



Qualities of a Great Breath

by Sean Reusch

- Relaxed
- Quiet
- Even
- Steady (always in motion)
- Gentle change from in to out and out to in (like a pendulum)
- Frictionless (as little resistance as possible)
- Allow your body to expand and contract freely

Always suck air in from the lips and blow out from the lips. Strive to breathe a high volume air with low air pressure. I love to say the syllable, "WHO", when I breathe in. Some people also say POE or HOE.

Quarter Note = 60

IN 4	Out 4	repeat 5 times
In 6	OUT 6	repeat 5 times
In 8	out 8	repeat 5 times
In 10	out 10	repeat 5 times

In 4	out 4
In 2	out 6
In 1	out 7

In 1	out 1
In 2	out 2
In 3	out 3
In 4	out 4
In 5	out 5
In 6	out 6

In 7 out 7
In 8 out 8
In 6 out 8
In 4 out 8
In 2 out 8
In 1 out 8

In 1 out 1
In 1 out 2
In 1 out 3
In 1 out 4
In 1 out 5
In 1 out 6

In 1 out 3 repeat 10 times
In 1/2 out 3 1/2 repeat 10 times
In 1/4 out 3 3/4 repeat 10 times

In in out
2 2 4

in in in in out out out out
1 1 1 1 1 1 1 1

in in in in out
1 1 1 1 4

in in in out
1 1 1 4

in in out
1 1 4

in out
1 4

in out in out in out in out in out in out
1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2

in 4 hold 4 out 4 hold 4

in 6 hold 6 out 6 hold 6

Quarter note = 60

Repeat each line 4 times

The image shows three lines of musical notation in bass clef, 4/4 time. Each line consists of six measures, each containing a quarter note. The notes are G2, F2, E2, D2, C2, and B1. Above each note is a label: 'Out' for G2, F2, and E2; 'In' for D2, C2, and B1. The first line has no slurs. The second line has slurs over the first two measures (G2, F2), the next two measures (E2, D2), and the last two measures (C2, B1). The third line has slurs over the first measure (G2), the next two measures (F2, E2), the next two measures (D2, C2), and the last measure (B1).