

## PowerLung / Breath Builder Exercises

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Before starting, do some deep / low breathing without the device. Make sure you're not tense, and are not in a hurry. Let these exercises take the time they require. The duration of this Breath Builder routine is approximately 30 minutes, however it can also be done quicker; it all depends on how picky you are with your own performance of the exercises. The better the focus, the more efficient development.

### 1. Air

While doing the breathing exercises shown on the next paragraph, use all 4 of the different versions of breathing. Version 1: this basically sounds like a diminuendo, it starts loud and gets softer the more air one breathes in. On the breathing out, the breath is the loudest in the start and makes a diminuendo the longer one is breathing out. Version 2: this is just the opposite of version 1, so the sound of the air should sound like a crescendo, it starts soft and gets louder the more air one breathes in. On the breathing out, the breath starts soft and gets louder the more air one breathes out. Version 3: breathe in the same way as in version 2 (the breathing sounds like a crescendo), but when you breathe out you start loud and make a natural diminuendo when you run out of air. Version 4: this time allow the same amount of air in and out on all beats, imagine a long stable forte, with no dynamical changes and be especially aware of the last beats.

The diagrams show four versions of breathing exercises on a horizontal line representing time. Each version is divided into 'Breathe in' and 'Breathe out' phases by a vertical line. Version 1 starts with a double bar line and a forte (*f*) dynamic, showing a gradual decrease in line height during both in and out phases. Version 2 starts with a double bar line and a piano (*p*) dynamic, showing a gradual increase in line height during both in and out phases. Version 3 starts with a double bar line and a piano (*p*) dynamic, showing a gradual increase in line height during the in phase and a gradual decrease during the out phase. Version 4 starts with a double bar line and a forte (*f*) dynamic, showing a constant line height for both in and out phases, with a dashed line for the out phase.

Find a metronome, put it on 80 bpm. Then use all the 4 different versions of breathing mentioned above, while you:

- breathe in on 2 beats and out on 2 beats. Repeat.
- breathe in on 3 beats and out on 3 beats. Repeat.
- breathe in on 4 beats and out on 4 beats. Repeat.

## 2. Tonguing

Use the same metronome mark, 80 bpm. Do every bar: staccato, tenuto, and double tongue (alternate between starting: TaKa and KaTa).

The image displays six musical staves, each representing a different tonguing exercise. Each staff begins with a double bar line and ends with a double bar line. The exercises are as follows:

- Staff 1: Four quarter notes.
- Staff 2: Four pairs of eighth notes, each pair slurred together.
- Staff 3: Four groups of three eighth notes (triplets), each group slurred together.
- Staff 4: Four groups of eighth notes, each group slurred together.
- Staff 5: Four groups of sixteenth notes, each group slurred together.
- Staff 6: Four groups of sixteenth notes, each group slurred together.

## 3. Vibrato

Put the metronome on c. 66 bpm, and simply increase and decrease the amount of air. Start as shown below, and eventually go faster and faster, so: quarter notes, eighth notes, triplets, sixteenth notes, quintuplets and sextuplets.

The image displays two musical staves illustrating vibrato exercises. Each staff begins with a double bar line and ends with a double bar line. The exercises are as follows:

- Staff 1: Two half notes, each with a vibrato line underneath.
- Staff 2: Four quarter notes, each with a vibrato line underneath.