

Week 1: Clarinets

Here we go! Congratulations, you are on your way to becoming a clarinetist!

Play for at least 10 minutes each day.

First, do you have a special place to play your instrument without any distractions?

Do you have a chair that supports great posture while you play?

Is there a mirror nearby so that you can see yourself playing with great posture and a wonderful embouchure?

Great Posture

Sit on the front half of your chair with your back straight and your feet flat on the floor.

Wonderful Embouchure

Set your mouth as if you are going to say, "Q."

Cover your bottom teeth with the red part of your bottom lip.

Take about half of the mouthpiece into your mouth.

Set your top teeth onto the mouthpiece.

Close your lips around the mouthpiece like a rubber band.

Your chin should be pointed and firm.

You should **not** be able to wiggle the mouthpiece around between your teeth.

Start each note (too) by touching the tip of the reed with the tip of your tongue.

1. See how many times you can play "E" in a row starting each one with your tongue (too).
2. See how many times you can play "D" in a row starting each one with your tongue (too).
3. See how many times you can play "C" in a row starting each one with your tongue (too).
4. How many seconds can you hold each of the notes?
5. Are you able to play "Three Blind Mice" with good posture, good embouchure, and using your tongue to start the notes?
6. Are you able to play "Mary Had A Little Lamb" with good posture, good embouchure, and using your tongue to start the notes?

