

THE BREATHING BOOK

The Breathing Book is an innovative tutorial designed to help musicians learn the truth about breathing. For maximum benefit, learn the breathing facts by reading the individual editions of The Breathing Book and apply the knowledge to your instrument in musically meaningful ways.

This sample will introduce you to the principles behind The Breathing Book. Whenever you see a triangle-shaped note head, inhale fully and comfortably. A square-shaped note head means blow through your instrument without producing a tone. When blowing with no sound, strive for a generous “whoosh” of wind past tubing. Get the feel of moving air through your instrument. Ultimately, this feel is the key to creating resonance.

This version of The Breathing Book has been harmonized so you can use it together with other musicians. This allows you to strive for a collective resonance which further enhances your experience.



Visit www.mountainpeakmusic.com to purchase individual editions of The Breathing Book, featuring many more activities, helpful images and detailed explanations.

Move your Ribs

David Vining

♩ = 100-144

Count the Blows 1 2 3 4 5 _____

Trumpet in B \flat 1

Trumpet in B \flat 2

Horn in F

Trombone

Tuba

5 Inhale over 4 beats

B \flat Tpt. 1

B \flat Tpt. 2

Hn.

Tbn.

Tuba

f

2
9

Count the Blows 1 2 3 4

B \flat Tpt. 1

B \flat Tpt. 2

Hn.

Tbn.

Tuba

Count the Blows 1 2 3 4

Count the Blows 1 2 3 4

Count the Blows 1 2 3 4

Count the Blows 1 2 3 4

13

5

Inhale over 4 beats

B \flat Tpt. 1

B \flat Tpt. 2

Hn.

Tbn.

Tuba

5

Inhale over 4 beats

5

Inhale over 4 beats

5

Inhale over 4 beats

5

Inhale over 4 beats

f

f

f

f

f

17

Count the Blows 1 2 3

B \flat Tpt. 1

B \flat Tpt. 2

Hn.

Tbn.

Tuba

21

3 4 5 ————— Inhale over 4 beats

B \flat Tpt. 1

B \flat Tpt. 2

Hn.

Tbn.

Tuba

f

f

f

f

f

4
25

Count the Blows

B \flat Tpt. 1

Count the Blows

B \flat Tpt. 2

Count the Blows

Hn.

Count the Blows

Tbn.

Count the Blows

Tuba

29

Inhale over 4 beats

B \flat Tpt. 1

Inhale over 4 beats

B \flat Tpt. 2

Inhale over 4 beats

Hn.

Inhale over 4 beats

Tbn.

Inhale over 4 beats

Tuba

33

B \flat Tpt. 1
f

B \flat Tpt. 2
f

Hn.
f

Tbn.
f

Tuba
f

37

B \flat Tpt. 1
Count the Blows 1 2 3 4 5

B \flat Tpt. 2
Count the Blows 1 2 3 4 5

Hn.
Count the Blows 1 2 3 4 5

Tbn.
Count the Blows 1 2 3 4 5

Tuba
Count the Blows 1 2 3 4 5

Inhale over 4 beats

B \flat Tpt. 1

Musical staff for B \flat Tpt. 1. The staff begins with a triangle symbol. The first measure contains a whole note G \sharp 4. The second measure contains a whole note G4. The third measure contains a whole note F4. The fourth measure contains a whole rest. A dynamic marking of *f* is placed below the first measure.

Inhale over 4 beats

B \flat Tpt. 2

Musical staff for B \flat Tpt. 2. The staff begins with a triangle symbol. The first measure contains a whole note G4. The second measure contains a whole note F4. The third measure contains a whole note E4. The fourth measure contains a whole rest. A dynamic marking of *f* is placed below the first measure.

Inhale over 4 beats

Hn.

Musical staff for Horn. The staff begins with a triangle symbol. The first measure contains a whole note G4. The second measure contains a whole note F4. The third measure contains a whole note E4. The fourth measure contains a whole rest. A dynamic marking of *f* is placed below the first measure.

Inhale over 4 beats

Tbn.

Musical staff for Trombone. The staff begins with a triangle symbol. The first measure contains a whole note G3. The second measure contains a whole note F3. The third measure contains a whole note E3. The fourth measure contains a whole rest. A dynamic marking of *f* is placed below the first measure.

Inhale over 4 beats

Tuba

Musical staff for Tuba. The staff begins with a triangle symbol. The first measure contains a whole note G2. The second measure contains a whole note F2. The third measure contains a whole note E2. The fourth measure contains a whole rest. A dynamic marking of *f* is placed below the first measure.

Move your Ribs

David Vining

$\text{♩} = 100-144$

Count the Blows 1 2 3 4 5

5 Inhale over 4 beats *f*

10 Count the Blows 1 2 3 4 5 Inhale over 4 beats

15 *f* Count the Blows

20 1 2 3 4 5 Inhale over 4 beats *f*

25 Count the Blows 1 2

30 3 4 5 Inhale over 4 beats *f*

35 Count the Blows 1 2 3 4

40 5 Inhale over 4 beats *f*

Move your Ribs

David Vining

$\text{♩} = 100-144$

Count the Blows 1 2 3 4 5 _____

5 Inhale over 4 beats

10 Count the Blows 1 2 3 4 5 _____ Inhale over 4 beats

15 _____ Count the Blows

20 1 2 3 4 5 _____ Inhale over 4 beats

25 _____ Count the Blows 1 2

30 3 4 5 _____ Inhale over 4 beats

35 _____ Count the Blows 1 2 3 4

40 5 _____ Inhale over 4 beats

Move your Ribs

David Vining

♩ = 100-144

Count the Blows 1 2 3 4 5

5 Inhale over 4 beats

10 Count the Blows 1 2 3 4 5 Inhale over 4 beats

15 Count the Blows

20 1 2 3 4 5 Inhale over 4 beats

25 Count the Blows 1 2

30 3 4 5 Inhale over 4 beats

35 Count the Blows 1 2 3 4

40 5 Inhale over 4 beats

Move your Ribs

David Vining

♩ = 100-144

Count the Blows 1 2 3 4 5

5 Inhale over 4 beats *f*

10 Count the Blows 1 2 3 4 5 Inhale over 4 beats

15 *f* Count the Blows

20 1 2 3 4 5 Inhale over 4 beats *f*

25 Count the Blows 1 2

30 3 4 5 Inhale over 4 beats *f*

34 Count the Blows 1 2

39 3 4 5 Inhale over 4 beats *f*

Move your Ribs

David Vining

♩ = 100-144

Count the Blows 1 2 3 4 5 _____

5 Inhale over 4 beats

10 Count the Blows 1 2 3 4 5 _____ Inhale over 4 beats

15 _____ Count the Blows

20 1 2 3 4 5 _____ Inhale over 4 beats

25 _____ Count the Blows 1 2

30 3 4 5 _____ Inhale over 4 beats

35 _____ Count the Blows 1 2 3 4

40 5 _____ Inhale over 4 beats