

“Now when you watch the way I do this, compare me with any good weight lifter you have ever watched.

If you give the weight lifter my trumpet and ask him to lift it he will just keep right on talking to you and uh you know cause there's no energy demand but as soon as there's a heavy challenge on each side of this then all of a sudden he has to pay attention to his air stream, his air power and then coordinate all of his body.

Which means first of all he has to plant his feet so that they are equally balanced right, ah there aren't many one legged ah weight lifters....hahaha that aren't in the hospital.

Uh, OK, so.. when we talk about the uh uh the uh me in relation to all that, because of course the weightlifter with weight has to do this right and that's the classic pose, thank you very much, hahaha my mother would have liked that.

Ah haha Ok bottom register. (Maynard Plays)

The first slight energy demand you'll notice that I'll start to bend my knees a little, That's the first thing to bring in all your back muscles and everything and once again its just your way of reminding your self that you're going to use more and more of your body and more and more of your air stream NOT what everybody seems to want to do, more and more hand pressure and more and more pinching of the lips right.”