

THE WIND TARGET

The Only NO MYSTERY Guide to Trumpet Mastery gives detailed information on the importance of the airstream, factors that disrupt the airstream, and how and why to develop understanding and visualisation of your airstream.

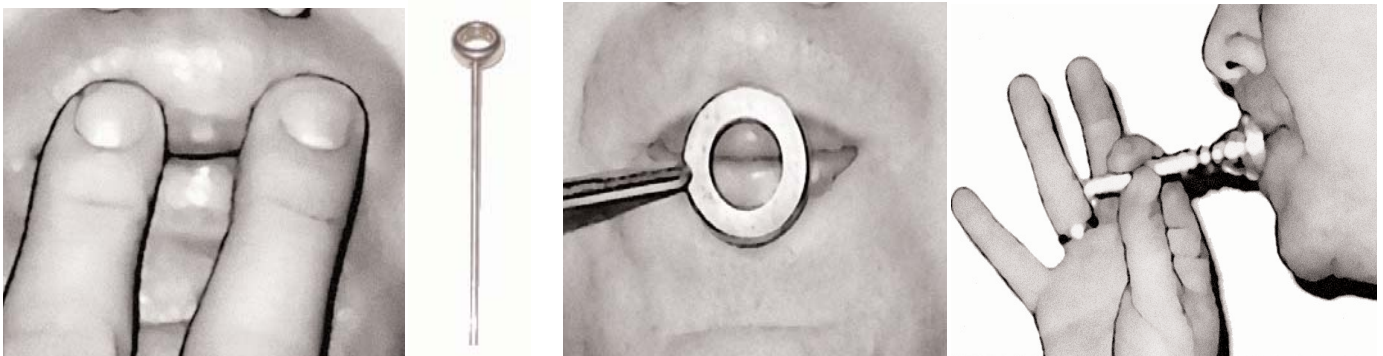
When you have a clear understanding of your airstream, your self awareness is increased dramatically and your improvement is accelerated.

A full, open and relaxed breath is essential when starting to understand the workings of the airstream. Use the *WindBag*, the *Triflow II WindGauge* and the *WindTunnel* to experience a full, yet relaxed inhalation. Most players are shallow breathers! This problem leads to muscle manipulation and throat closure which restricts airflow to the aperture.

You need to breathe to your LUNGS **without** creating tension in the body, then allow the airstream to feed the aperture. Over-exertion of the abdominal muscles or the embouchure muscles will lead to continuous failures. Focus on your desired SOUND, then feed the aperture the required airflow to create the desired pitch.

Use the *WindTarget* to feel and visualise your airstream. Take a full breath, then release your air to the centre of the *WindTarget*. Put the palm of your hand in front of your mouth to feel the airstream.

Use two fingers or the *WindSpeed Visualiser* to feel how the aperture responds to airflow.



For full descriptions and instructions, get *Mystery to Mastery's*
The Only NO MYSTERY Guide to Trumpet Mastery.

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