

# Basic Practice Routine - 2

1. Put the tuning slide back in
2. Take a deep, relaxed breath
3. Release a steady stream of air
4. Blow through each note, all the way to the end
5. Add more energy to the sound for higher notes
6. Relax fully in the rests. Don't jump ahead!

## Long Tones (tuning slide back in)

Wm. Adam / Kerry England

