

**To avoid the “Pushing Breath” and  
start the practice/warmup session  
with the feeling of blowing through the  
instrument, do this (every day):**

**Breathe in fully, short pause,  
then take a little more.**

**To begin the note, just relax and  
let the air and a little upward pressure  
of the teeth through the bottom lip  
do the work.**

**DO NOT PUSH AIR**

**Excessive internal air pressure distorts your  
perception of loudness.**

**The tone sounds and feels wrong.**