

BUILDING THE POSITION OF ATTENTION

1. Start with feet shoulder width apart and your body relaxed
 - a. Shoulders relaxed, back relaxed, body at ease
2. Feet
 - a. In a "V." Heels should be the only thing touching.
3. Knees
 - a. Don't lock them! Never lock them!
4. Back
 - a. Keep straight.
 - b. IF needed, a slight lean forward.
5. Shoulders
 - a. Rolled back
6. Hands
 - a. w/o instruments
 - i. At the seams of your pants in a fist.
 - b. w/instruments
 - i. Brass/Woodwinds - mouthpiece at eye level
 - ii. Saxophones - instrument perpendicular to the ground
 - iii. Sousaphones - keep still
 - iv. Snare/Tenors - sticks in front of you
 - v. Bass Drums - thumbs on the rim
7. Head
 - a. 10 degrees above parallel.
 - i. Nose should be slightly in the air. Think highly of yourself, but not cocky.

There should be absolutely ZERO tension in your body. If this doesn't feel natural, you will not play natural. The body must stay relaxed at all times.