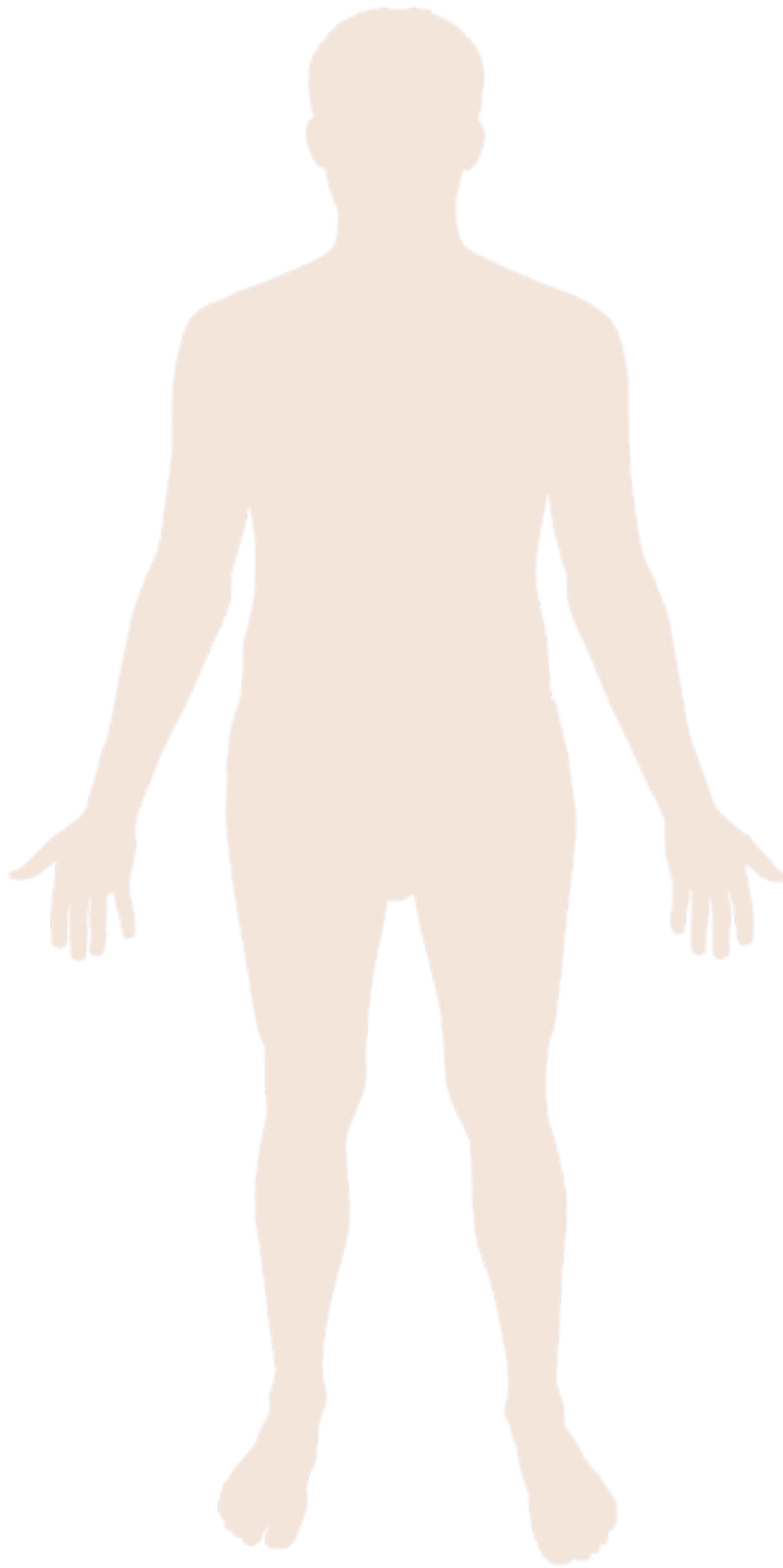


Posture



Posture Checklist

Posture should be in a natural body position that allows for the most efficient sound without causing excess tension in the body.

- Feet are shoulder width apart. Feet too close together can create an off balance. Feet too wide can create tension and use excess energy.
- Knees are slightly bent. Too stiff can create an off balance and tension in other parts of your body. Too loose will create too much effort in the lower body.
- Hips are slightly tucked, but not too much
- Chest is open to allow for the best lung expansion.
- Shoulders slightly back, but relaxed
- Head is like a bobble head or string coming out the top. Allows for less neck and jaw tension.