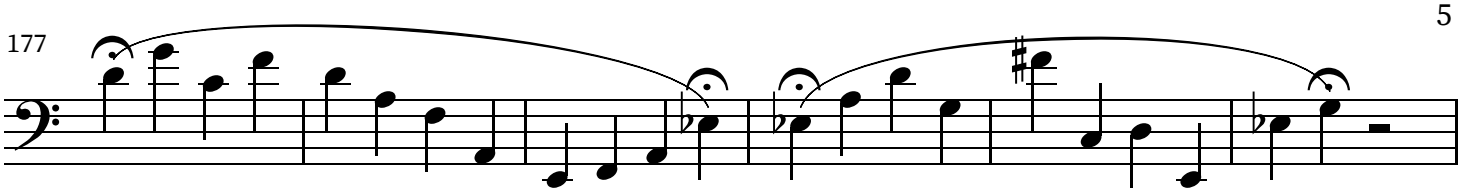
167 6



172

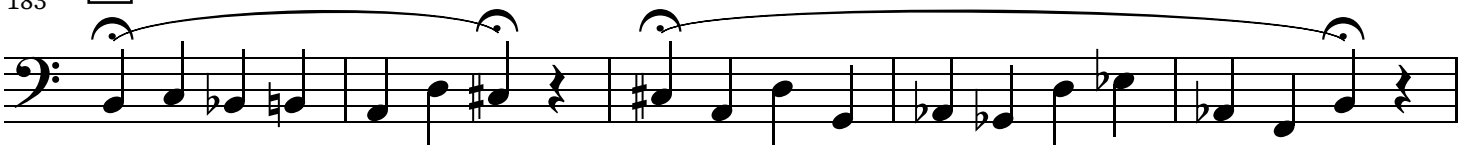


177



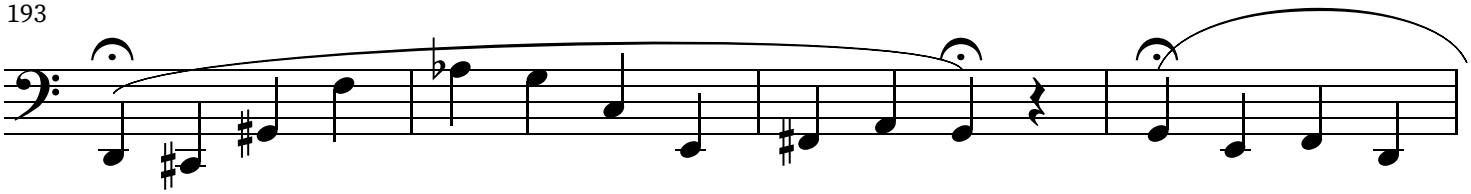
I Makashi Pattern II- Into the valves. As above, you want to smear without shifting if possible.

