

## Breathing Clinic Notes

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- I. Anatomy
  - a. Parts involved in breathing/respiratory system
    - i. Lips
    - ii. Mouth
    - iii. Throat
    - iv. Trachea/windpipe(located in front of esophagus)
    - v. Larynx(Adam's apple)
    - vi. Diaphragm
    - vii. Lungs
    - viii. Heart(carries oxygen to all parts of body)
  - b. Location
    - i. Thorax/upper torso (protected by ribcage)
      - 1. Heart
      - 2. Lungs
    - ii. Abdomen/lower torso (below ribcage)
      - 1. Digestive system(stomach, liver, intestines, etc)
    - iii. Diaphragm (between upper torso and lower torso)
  - c. Diaphragm
    - i. Commonly misunderstood
    - ii. Dome-like involuntary muscle
    - iii. Can't control it
    - iv. Inhaling-the dome lowers and squishes the organs in the lower torso causing "fat belly"
    - v. Exhaling-the dome raises again and pushes the air out of the lungs for you, there is no need to force out air
  - d. Breathing Wisdom
    - i. Breathing is a natural occurrence, we've been breathing since just after we were born. Don't think about it too much, just do it more efficiently while playing music. Deeper breaths are better for sound.
- II. Stretches
  - a. Tension Release (tight gripping then loose)
  - b. Neck (forward, side to side, up and down on each side)
  - c. Shoulders & Arms (circles, across, back)
  - d. Chest & Back (cross arms in front, hands together/down in back)
  - e. Torso (twists, leaning side stretches)

### III. Exercises

- a. Goal is Suction without Friction
- b. Throat is always open, except when we close it
- c. DISCLAIMER, You may get dizzy doing these exercises, if this happens, please stop, sit down, and breathe normally until dizziness is gone. Yawning may also occur.
- d. Suck air "through" hand, feel the friction, take hand away to let air rush in
- e. Suck air through straw, feel the friction
- f. Suck air through tubes-lack of friction (1/2 inch PVC pipe-Home Depot)
  - i. This is the goal, the perfect shape of mouth (^only 21 cents ^)
  - ii. Usually can say "oh", "doh", or "who" to get right shape
- g. You can use your hand to help guide your air
  - i. Place fingers against lips to feel and hear air rushing in
  - ii. Reach out your hand to make a target for blowing out
- h. Goal of next exercises: completely empty to completely full in time frame
- i. QUIET & EVEN air
- j. hisssssssss to empty lungs completely

Practice these at home and before playing instruments at school.

Metronome-60 bpm (secondhand on a watch)

Extend the inhale

4 beat inhale, 4 beat exhale-repeat 2X

5 beat inhale, 4 beat exhale-repeat 2X

6 beat inhale, 4 beat exhale-repeat 2X

7 beat inhale, 4 beat exhale-repeat 2X

8 beat inhale, 4 beat exhale-repeat 2X

9 beat inhale, 4 beat exhale-repeat 2X

10 beat inhale, 4 beat exhale-repeat 2X

Shorten the inhale

4 beats in, 4 beats out 2X

3 beats in, 4 beats out 2X

2 beats in, 4 beats out 2X

1 beats in, 4 beats out 4X

½ beat(8<sup>th</sup> note) inhale, 4 beat exhale 4X

Prep Beats in Music are usually a quarter note, a full beat.

**WATCH CONDUCTOR AND BREATHE TOGETHER!!!**

For more information about breathing:

The Breathing Gym by Sam Palafian and Patrick Sheridan (books and DVD)

The Structure and Movement of Breathing: A Primer for Choirs and Choruses

By Barbara Conable

What Every Musician Needs to Know About the Body By Barbara Conable

Song and Wind: Arnold Jacobs by Brian Fredericksen

Various online sources, google, yahoo, ask.com, searches, & Tuba websites