

Breathing scales

Play a 2 octave scale

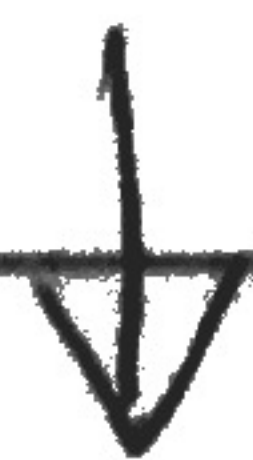
IN 1 BREATH

playing at a soft dynamic
is fine

1st week ♩ = 80 one note per beat

2nd week ♩ = 76

3rd week ♩ = 72



you might need to start
extending to 2/3 weeks on 1

GOAL ♩ = 52