

Breathing Gym Exercises

In the beginning before we do any breathing, we need to do some stretches in order to maximize the outcome of these exercises.

Pre-Breathing Stretches(Feet should be shoulder width apart)

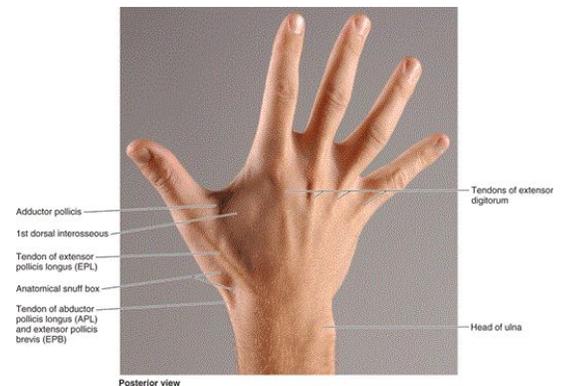
- Trunk Twist
 - Arms up like you are hugging a huge beach ball
 - Rotate back and forth slowly and maximize each time you go back and forth
- Flop Over
 - Loose arms
 - Neck
 - Upper Body
- Neck Roll
 - Roll forward with chin touching chest, do ***NOT*** tilt head back

Flow Studies: stimulate regular breathing patterns used while playing—move air without resistance or tension. Monitor the air during these exercises to ensure that the air is constantly and consistently moving in and out (comfortably full to comfortably empty).

- In for X amount of air, release for same amount of time
- Shorten Inhalation(in 4 out 4, in 3 out 4, in 2 out 4, etc.)
 - Variations(4-4, 3-5, 2-6, etc)
- Shorten Exhalation(4-4, 4-3, 4-2, etc)
 - Variations(4-4, 5-3, 6-2, etc)

Daily Breathing Gym Exercises

1. **Pop**(can do double pop)
 - a. Have your right hand in front of your mouth
 - b. Exhale **ALL** of the air in your system
 - c. Quickly breathe in and attach your hand(1st dorsal interosseous)
 - d. Hold for two seconds(make sure you are fighting for air!)
 - e. Should hear a POP of air(should be a good inhale)
 - f. Exhale(arms up in the air)



g. BIG SIGH(arms down/flop)

2. The Dragon

- a. 5 beats, Quarter notes breathes(80 BPM)
 - i. Variation: you can do eighth note subdivision
- b. Use your hand to “direct” the air into your mouth
- c. Sip air twice
- d. Exhale like a dragon!
- e. Breathe in and sigh(arms up and down)

3. **Ee to Oh**(should be rough in the beginning with air intake but it should end frictionless at the end)

- a. 5th grade smile!
- b. Breathe in and out fast
- c. Relaxing as you go along
- d. Should be shallow sounding in the beginning then it should sound full at the end
- e. As you finish exhaling, breathe in nice and slow and send your air calmly to the other side
- f. BIG SIGH(arms up and down flop)

4. Paper AIRplanes

- a. No tension in your body whatsoever, very soft
- b. Big inhale
- c. Use an ‘OH’ syllable
- d. Can use your arm as a visual
- e. Pretend you are guiding your airplane to the other side of the room
- f. Repeat twice above
- g. BIG SIGH(arms up and down flop)

5. Wind Patterns

- a. Ode to Joy
 - i. Very Soft
 - ii. Two beat inhale
 - iii. Have hand close to mouth with palms facing you
 - iv. Listening for ‘Oh’ shape
 - v. Constantly breathing full
 - vi. Constantly using good amount of air