

OpenMind clarinet basics

Farinelli Breathing

Every day basic exercise (approx. 15 min.)

Adapted from F.A. Pistocchi /
Accademia Filarmonica di Bologna around 1700

♩ = 66 - 60

I

Bi Bh Af Bi Bh Af

continue the same way

II

Bi Bh Af Bi Bh Af

c.t.s.w.

III

Bi Bh Af Bi Bh Af

c.t.s.w.

IV

Bi Bh Af Bi Bh Af

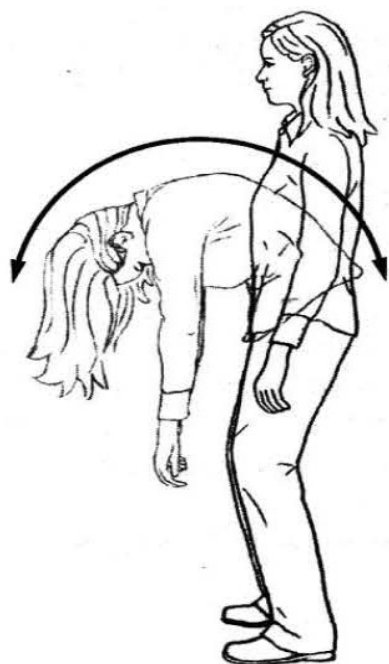
c.t.s.w.

Rules before you start to play...

1. Standing

2. Breathing

3. Airflow



Preparation

This little exercise helps to find the right standing. This end position* is the perfect posture to play with the best airflow. Neck, shoulder and elbows has to be relaxed. 5 times before start with Farinelli Breathing exercise

* basic posture in Qigong

Attach your instrument, relaxed embouchure

Farinelli Breathing, daily exercise...

- a. **Breath in (Bi)**: Take your breath through mouth and nose. Try to breathe steadily the whole first bar. Open the chest not the belly, diaphragm goes down.
- b. **Breath hold (Bh)**: The whole second bar. Hold your throat open, larynx goes down. Control your posture! Neck, shoulder and elbows must be relaxed!
- c. **Air flow (Af)**: Thru the mouthpiece but no sound (clear and full air noise) about the whole third and fourth bar.
- d. Start with the next bar, after playing entire I. Take a short rest, than continue with exercise II, etc.

More Information about OpenMind clarinet basics...



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