

Long Tones

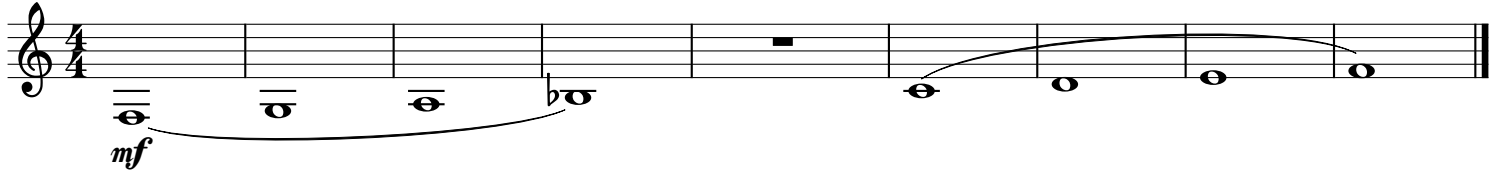
F Scale



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

$\text{♩} = 60$

Expel air 4 counts, breathe in 4 counts



mf