

# Long Tones in 12ths

## F Scale

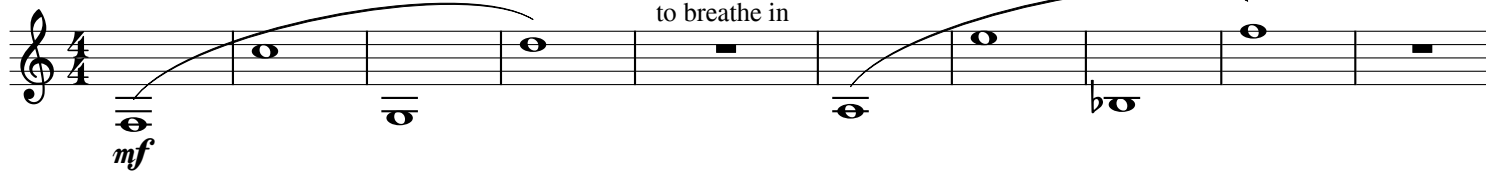


Get a full tank of air, not a "sip" of air

$\text{♩} = 60$

Exhale for 4 counts, inhale for 4 counts

Use all 4 counts  
to breathe in



*mf*

11

