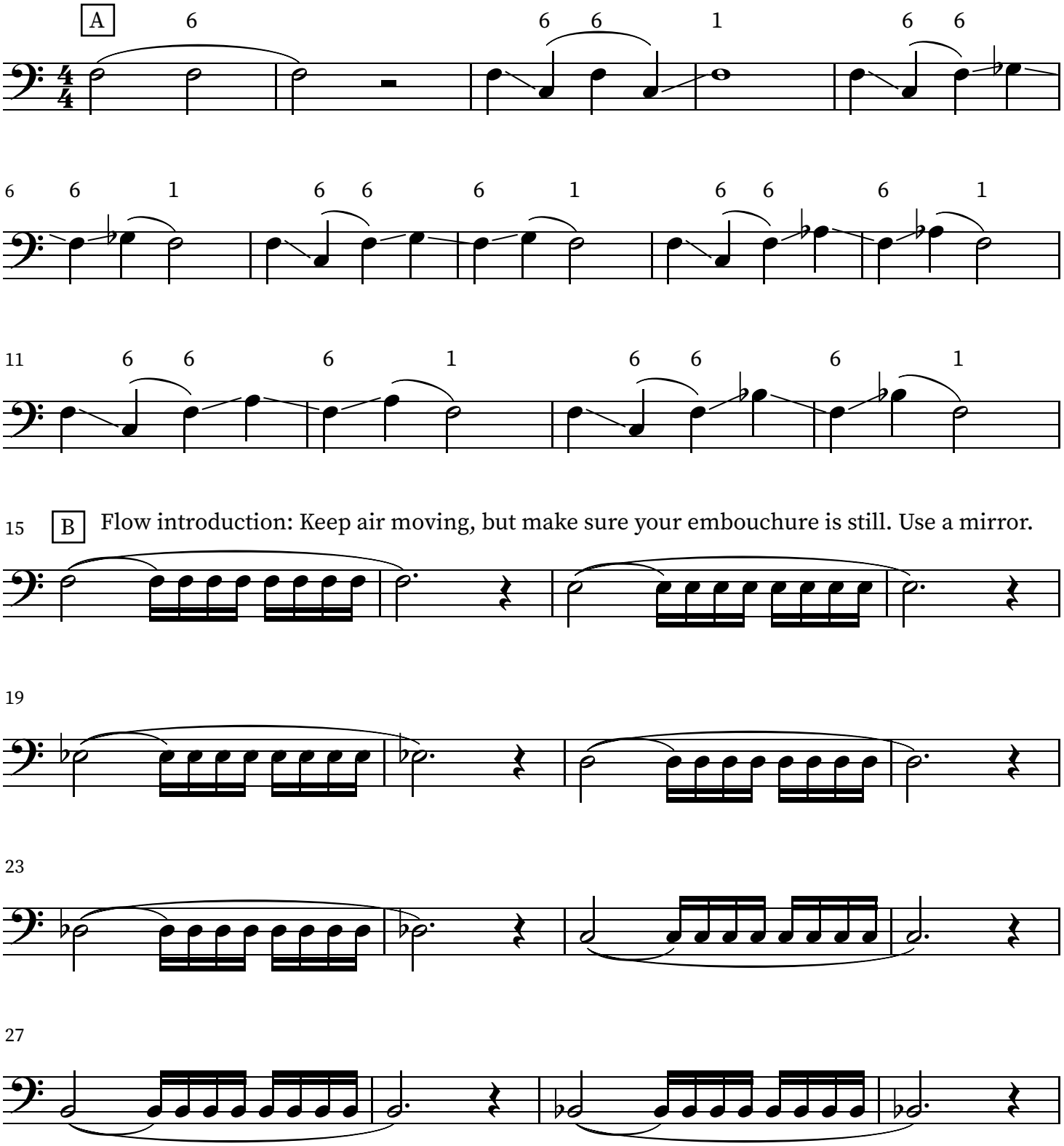
25 Day Fix-1

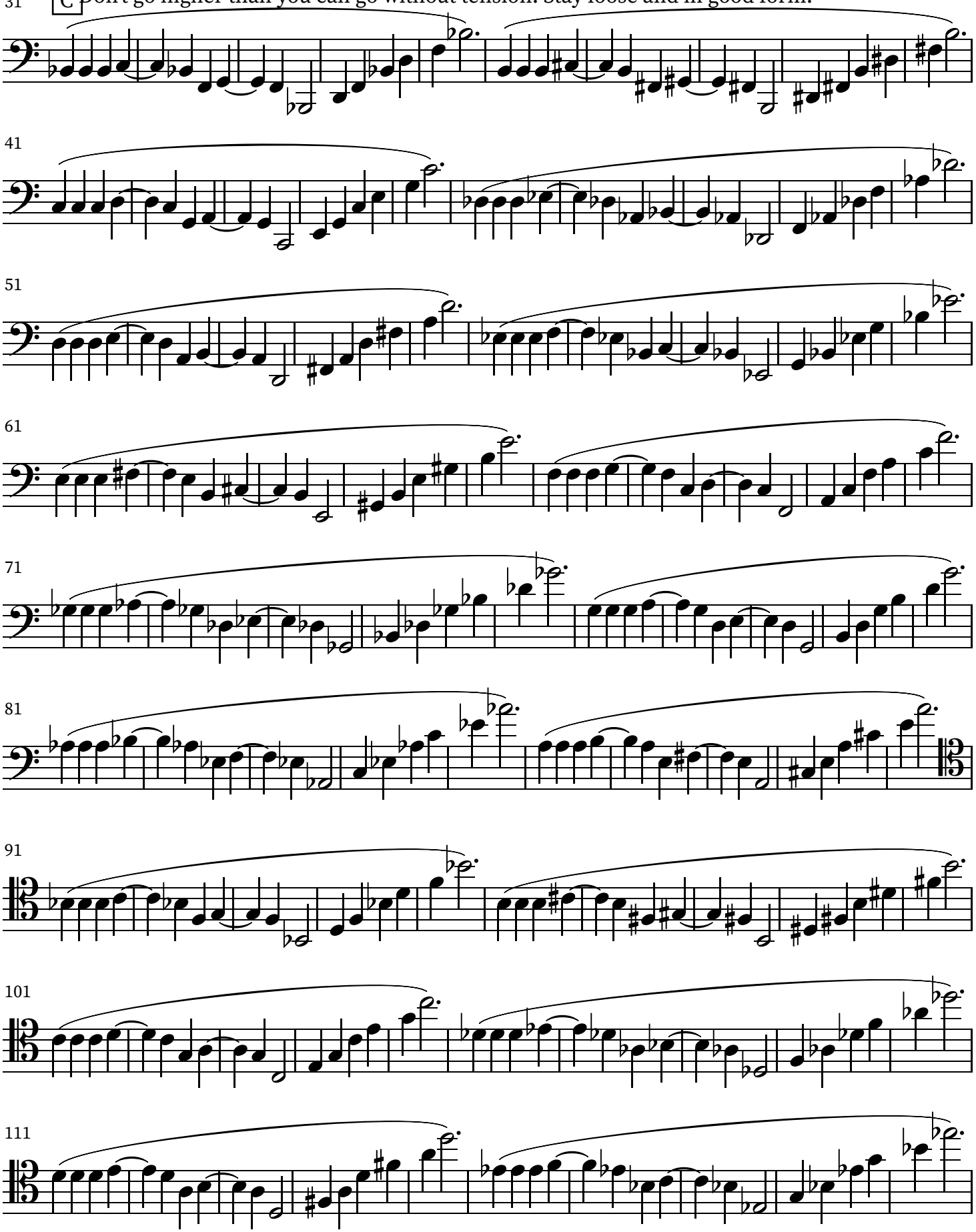
Day 1-5: Reset Restart

Alex Knutrud

Do this slow and unmeasured. Don't PUSH the air- let it flow!



