


6 "Gut Puffs" Vibrato Exercise

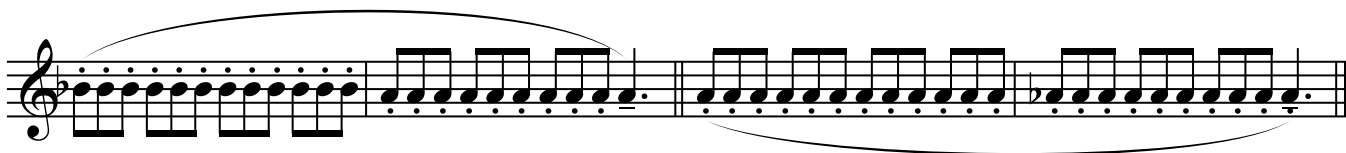
(Adapted from Gary and Brad Garner)

$\text{♩} = 60 - (70)$

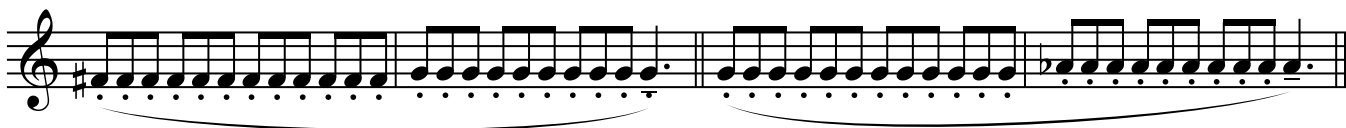
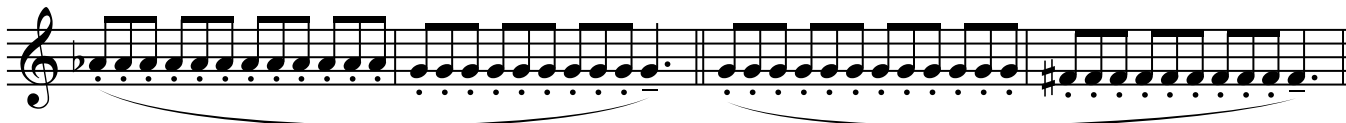


N.V. N.V.

- Use "gut puffs" or throat staccato (try both!) NO TONGUE!



* Increase tempo to $\text{♩} = 70 - (80)$



- As the tempo increases, let the triplets run together (this usually happens around dotted $\text{♩} = 80$)

* Increase tempo to $\text{♩} = 80 - (90)$



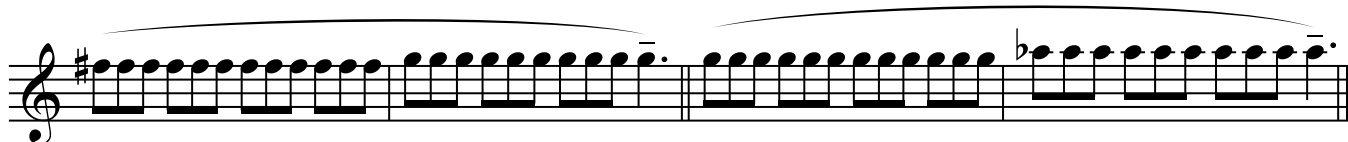
* Increase tempo to $\text{♩} = 90 - (100)$



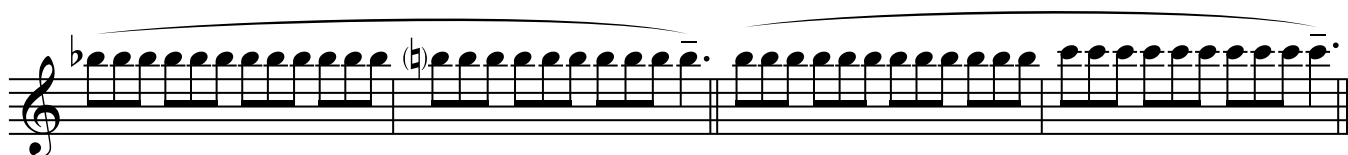


* Increase tempo to ♩. = 100 - (110)

(pulses move up into throat around here)



* Increase tempo to ♩. = 110 - (120)



- CRACKING & SQUACKING? - Drop your jaw, roll out, relax upper lip, try putting air in your cheeks.
- If you do this exercise consistently and correctly you'll be amazed at the improvement in your tone and articulation in addition to vibrato! (Interesting, since you are not playing long tones or using your tongue - it's all about the air!)