



Band Virtual Learning

7th Grade Band

May 4th, 2020



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Lesson: May 4th, 2020

Objective/Learning Target:

Students will learn some more breathing exercises

Let's Get Started with a Quick Review:

Let's first do the breathing exercises we have already learned.



Review : Breathing Exercises

1. Start with checking your posture while seated in a chair. If it is possible, position yourself in front of a full-length mirror.
2. Take a deep breathe and hold for 4 counts
3. Next, sizzle out the air for 4 counts.
4. Repeat the same exercise but increase the amount of counts 8,12,etc.
5. It is important to sizzle your air for the same amount of counts that you held it for, one solid continuous sizzle.

Click [HERE](#) for a video explanation!



The Breathing Gym

Sam Pilafian and Patrick Sheridan developed this versatile recipe of stretches, flow studies, breathing patterns, and strength and flexibility exercises are all presented in a fun, clear format that would work equally well in a private lesson situation or group rehearsal setting. Through careful exercises, Sam and Patrick take you through every step along the way that you'll need to producing a larger, deeper, fuller tone on your instrument!



Meet The Guys!

In the introduction of the video you will get a look at the fun way that these two gentleman are going to present these exercises. The time will be given where each exercise begins and ends. A link will be provided on each page.

[The Breathing Gym](#)



Warm up #1, #2, & #3

Warm up # 1 begins at [2:05](#)

Warm up # 2 begins at [5:38](#)

Warm up #3 begins at [9:28](#)



Tone #1, #2, & #3

Tone #1 begins at [15:07](#)

Tone #2 begins at [19:42](#)

Tone #3 begins at [23:18](#)



Extra Learning Opportunities

There are 3 other sections of the breathing gym that build upon what you did in the first video.

[Breathing Gym #2](#)

[Breathing Gym #3](#)

[Breathing Gym #4](#)



Great Players!

Check out what type of world class players Patrick and Sam are. Unfortunately Sam passed away a couple of years ago, but his body of work still lives on.

[Patrick Sheridan](#)

[Sam Pilafian](#)