31 C Don't go higher than you can go without tension. Stay loose and in good form.



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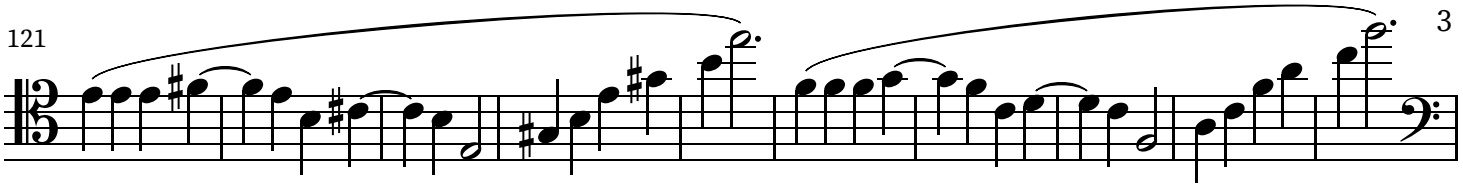
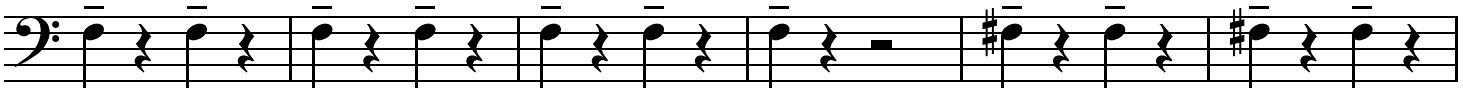


131 D Only Breathe once. Use a mirror to prevent moving. Avoid tension and tightness. Instead, keep your muscles SOFT and RESPONSIVE.



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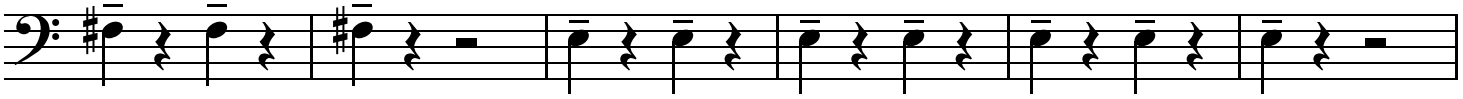

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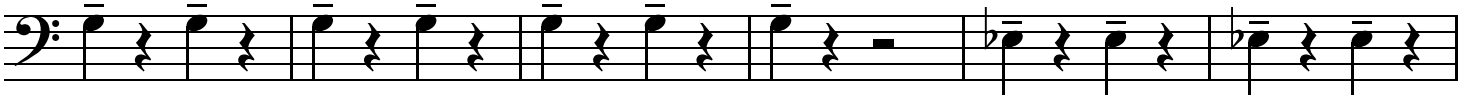

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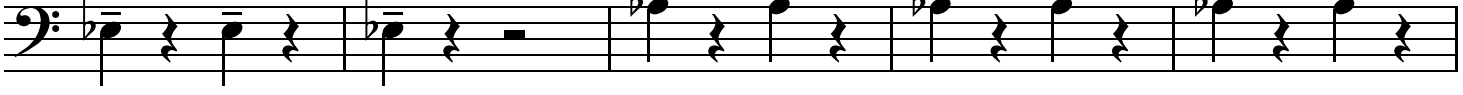

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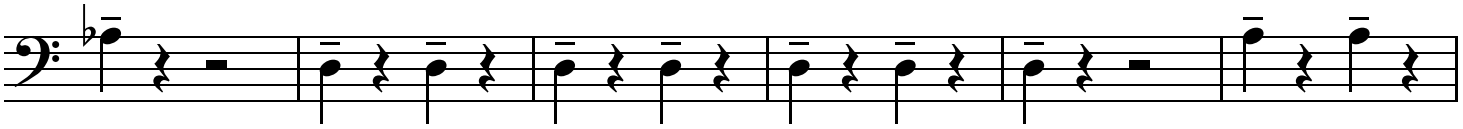

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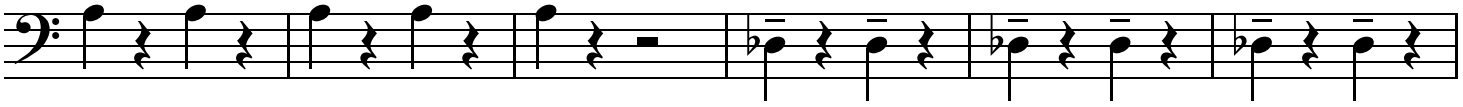

