

# Daily Breathing Routine, Level 3

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The following exercises were developed by the great tubists Sam Pilafian and Patrick Sheridan, and are among those featured in their book/video series *The Breathing Gym*. The goal here is primarily to exercise the breathing apparatus to prepare the body for the day's playing. The exercises do sometimes constitute overtraining that is not exactly analogous to normal breathing.

1. While raising or arms over your head, slowly breathe in for 6 counts. Lower your arms as you exhale for 6 counts. Then go to 8, 10 ...

2.  
4 counts in—4 counts out (2 times)  
3 counts in—4 counts out (2 times)  
2 counts in—4 counts out (2 times)  
1 count in—4 counts out (repeat as many times as possible)

3.  
4 counts in—4 counts out (2 times)  
4 counts in—3 counts out (2 times)  
4 counts in—2 counts out (2 times)  
4 counts in—1 count out (repeat as many times as possible)

4.  
4 counts in—4 counts out (2 times)  
3 counts in—3 counts out (2 times)  
2 counts in—2 counts out (2 times)  
1 count in—1 count out (repeat as many times as possible)

5. **“Bow and Arrow”** Breathe in as you pull an imaginary bow back, take two more quick breaths, and then let go of the bow's string and breathe out. Do this both right- and left-handed.

6. **“Pitching a Ball”** Breathe in as you are pulling your arm back to through the imaginary ball, take two more quick breaths, and then throw the ball and blow everything out. Do this both right- and left-handed.

7. **“Blowing a Paper Airplane”** (To work on *pianissimo* playing.) Toss the airplane slowly as you blow gently. Follow completely through with the hand as you envision the paper airplane flying with your breath.

8. **“Throwing Darts”** (To work on *fortissimo* playing.) Blow out short, big “puffs” of air as you throw an imaginary dart.

9. Breathe in for 8 counts, hold it for 8 counts (as you do this, keep the chest and mouth open), and then blow out for 8 counts. As you progress, increase the length of the hold.

10. In for 4, hold for 4, push out half of the air, hold for 2, and then push out the rest of the air.

11.  
Inhale for four counts, blow (push!) everything out in 1 count, and then push out 2 extra breaths.