



Posture

Feet Flat (on the floor)

Fanny Front (4 inches off the back of the chair unless their feet are dangling, then the edge of the chair)

Sit Tall (back straight, but not tense)

Chin Up (parallel to the ground)

When students have all four elements down well....

Posture Check

Breathing (hand only and instrument)

Oh

Wind Sound (no sippy breaths!)

Stomach out

Steady air (use all counts when exhaling/ regulated air)

Embouchure

After students understand the basics of forming their embouchure...

Mirrors (use in class for the first 6-8 weeks, and then again every few weeks)

"If I can get them to look good with their embouchure without playing, when they do play they will generally sound good" - *Aaron Vogel, former assistant director of bands Fossil Ridge High School*

Set (like a statue before you breathe and play, no movement)

"The number one error I hear from bands, whether middle school, high school, or drum corp, are poor attacks caused by not having the embouchure set and ready to go before playing." - *Richard Saucedo, Composer, Retired Public School Educator*

Straight Line Sound (no bumps in your sound)