

Tongue Set I

A basic tonguing system to help you loosen up control on single and double tonguing.

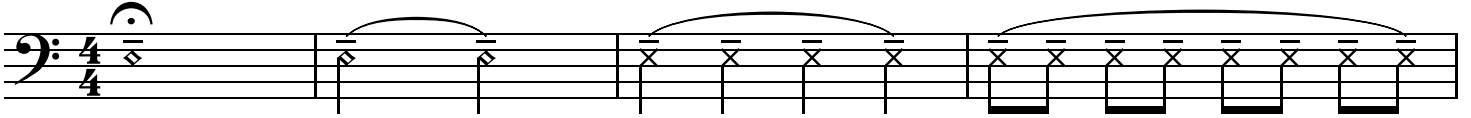
Time: Approx 15 min

Alex Knutrud

Air Flow Exercise- Tongue the following with a wind pattern (hand out, 6-9" between hand and mouth). Each measure should feel THE SAME on your hand. IF NOT, do it again!

A

Keep in mind as you do this, your jaw should NOT MOVE AT ALL

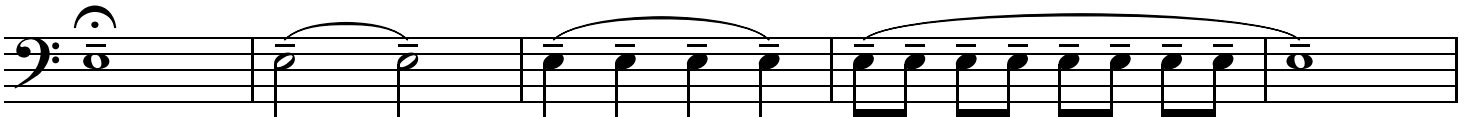


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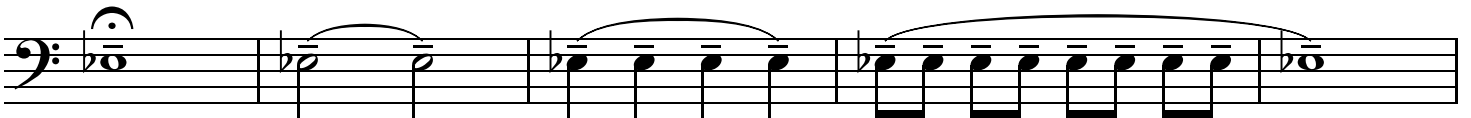
Repeat the following exercise on the mouthpiece. Keep flow intact, and make sure there is high flow of air within the sound. Your tongue should be loose and your air should be guiding it.



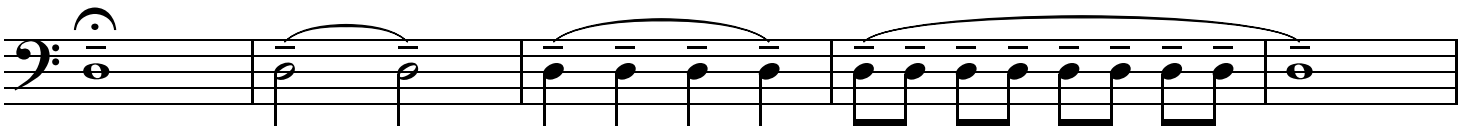
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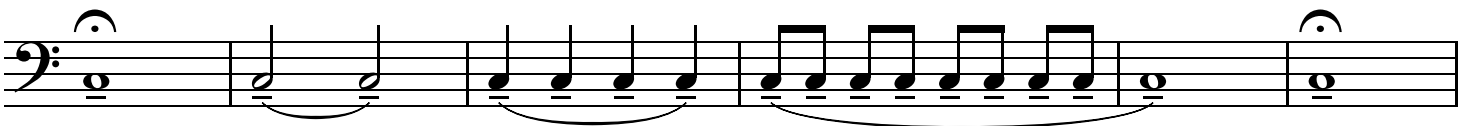
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C Sustained Continuations: Keep your airflow moving full speed through here, but don't push the air. Let it flow naturally up to an even ratio with buzz- not less, not more. After a few times through, you should comfortably find a 'sweet spot'

