

# Calisthenics - Lessons 1 & 2

by Carmine Caruso

## The Four Rules

1. Tap your foot (to establish proper timing).
2. Keep the mouthpiece on the lips, and the embouchure set in position.
3. Blow the air steadily.
4. Breathe only through the nose.

## LESSON 1

### Exercise 1: Breath Attack

B = Breath attack (start sound with air only; no tongue)

T = Tongue normally

B T T sim.

### Exercise 2: Intervals in 2nds

Slur (don't tongue) the intervals

Continue as high as possible until no sound comes out

etc.

## LESSON 2

### Exercise 3: Intervals in 3rds (as above)

The same exercise can be done using intervals in 4ths, 5ths, etc.

etc.

### Exercise 4: Harmonic Series

Slur all intervals (using the fingerings indicated)

The same exercise can be done by: a) slurring back down to the bottom partial; and b) slurring to higher partials

0 1 2