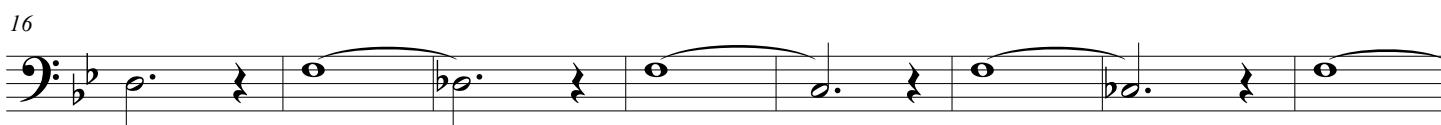
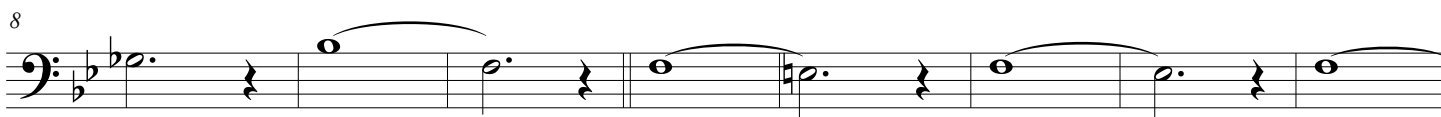


# Nutrients III, Long Tones

Daily Maintenance for Healthy Brass Playing

Brian L. Diehl

♩ = 60



1. Think about Sound Quality- Warm and Stable Airstream, Breathing on the Rests.
2. Try adding gradual Crescendo and Diminuendo,
3. Maximize your Breaths! Seven full counts through your instrument, then one beat for a Giant Breath!
4. Continued use of a Tuner is recommended
5. Imagine your sound as it exits your bell, in 3 dimensions...what shape is it?
6. Try tapping your toe INSIDE YOUR SHOE along with the metronome beats, at 60bpm.
7. Imagine your most favorite sound in the world... can you make your sound imitate your favorite sound that you imagined in your head?