

# Embouchure Relaxation Exercise

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- 1.) Pick any note. Start with at a moderate volume. Crescendo to a full forte dynamic and hold the note.

Bassoon

mp

f

- 2.) Pick any note. Start with at a moderate volume. Crescendo to a full forte dynamic and hold the note. Release the note without removing lips from the reed. Rearticulate the note at the previous volume.

Do not remove lips from reed.

Rearticulate the note.

mp

f

f

- 3.) Pick any note. Relax the embouchure by making an "Ahhhh" motion with the jaw and relaxing the lips. Do not stop if the note goes flat or the tone changes drastically.

gliss.

- 4.) Pick any note. Relax the embouchure by making an "Ahhhh" motion with the jaw and relaxing the lips. Do not stop if the note goes flat or the tone changes drastically. Release the note without removing lips from the reed. Rearticulate the note at the previous volume.

gliss.

Do not remove lips from reed.

Rearticulate the note.

f