Article Summary

*Pedagogy (3)*

**Citation**: *Breath Control Without Turning Blue*. Flute Explorer, Dec 1999, p 11.

**Article Title**: *Breath Control Without Turning Blue*

**Author**: unknown

**INSTRUMENT**: Flute

**Magazine or Journal Title**: Flute Explorer

**Summary**:

1. The amount of breath control we have can determine how successful we are in developing good tone quality, intonation, phrasing, technique, and musicality.
2. Controlling the breath depends on air capacity, rationing of breath, and releasing the notes.
3. When you are breathing, make sure that you simultaneously open the mouth, flatten the tongue to eliminate noisy breathing, and push the abdomen out or expand the waist area to fill the lungs deeply.
4. Air Capacity
   1. Exercise provided to increase air capacity and fill the lungs with air without tension.
5. Rationing of breath
   1. Make a small opening between the lips but keep the corners of the mouth firm.
   2. The smaller the aperture, the less air escapes.
   3. Reserve air
6. Approach and Release of Notes
   1. Do not let the air stream sag when ending a note.
   2. Use all of the air in your lungs.
   3. Tone quality will improve with good breath control.