# Moving On

Develop a greater range of intervals, extend flexibility and aurally become more astute.

## Morning Yawns

(See Circuit Training Volume 1 page 13)

1 Let your lower jaw drop downwards and forwards and slowly flow a lot of air through the sequences. Think of a large slowly flowing river, not a jet from a hose pipe! This how you get fuller but not louder.

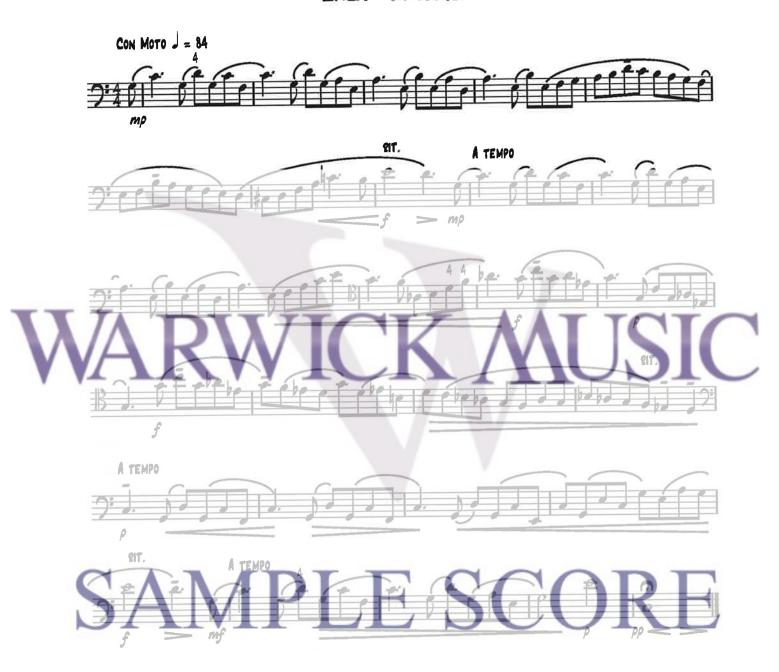


Keeping your embouchure profile the same, drop your jaw downwards and forwards, lip
down and up without using your plug or moving your slide. This helps to open and
strengthen your low register. Continue down to 7<sup>th</sup>





## LAZY YAWNS

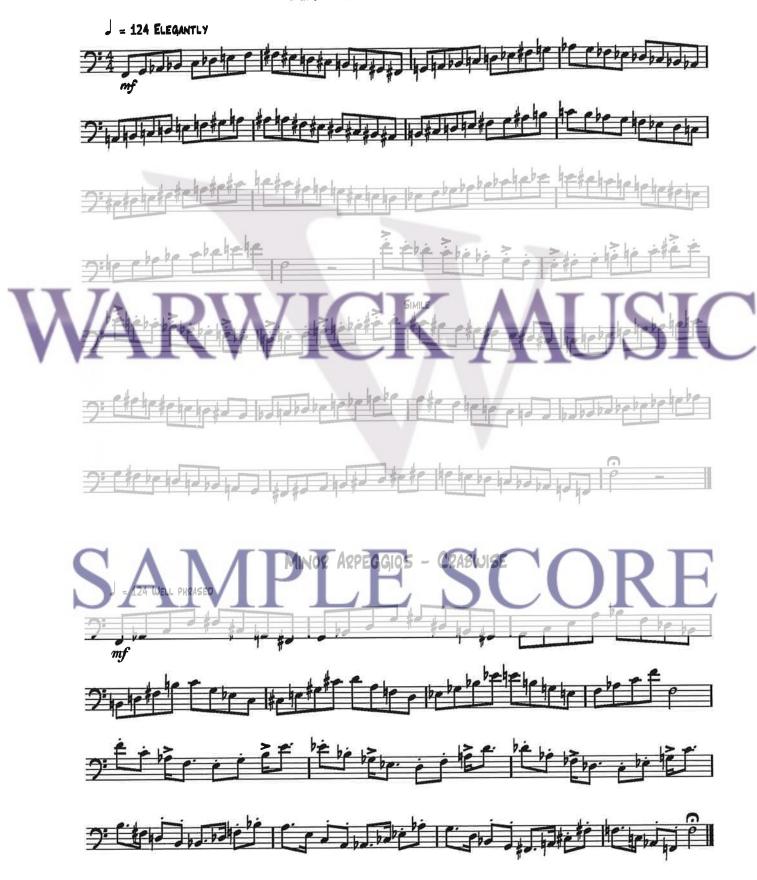




### HARMONIC MINOR CRABWISE SCALES

are good for coordination and pitch.

#### MINOR SCALES - CRABWISE



#### CRABWISE COCKTAIL

