

# RELAXATION EXERCISE

WOTCIECHOWSKI

$\text{♩} = 120$

CONTINUE THIS EXERCISE UNTIL YOU REACH THE TOP OF THE HORN. THE GOAL HERE IS TO FEEL VERY RELAXED IN YOUR FINGERS AND FOREARMS AND TO KEEP YOUR FINGERS AS CLOSE AS POSSIBLE TO THE KEYS TO ELIMINATE EXCESS MOTION. THIS IS EXTREMELY BENEFICIAL IF YOU ARE TO BECOME PROFICIENT AT PLAYING FAST.

THERE ARE OTHER VARIATIONS YOU CAN DO ON THIS EXERCISE, SUCH AS 1234554545454321, OR 12121212123454321, ETC.

ALWAYS USE A METRONOME WHEN DOING THESE EXERCISES. AIM TO LINE EACH DOWNBEAT UP EXACTLY WITH EACH CLICK OF THE METRONOME. WHEN YOU BECOME PROFICIENT, SET THE METRONOME AT 60 BPM AND LINE UP EVERY TWO BEATS. YOU CAN ALSO GO TO 30 BPM AND LINE UP EACH MEASURE. THIS WILL HELP TO SOLIDIFY YOUR INTERNAL CLOCK.