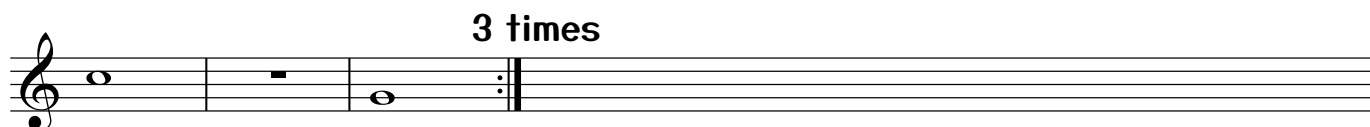


Praccy Routine 3 on C

Exercise 1

"Dart Throwing"

Focus on tone, sound, relaxed tongue



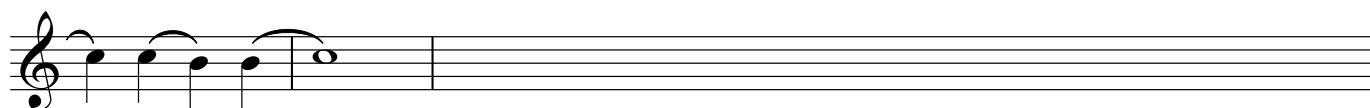
3 times

Exercise 2a

Minimal movement, centre on the G

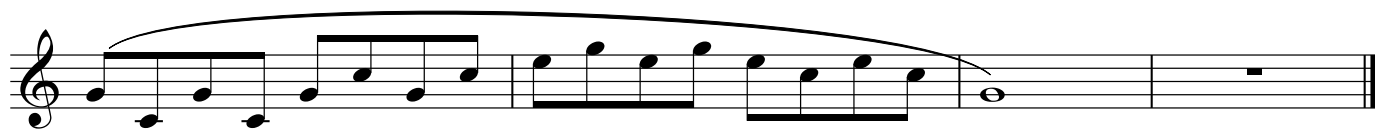
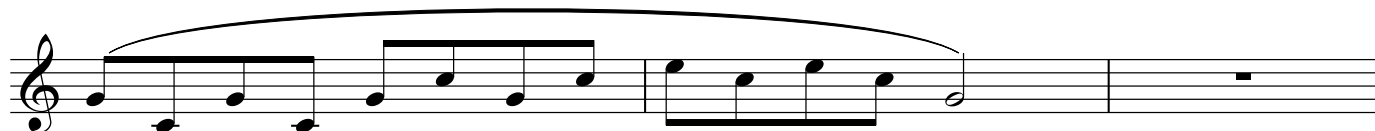
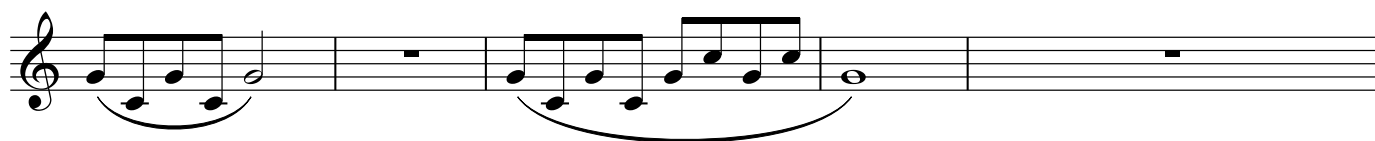


Exercise 2b



Exercise 3

"Centre slurs"



Then same pattern in each lower key...

2

1

1+2

2+3

1+3

1+2+3