

Relaxation Studies

Use one full breath for each phrase. Relax and release the air as you progress through each phrase. Strive to maintain a full, resonant sound and even timbre through each phrase.

Exercise #1

Exercise #1 consists of six staves of music in bass clef, 2/4 time, with a key signature of one flat (B-flat). The first staff begins with a dynamic marking of *mf*. Each staff contains two phrases of music, each phrase spanning two measures and ending with a fermata. The notes in each phrase are: Staff 1: B2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2; Staff 2: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2; Staff 3: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2; Staff 4: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2; Staff 5: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2; Staff 6: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2.

Repeat the same procedure as above for the following exercises. Continue down to the low C flat at bottom of phrase. A quick breath may be necessary during Exercise #3.

Exercise #2

Exercise #2 consists of one staff of music in bass clef, 2/4 time, with a key signature of one flat (B-flat). The staff contains two phrases of music, each phrase spanning two measures and ending with a fermata. The notes in each phrase are: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2.

Exercise #3

Exercise #3 consists of one staff of music in bass clef, 2/4 time, with a key signature of one flat (B-flat). The staff contains two phrases of music, each phrase spanning two measures and ending with a fermata. The notes in each phrase are: Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2, Bb2.