183

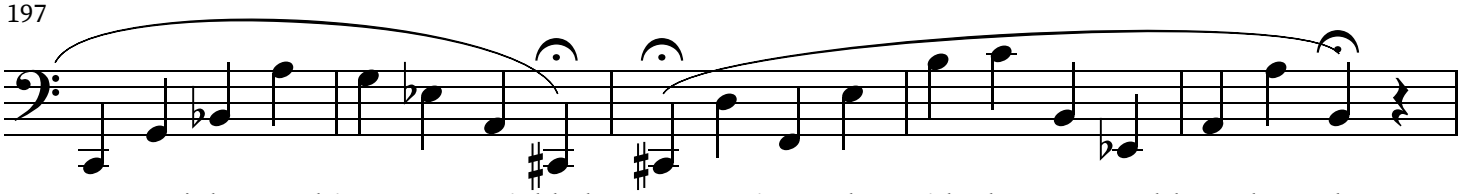


188

193



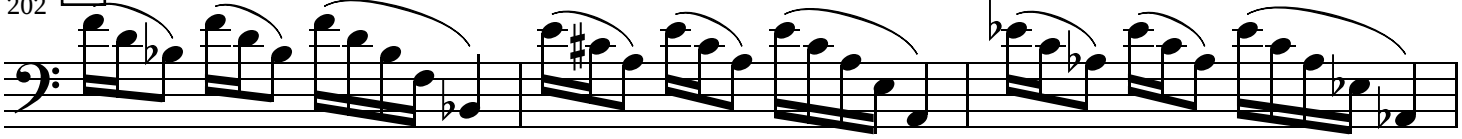
197



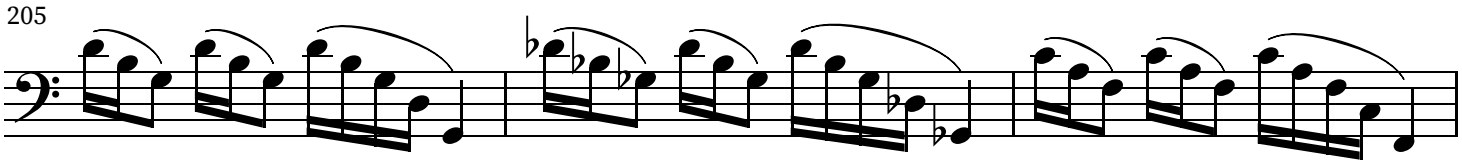
Don't let anything move quickly here- your air needs to ride down smoothly and evenly. If you shift, keep it steady and smooth. Quarter note at around 72

