VALVE EXERCISE





IF THE NOTES MARKED WITH + SEEM TO SOUND ROUGH OR UNCLEAR, NOTICE IF YOUR VALAES ARE HITTING AT THE SAME TIME.

IF THEY ARE UNEVEN, PLANT YOUR SECOND VALVE FINGER ON ITS VALVE AND ROTATE YOUR HAND FIRST TOWARDS YOUR BELL AND THEN AWAY FROM THE BELL.

IF YOUR THIRD VALVE IS HITTING LATE, ROLL TOWARDS THE BELL AND IF IT IS EARLY, ROLL AWAY FROM THE BELL.

ONCE YOU HAVE FOUND THE PROPPER POSITION PLAY THE EXERCISE AGAIN AND REMEMBER WHERE IT WORKS BEST

