

LESSON ONE

NOTE: THIS LESSON HAS TWO PARTS.

PART I:

1. Big breath.
2. Do not hold back.
3. Hold the note as long as possible with a crescendo at the end. Hold the note until all air is gone and longer (until your stomach shakes).
4. Take the horn off your mouth and rest as long as you have played.
5. Continue down in this manner as written as far as you can, and strive to go a little farther each day.
6. Rest between each note.
7. The lesson is an example. It may take some time to go as far as I have written or you may go farther than I have written. Go as far as you can and make three attempts to go on. When you have gone as far as possible, rest for 15 minutes and go to Number II.

PART II:

1. Practice in same way as Number I.
2. As you go higher, blow stronger, step on the gas, think "Teee" on higher notes.
3. When you get as high as possible, make three attempts to go on. Then rest one hour before you play anymore.

Part I



Rest at least 15 minutes.

Continue down
as far as
possible.