TROMBONE 101

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	out2
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   out8
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 ½   out 3 ½   repeat 10 times
In ¼   out 3 ¾   repeat 1o 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
½	½	½	½	½	½	½	½	½	½	½	½

in 4   hold   4   out 4   hold 4

in 6   hold 6 out 6   hold 6

Quarter note = 60

Repeat each line 4 times