J

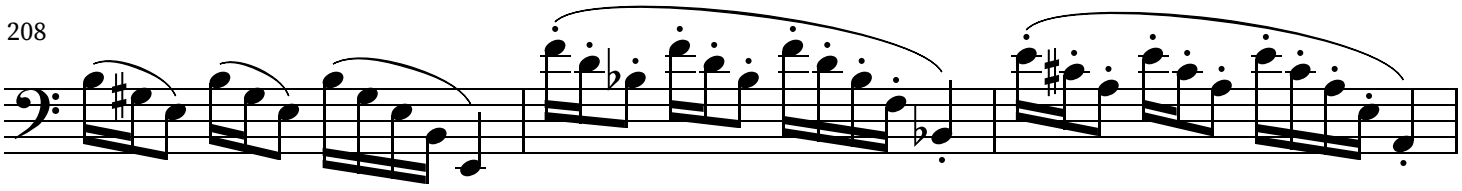
202



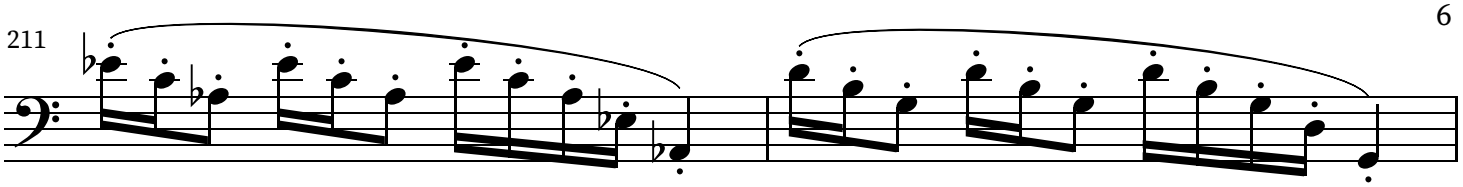
205



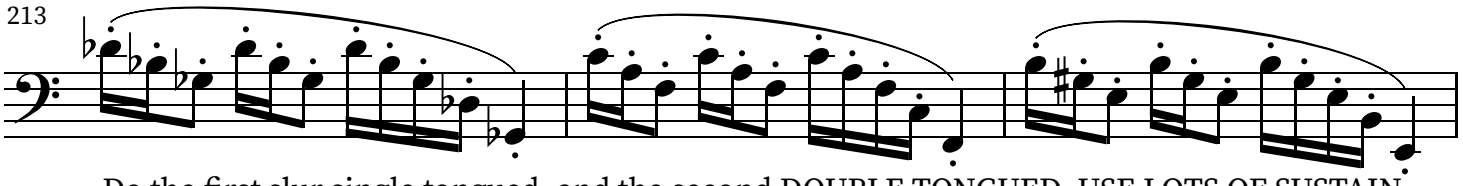
208



211

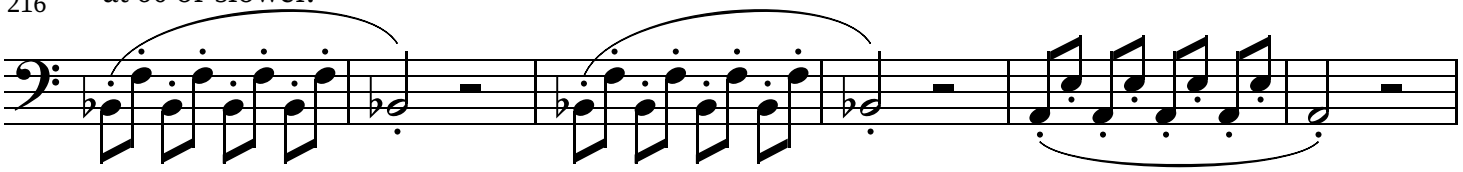


213



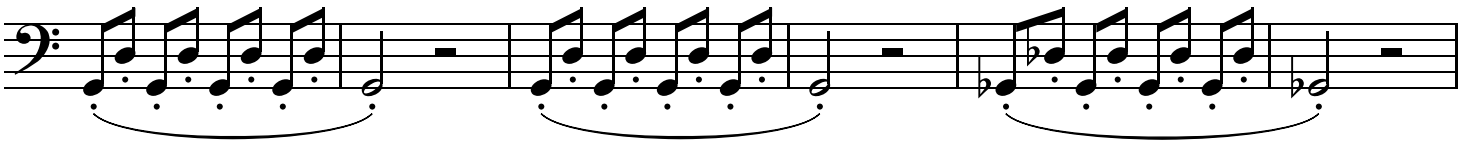
K Do the first slur single tongued, and the second DOUBLE TONGUED. USE LOTS OF SUSTAIN. Don't try and 'peck' these clean with your tongue- keep them smooth instead. Quarter note at 60 or slower.

216

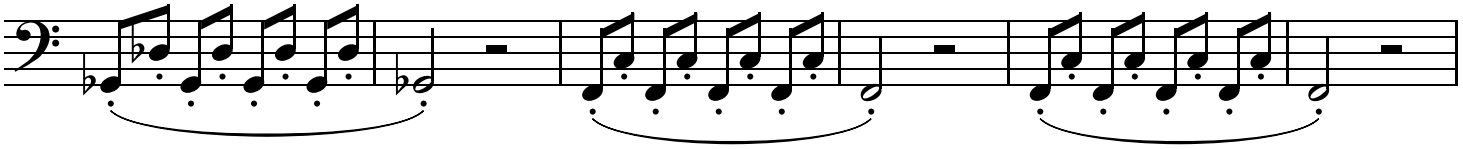


222

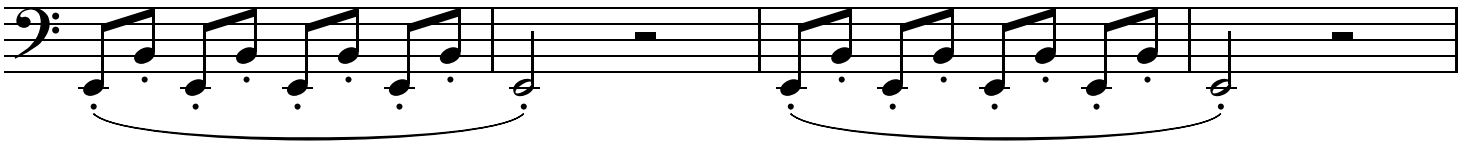
228



234

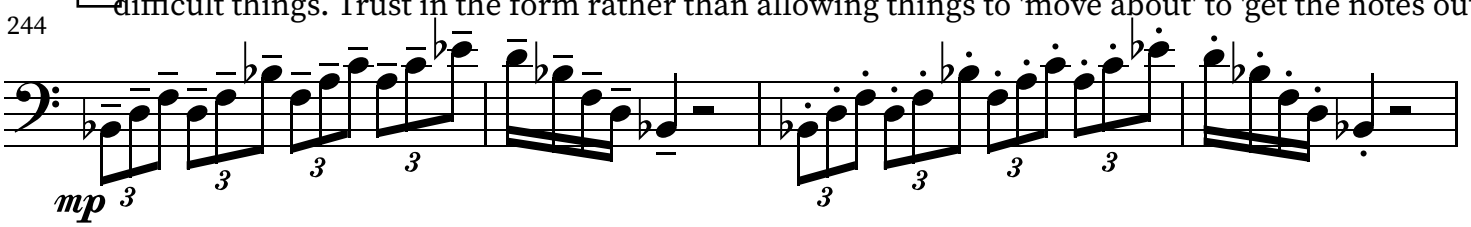


240

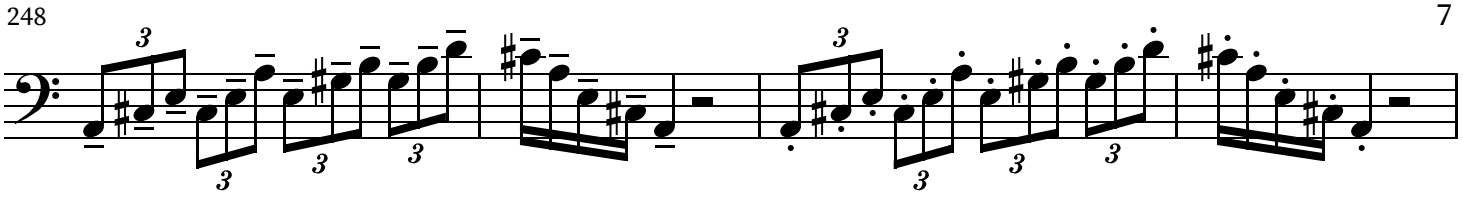


L Power Segments: Now that you've worked the basics of clarity and control, these next few exercises will help you push. DO NOT allow your form to change as you speed up/extend to more difficult things. Trust in the form rather than allowing things to 'move about' to 'get the notes out'