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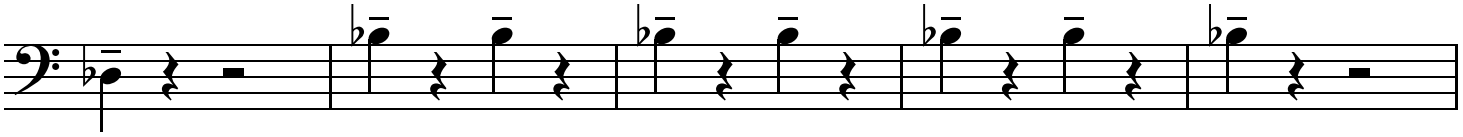
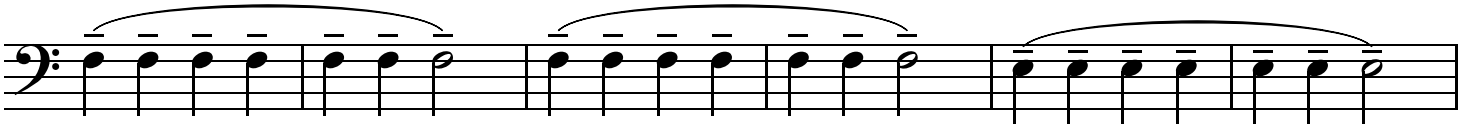


171 Alternate 'Ha Da' between these. The final half note is 'dah'. Keep the sustain behind each.



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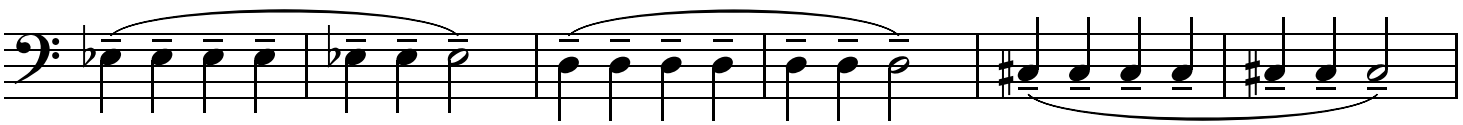

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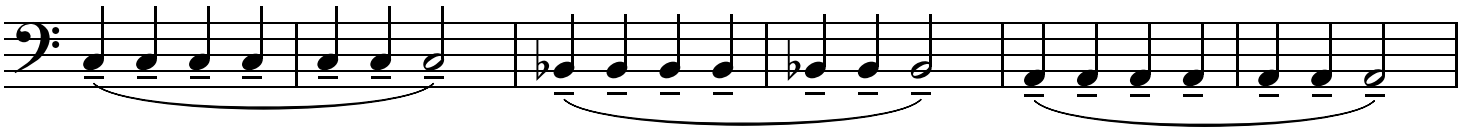

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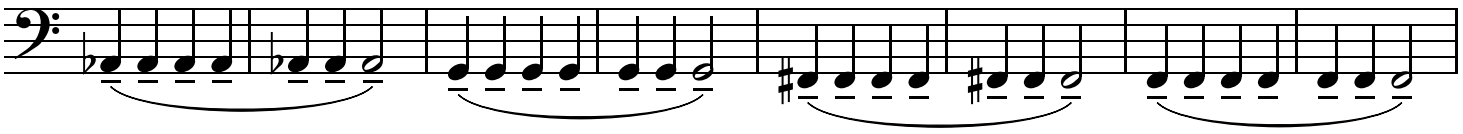
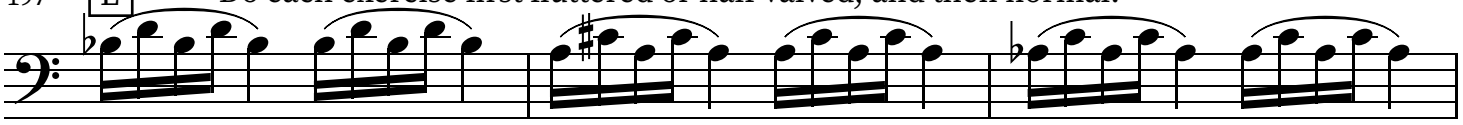


