

Virtual Band Camp

Video 3 Skill Sheet - Saxophone Embouchure Exercises

1. Suck Your Thumb

- Roll your bottom lip slightly over your bottom teeth.
- Put the tip of your thumb in your mouth, and suck!
- Feel how your cheeks and chin are nice and flat. This is a good saxophone embouchure.

2. SUPER THUMBSUCKING!

- Keeping your good embouchure, suck your thumb hard for several seconds.
- When your lips start to ache, let go.
- Take a minute of rest, and then do it again!
- If you like, time yourself to see how many seconds you can super-thumb-suck.

3. The Magic A

- Using your good embouchure, see if you can play a Magic A on your mouthpiece and neck.
- See if you can play 3 loud, clear, long As in a row. Then, try 5 in a row. Then, try 10!
- If you have trouble, notice what's happening with your mouth. If nothing is coming out, open your mouth a bit. If it's squeaky, check to make sure your bottom lip is still rolled over your teeth.

Practice Chart

Each time you do one of the exercises above, check it off below. The more checks you get, the better you'll become at playing saxophone.



Exercise	Checks
Suck Your Thumb	
Super Thumbsucking	
The Magic A	