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)

EmbouchureAfter 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)