Use this exercise to start your day or restart your sound/embouchure at any time during your practice day!

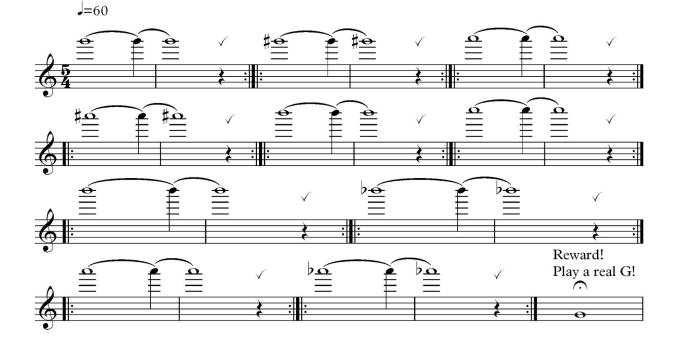
Whistle Tones are produced by a tiny stream of air hitting the embouchure wall of your lip plate. They sound like tea kettle whistling and with continued work can become quite loud.

If you can't make the sound you are most likely blowing too hard and your lips are too close together.

Try holding each tone for 9 seconds and then take a breath. Repeat as directed. When done, reward yourself by playing a REAL low G! You'll be amazed at the sound!

Play each 2 bar set 10 x's

Whistle tones:



Ten Minute Whistle Tone Warm Up