

Mechanics of Breathing

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- I. Introduction
- II. Structure of Lungs
 - A. Left and right
 - B. Lobes
 - C. Rib cage
 - D. Diaphragm
- III. Methods of Inhalation
 - A. Nose
 - B. Mouth
- IV. Types of Breathing
 - A. Costal breathing
 - B. Diaphragmatic breathing
- V. Air Capacity
 - A. average 2 to 3.5 liters
 - B. normal breathing
 - C. limiting factors
- VI. Awareness Exercises
- VII. Posture
 - A. Sitting bones
 - B. Head position
- VIII. Equipment
 - A. *Voldyne 2500*
 - B. *Breath Builder*
 - C. *Power Lung*
 - D. Clarinet barrel
- IX. Application
 - A. Daily exercise
 - B. Long tones with metronome
 - C. Variety of length: 8, 10, 12, 14, etc.
 - D. Be systematic and organized