

Flow Studies #1

1. Keep the same quality of sound on each note
2. Blow air continuously and connect the notes in a linear fashion as if playing a long tone.
3. Crescendos to the top of the phrase will develop strength; while decrescendos to the top and crescendos to the end will work range of motion and promote flexibility and response. Vary the use of both, but never with a stressful sound.
Always proceed with ease and foster relaxation.

Adapted from
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