197 E Do each exercise first fluttered or half valved, and then normal.



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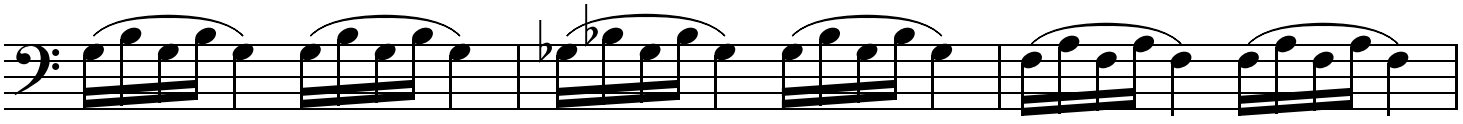

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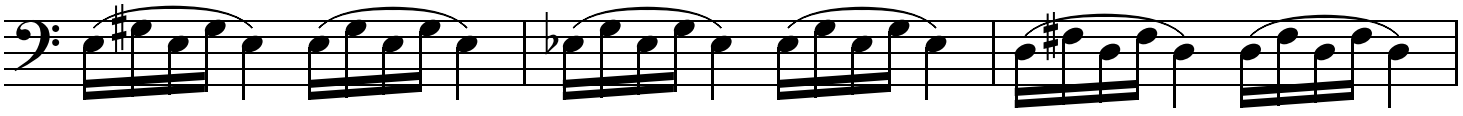

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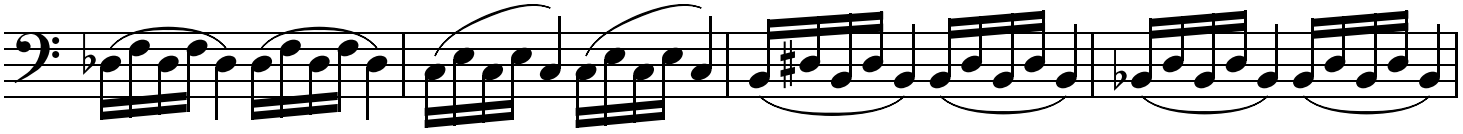
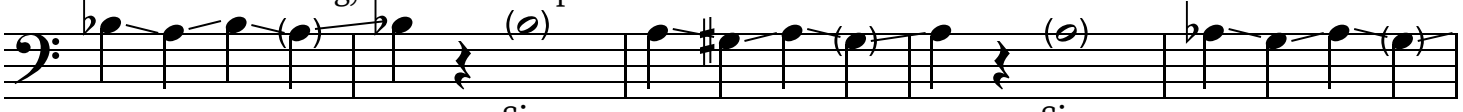


210 F Tone Bending: Gliss without tongue. When you reach a lip bend, make sure to blow through the bend, and not back off on air. When you sing, don't scoop into the note. Hear it in your head and then sing, as relaxed as possible.



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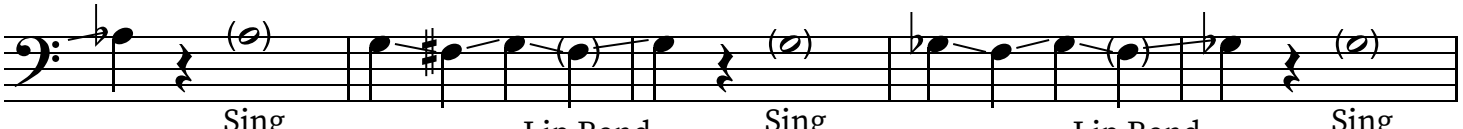

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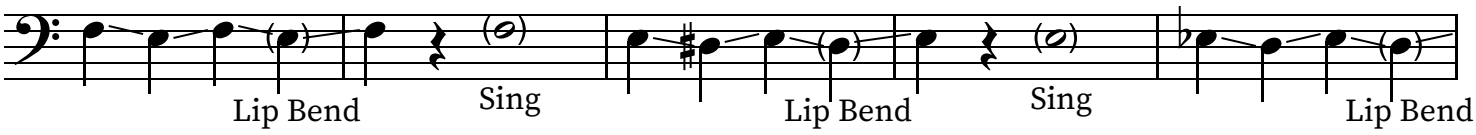