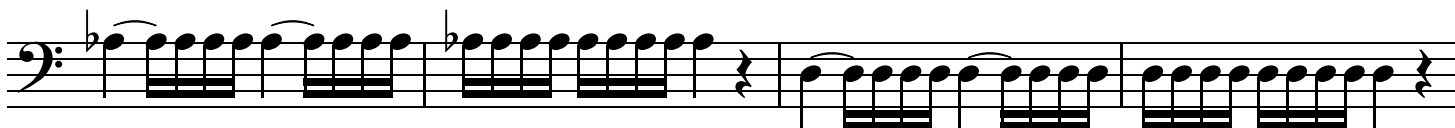
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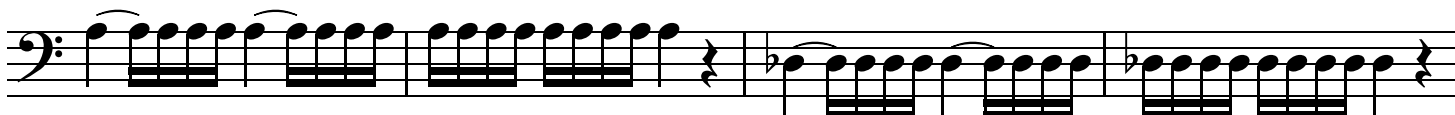
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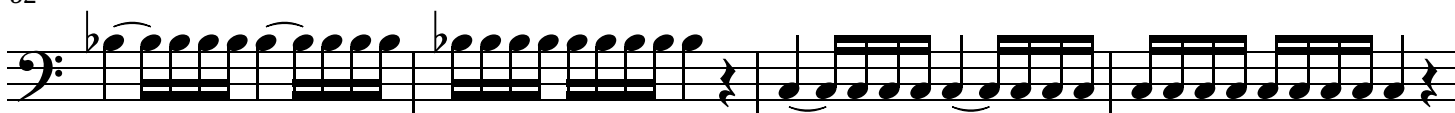
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D Multi-Partial Bullseyes- Keep your embouchure loose and responsive. None of this should be pushed. Use a mirror to guarantee nothing moves.

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As these get more difficult and incorporate more movement, stay more still and relaxed.

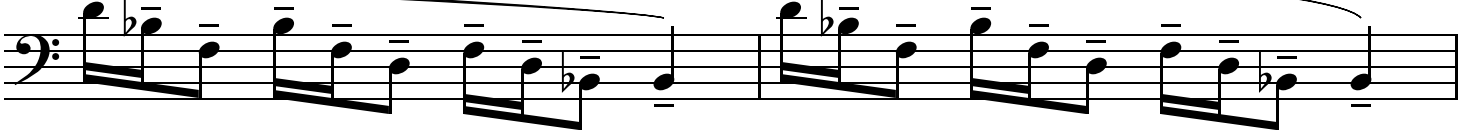


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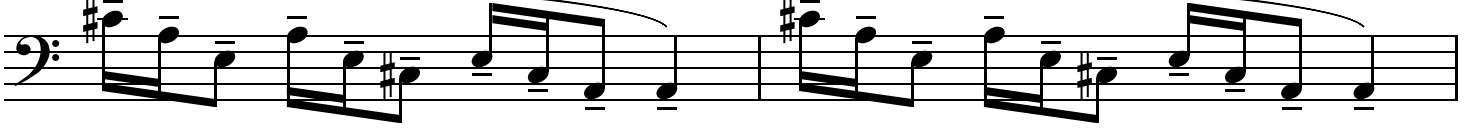


E Tumble Stairs- Again, sustain of movement of air is good. Overblowing quantity of air can cause more long run problems here- Make sure your ratio of buzz to air is equal so the tongue can pass loosely into place.

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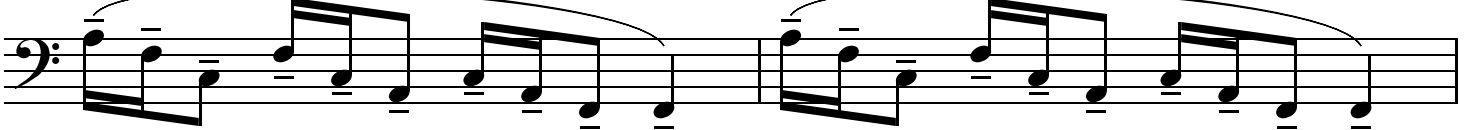
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