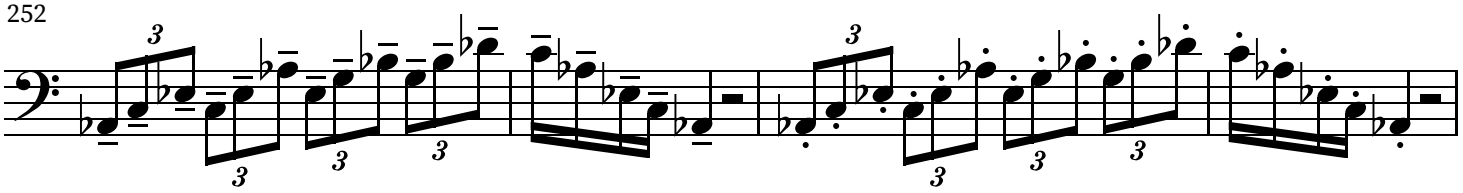
244



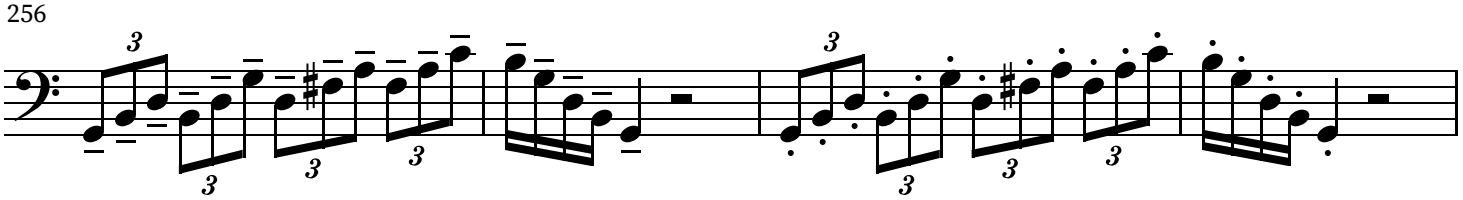
248



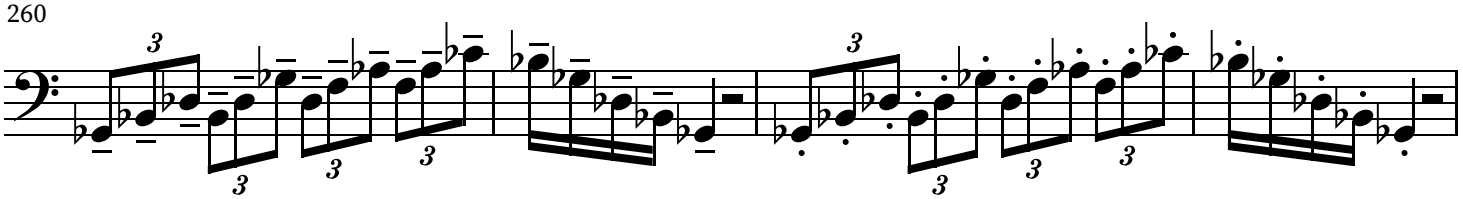
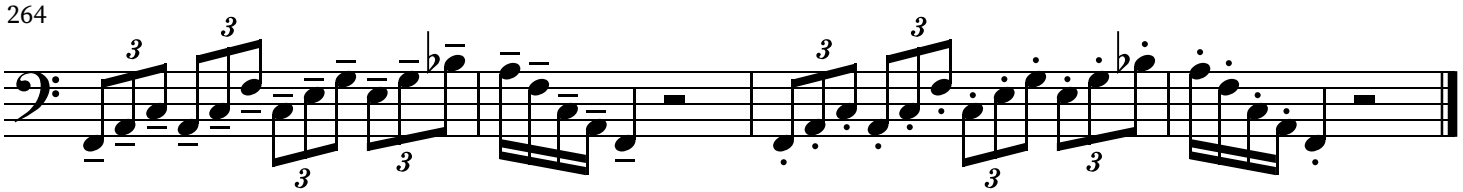
252



256



260



264