



Daily Drills

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Stretching and Flexibility

Practice adduction and abduction the *orbicularis oris* to manipulate VP=nRT for tonal control.

Aerobic Drills

Use articulations that loosen the tongue, facilitate natural breathing, and coordinate finger motion.

Motor Redundancy

Play with varied rhythms to reinforce coordination.

Pressure-dependent (PV=nRT) Agility Drills

Multiple Articulation

Play harmonics to develop embouchure strength and flexibility while loosening tongue motion.

Two staves of musical notation in 2/4 time. The first staff shows a sequence of notes with lyrics: 'too too too koo koo koo koo too koo too koo too koo too koo too'. The second staff shows a sequence of notes with various accidentals (sharps, flats, naturals) and a key signature change from one sharp to one flat.

Vibrato

Play harmonics to maintain requisite air volume and pressure while creating vibrato pulses.

Three staves of musical notation in 12/8 time. The first staff has lyrics: 'hoo hoo hoo hee hee hee eh eh eh'. The second and third staves show notes with vibrato pulses indicated by wavy lines and checkmarks.

The Goal

Work every day to reach at least 2.0231×10^{22}

$$P(n, k) = \frac{n!}{(n - k)!}$$

Two staves of musical notation in 2/4 time. The first staff shows a sequence of notes with a key signature change from one flat to one sharp, followed by 'etc.'. The second staff shows a sequence of notes with a key signature change from one flat to one sharp, followed by 'etc.'.