

TONE 4 SAX – EMBOUCHURE EXERCISES 2

The following exercises will help in relaxing your embouchure and improving your breathing.

1. TOP LIP UP

- Hold a long note.
- Raise up your top lip so it no longer seals. You may need to use your right hand to lift your top lip. Lots of air will escape.
- If your sound disappears when you do this it means you need to be blowing more air. Play a scale or short piece with your top lip up, pushing hard from your diaphragm.
- Close your lip and play as normal but this time blow air as though your lip is still up.

2. COMPLETELY RELAX MOUTH

- Hold a long note.
- Keep your lips sealed so air can't escape but relax as much of your mouth as possible. Let your jaw drop and your cheeks puff.
- With no pressure on the reed the only thing getting the sound out is your breath. If no sound comes out you have been relying too much on squeezing the reed. Focus on breathing firmly from your diaphragm while your mouth remains relaxed until you can produce a sound. [it won't be a nice sound!]

3. VOWEL SHAPES

- Hold a long note.
- Slowly shape the back of your throat as though you are reciting your vowels – A E I O U. Exaggerate the shape – make it big as though you were loudly singing.
- Play some scales or pieces experimenting with each vowel shape. They will change your tone and pitch.