



Breathing Correctly

Patricia DiLutis
Clarinet

Good Breath #1

- Put one hand on your stomach and one your chest: relax and take a deep breath
- For a good breath, your abdomen needs to relax and expand
- Your back could also expand
- Your chest could also expand, but only after your abdomen

Good Breath #2

- Before falling asleep, notice your stomach moving up and down, but not your shoulders

Diaphragm stretching exercise: lungs must be exercised in order to work properly

Set metronome to ♩ = 60

Relax

Breath in for 5 beats

Hold the air and pack it down

Breath 2 more times and pack the air down again

Hold for 8 beats

Purse lips and let the air out for 8 counts

-Pursed lips help to feel the compression of air, similar to playing

-Try to see the results

Play an open G for as long as possible at ♩ = 60 : count how long it was

Complete the diaphragm stretching exercise

Try the open G again at ♩ = 60

Great—it works!

-Do the Diaphragm stretching exercise once or twice daily to ensure a your best breathing habit!