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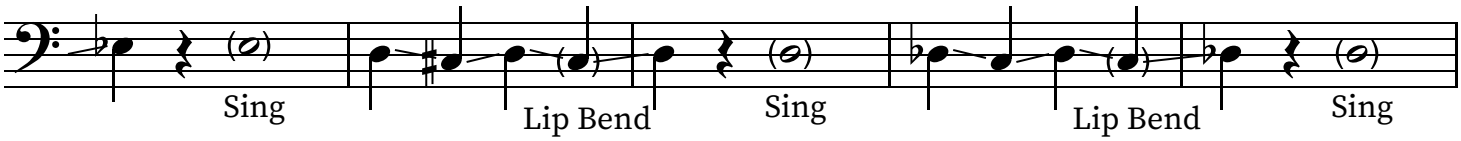
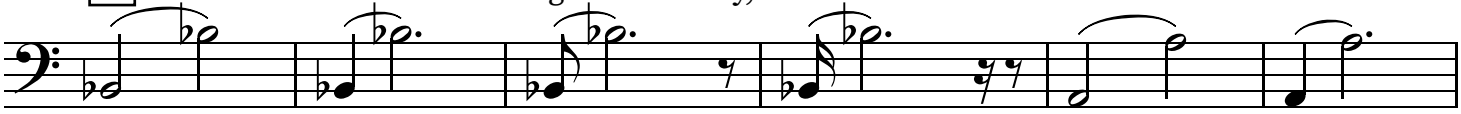


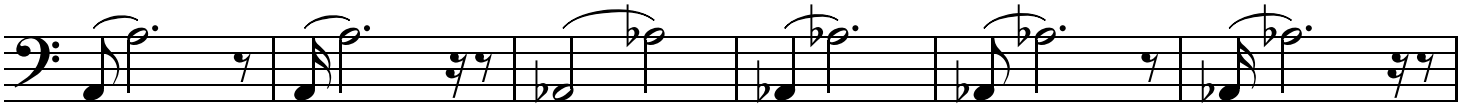
230 G

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***

236



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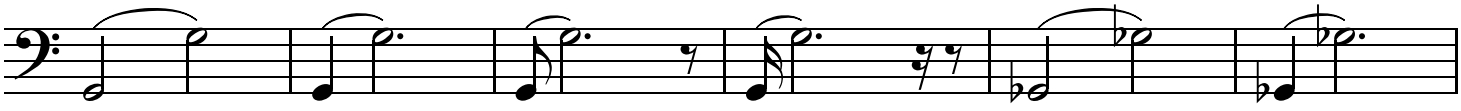

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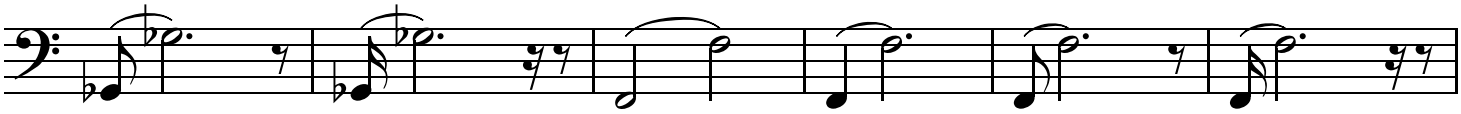

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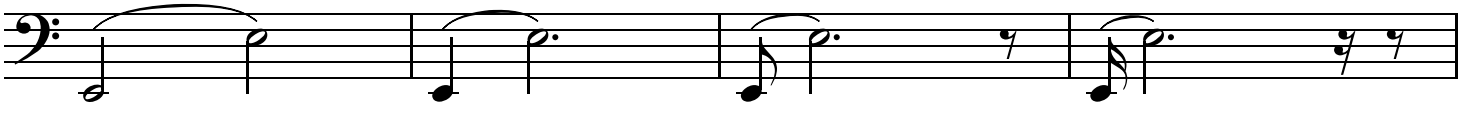
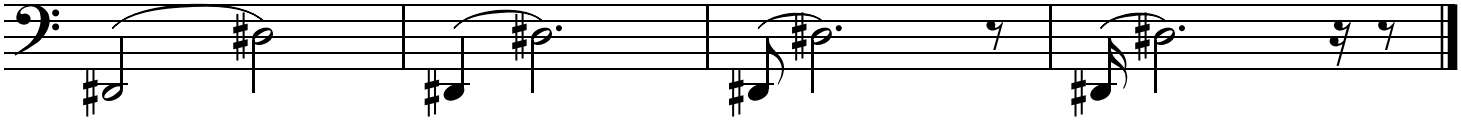
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