**Easy Basics - 15 minutes**

**Step 1:** Wake up the body - stretch, breathe, find a happy attitude

**Step 2:** Wake up the musician - Play a tune or two!

**Step 3: Wind-ups and Deliveries** - Natural breaths, blow freely - Easy, free delivery w/Momentum ('Tossy')

**Step 4: Easy Blow Patterns** - Play a wind instrument (not a lip instrument)

**Step 5: Tonguing** - Find the sweet spot of the tone

Rests are important! Get the horn off your face frequently - Touch the 'relax' button at every breath.
Step 0: Slow Slurs
Change keys every day. Alternate 'Steps' descending and 'Leaps' ascending.

Step 7: Arpeggios
Blow your way around the horn.
Play in 3 or 4 different keys - alter articulation and dynamics - go as high and low as possible.
Learner arpeggios in minor, augmented, and all four note harmonies (Maj6, Dom7, etc).

Step 8: Scales
With agility and momentum.
Play scales in 3 or 4 different keys - not just majors - alter articulation, dynamics, rhythms, etc.
Go as high and low as possible (change to 8th as necessary) - explore alternate positions!

Step 9: Play a Vocalise from "performance rep"

Step 10: Play a Technical Etude