

25. Air Kicks/Stomach Kicks

Here is an exercise that helps you control what we practiced with the Arban Intervals.

Relax the stomach muscles. Tension only hurts the sound. Tensing the stomach muscles does NOT create a smaller body cavity or pressurize the lungs.

Bringing the abs in toward the spine and contracting the muscles around the girdle does create a smaller body cavity. That moves your guts and since the pelvic bones won't let them go down; they have to go up. That makes the part of your chest cavity available for your lungs smaller. And that places the air in the lungs under pressure.

Pull the stomach in farther for each higher note.

My teacher Don 'Jake' Jacoby used to tell us to blow the notes where we want them to go.

A mental trick that helps you to support better is to think of blowing the notes different distances from you.

Low G rolls out of the bell,
Low C goes out 5 feet,
Second line G goes out 8 feet,
3rd space C goes out 12 feet,
G on top of the staff goes out 20 feet,
High C goes out 40 feet,
G above high C goes out 80 feet.

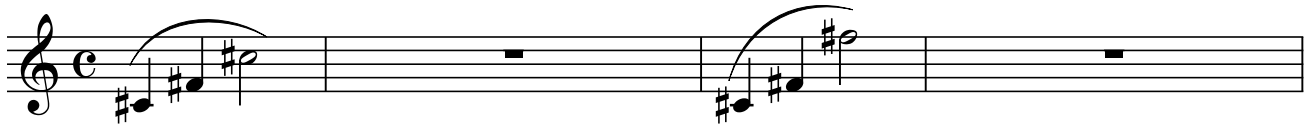
Make the support jump the intervals cleanly.

Stomach Kicks

Pops

Pull stomach in hard and fast to kick past the unwanted notes. Do the same with tongue arch and hiss 1-2 times a week. For tongue hiss say siss and flatten tongue against gums and roof of the mouth.

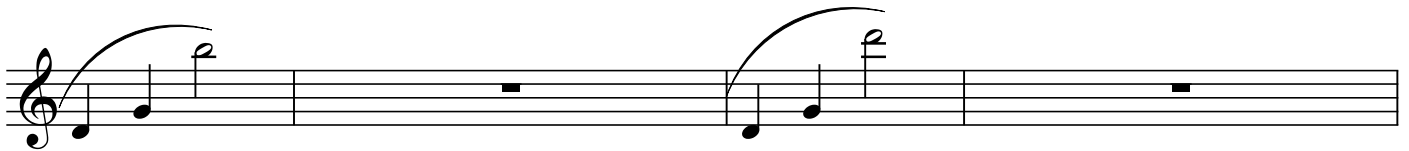
B \flat Trumpet



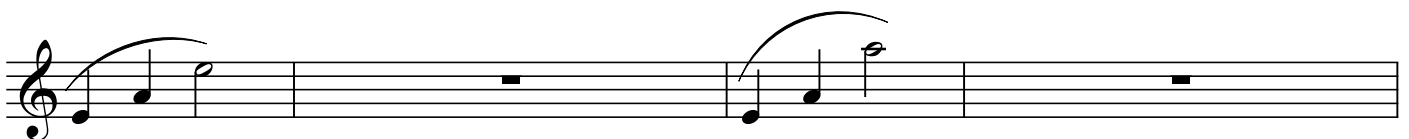
all valved 1-2-3



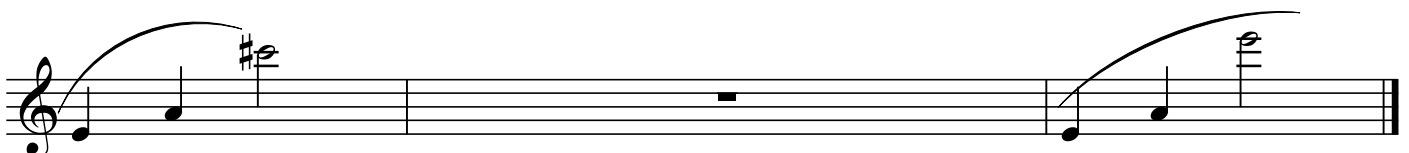
All Valved 1-3



2-3



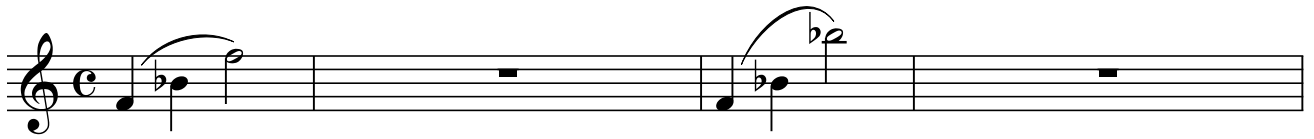
1-2



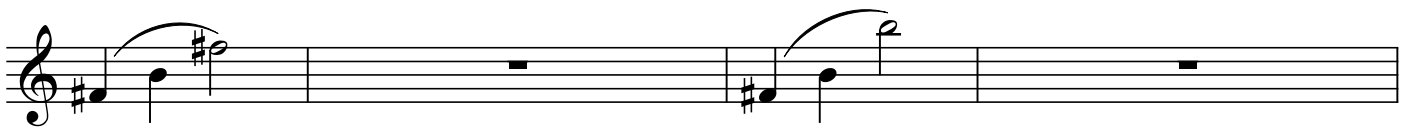
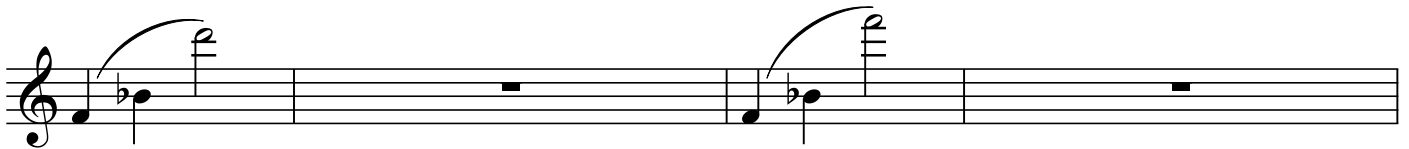
Stomach Kicks

Pops

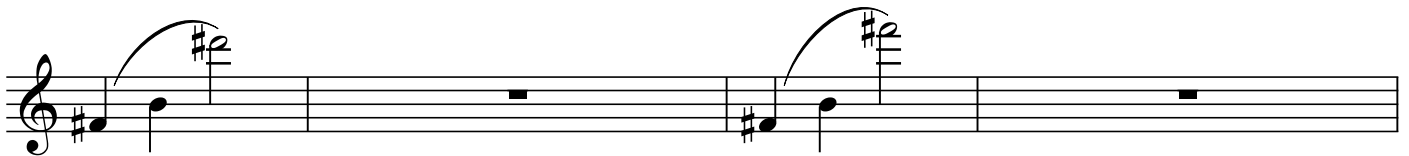
B \flat Trumpet



all valved 1



valved 2



open

