



# Body Basics

## POSTURE AND AIR

Name \_\_\_\_\_

Period (circle): 1 2 3 4 5 6 7 8

### INTRODUCTION:

You do things a little different when you learn to play an instrument! Always do your best and check that you are ALWAYS 'set' before you play. If you build a strong foundation you have a much greater chance of success!!!

### DIGGING DEEPER:

**Posture:** How I \_\_\_\_\_, or \_\_\_\_\_ in band.

Things to check:

- ① Head, Neck, and back \_\_\_\_\_,
- ② One \_\_\_\_\_ place,
- ③ Feet \_\_\_\_\_ on the floor.

### Air/Breath:

- ① Breath through \_\_\_\_\_ not \_\_\_\_\_.
- ② Breathe in \_\_\_\_\_
- ③ Fill \_\_\_\_\_ completely.



### PRACTICE:

**Air visualizer:** Mark below with a pencil what kind of air you are using. Your goal is to draw a perfectly straight & steady line! If you drop your air pressure your line should go down. If your air is shaky your line should be jagged. Etc. You can use the back of this page to practice more.



### MUSIC ACTION:

*Practice more on the back!*

- ① **Posture:** Practice sitting and standing up using a good 'practice chair'
- ② **Air Target:** Pin a piece of paper to the wall using your air.
- ③ **Air Mover:** Use your hands to visualize breathing in and out. Start with your hand all the way out. Draw your hand in (palm facing you) as you breathe in. Push your hand out (palm facing out) as you blow out. Keep your counts even by using a metronome!
- ④ **Paper Airplane:** Breathe in as you draw the airplane back. Release the airplane and blow out as long as the airplane is in the air. See how long you can keep your airplane in the air!