



# Trombone Breathing

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- Breathing is the biggest issue that young low brass players experience
  - Players must learn how to breath, how deeply to breath, and then how to use the air
  
- Breathing Exercise #1:** helps to stretch out the lungs and get the diaphragm working
  - Make sure you are sitting down in case of getting light-headed
  - Exhale everything
  - Make a seal with back of your hand on your mouth
  - Imagine inhaling strongly through the palm
  - Then let go when it becomes too much and let all the air in
  - The lungs can hold about two 2-liter soda bottles worth of air
  - Once full of air, add the opposite exercise:
    - Make a seal with the back of your hand on your mouth
    - Imagine blowing through the hand
    - Let go when it becomes too much and let all the air out
  
- Start to think only about inhaling
  - Fill up to the bottom of your lungs
  - Let nature take over by exhaling and equalizing the vacuum made from the inhale
  
- Breathing Exercise #2:** train your body to take a proper breath
  - Practice a simple melody: I recommend one from the [Bordogni Vocalises](#) book
  - Stop after every phrase and take a relaxed and full breath
  - When breathing correctly, you will need fewer breaths
  - You will start taking the full breaths faster and faster