



# Body Basics

## Posture & Air

Name: \_\_\_\_\_ [www.staleyband.org/theory](http://www.staleyband.org/theory)

**Introduction:** You do things a little different when you learn to play an instrument! Always do your best and check that you are ALWAYS 'set' before you play. If you build a strong foundation you have a much greater chance of success!!!

**Posture:** How I \_\_\_\_\_, or \_\_\_\_\_ in band.

*Things to check:*

- 1) Head, neck, and back \_\_\_\_\_,
- 2) One \_\_\_\_\_ place,
- 3) Feet \_\_\_\_\_ on the floor

"My goal is \_\_\_\_\_ (or P3)."

### **Breathing:**

Breath through \_\_\_\_\_ not \_\_\_\_\_.

Breathe in \_\_\_\_\_

Fill \_\_\_\_\_ completely.

### **Action!:** Practice the concepts above and try out some new ideas below!

- **#BandChair:** Find your practice chair! Post a selfie in your chair using #bandchair #staleyband
- **Up Down:** Practice sitting and standing up in your practice chair- use 'P3'!
- **Cold/Hot:** Practice breathing in cold air and blowing out hot air (like fogging up a mirror).
- **Cold/Cold:** Practice breathing in cold air and blowing out cold air.
- **Birthday Candle:** hold up your pointer finger in front of your mouth. Focus your airstream on the tip of your finger. Keep your air calm and steady. *What happens if you change the size of your aperture?*
- **Air Target:** Pin a piece of paper to the wall using your air. Focus on a fast, steady airstream.
- **Paper Airplane:** Breathe in as you draw the airplane back. Release the airplane and blow out as long as the airplane is in the air. See how long you can keep your airplane in the air!
- **Bubbles:** go outside and blow bubbles! What happens if you use too much air or not enough?
- **Make up your own!** Take notes and share if you come up with something fun!