

## Posture

the edge of your chair, and always keep your:
 

- ne straight and tall
- shoulders back and relaxed
- feet flat on the floor

## Breathing & Airstream

Breathing is a natural thing we all do constantly. To discover the correct way to play your instrument:
 

- Place the palm of your hand near your mouth.
- Breathe deeply through the corners of your mouth, keeping your shoulders steady. Your waist should expand like a balloon.
- Quietly whisper "too" as you gradually exhale air into your palm.

The air you feel is the airstream. It produces sound through the instrument. Your tongue is like a faucet or valve that releases the airstream.

## Producing The Essential Tone

The embouchure (*ahm'-bah-shure*) is your mouth's position on the mouthpiece of the instrument. A good embouchure takes time and effort, so carefully follow these steps for success:

### REED PLACEMENT

1. Place the thin end of the reed in your mouth to moisten it thoroughly. Working at the flat side of the mouthpiece, the ligature screws extend to your right. Slide the ligature up with your thumb. 2. Press the flat side of the reed against the mouthpiece under the ligature. 3. Move the ligature and position the reed so that only a hairline of the mouthpiece can be seen above the reed. 4. Gently tighten the ligature screws.

### EMBOUCHURE

1. Moistening your lips and roll the lower lip over your bottom teeth. 2. Center the mouthpiece on your lips and place it in your mouth about 1/2 inch. 3. Press your upper teeth directly on the mouthpiece. The reed rests on the lower lip over the teeth. 4. Use your mouth around the mouthpiece, like a rubber band. Your facial muscles all support and cushion your lips on the mouthpiece. 5. Relax your chin down and slightly relaxed.

## Taking Care Of Your Instrument

Before putting your instrument back in its case after playing, do the following:

- Remove the reed, wipe off excess moisture and return it to the reed case.
- Remove the mouthpiece and wipe the inside with a clean cloth. Once a week, wash the mouthpiece with warm tap water. Dry thoroughly.
- Loosen the neck screw and remove the neck. Shake out excess moisture and dry the neck with a neck cleaner.
- Drop the weight of a chamois or cotton swab into the bell. Pull the swab through the body several times. Return the instrument to its case.
- Your case is designed to hold only specific objects. If you try to force anything else into the case, it may damage your instrument.

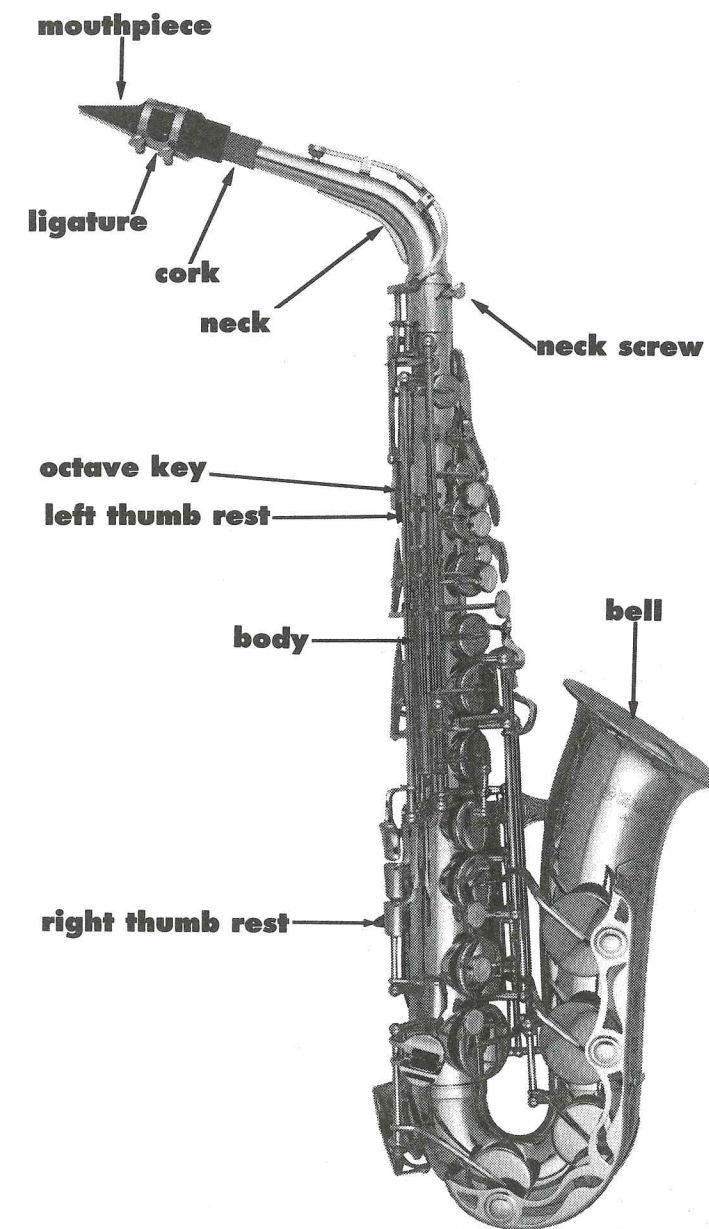
If you just played the MOUTHPIECE WORKOUT, begin by carefully removing the reed. Otherwise, take the reed from its case.

**Step 1** Carefully put the thin end of the reed in your mouth to moisten thoroughly. Rub a small amount of cork grease on the neck cork, if needed. Clean hands.

**Step 2** Hold the body of the saxophone near its upper end and remove the end plug. Loosen the neck screw and gently twist the neck into the body. Be careful not to bend any keys. Tighten the neck screw.

**Step 3** Carefully twist the mouthpiece on the neck so that approximately 1/2 of the cork remains uncovered. Place the reed on the mouthpiece (see page 2).

**Step 4** Place the neck strap around your neck and attach the hook to the ring on the back of the saxophone. Adjust the length of the strap so you can comfortably put the mouthpiece in your mouth.



**Step 5** Place your right thumb under the thumb rest. Put your left thumb diagonally across the left thumb rest. Your fingers should curve naturally. Hold the instrument as shown at left:



## READING MUSIC

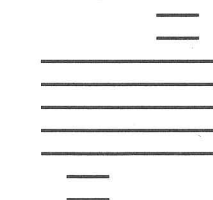
Identify and draw each of these symbols:

### Music Staff



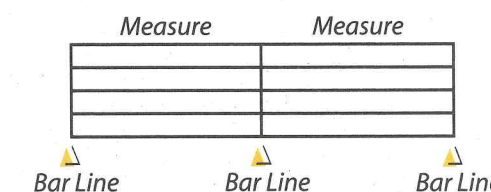
The **music staff** has 5 lines and 4 spaces where notes

### Ledger Lines



**Ledger lines** extend the music staff. Notes on ledger lines can

### Measures & Bar Lines



**Bar lines** divide the music staff into **measures**.

## MOUTHPIECE WORKOUT

Form your embouchure around the mouthpiece, and take a deep breath without raising your shoulders. Whisper "too" and gradually exhale your full airstream. Strive for an even tone.

