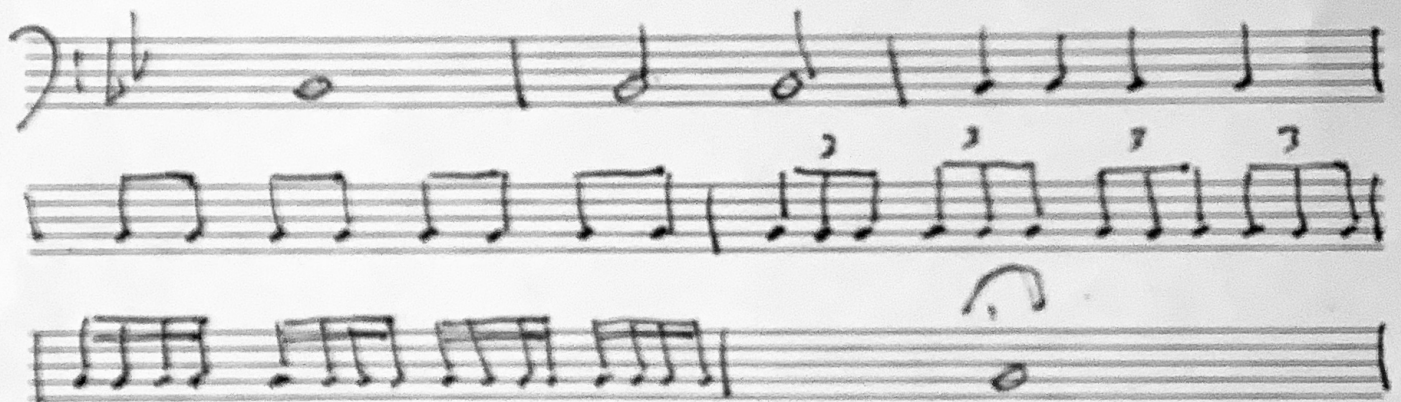


TONGING EXERCISE

- RULES
- 1) START SLOW AND GRADUALLY SPEED IT UP AS YOU CAN!
 - 2) KEEP MOUTHPIECE ON LIPS!
 - 3) KEEP BOAT STEADY



NOTE (DO THIS ON DIFFERENT
STARTING NOTES TO
COVER RANGE OF HORN)

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