

JOHN WALLACE

FACE FITNESS

Franz Liszt: What is most important in playing
is not strength but flexibility

FACE FITNESS YEAR ONE

LIPBENDER FLEXIBILITY EXERCISES

JOHN WALLACE

A FIRST STEP *play at a relaxed dynamic and tempo throughout*

Buzz on lips alone

during all of these pauses inhale and exhale deeply getting rid of all stale air

B SECOND STEP

4 *Buzz on mouthpiece using lipbender in instrument*

aim for the most beautiful sound you can

whilst inhaling and exhaling deeply take out lipbender and place mouthpiece in instrument

C THIRD STEP

7 *Play on instrument*

play with an unforced, easy, pleasant sound

whilst inhaling and exhaling deeply place lipper and mouthpiece in instrument

D PLAY ALL THREE STEPS AS ABOVE THROUGHOUT THE FOLLOWING EXERCISES

10 *Add in week 2*

E *Add in week 3*

16 *Add in week 4*

G *Add in week 5*

23 *Add in week 6*

I **J**
30 x3 Add in week 7 x3 Add in Month 3

K
37 Add in Month 4

L
44 x3 Add in Month 5

M
51 Add in Month 6

N
58 Add in Month 7

O Add in Month 9
64 x3

P Add in Month 12
71 x3

77 x3