

Breathing Exercises for Perfect Breath Control

by Maestro David Kyle

1. To Strengthen the diaphragm

Take a few deep breaths to relax, Then take a big breath and blow all the air out of your body hard and fast. Don't inhale for 34 seconds. That happens when you do this is that your diaphragm is suspended in its pushing position, and can't release into its natural resting position until you inhale. This creates a strain on the muscle which causes it to grow. It is not necessary to go longer than 34 seconds.

2. To strengthen the abdomen

This exercise is just like the first, yet varies slightly, and is sometimes called the fat/thin exercise. Take a big breath and then blow all the air out of your body hard and fast. Hold your breath out like in exercise #1, but this time push your stomach out as far as you can ... and then suck your stomach into your backbone ... that's 1 ... do this 7 times and then inhale.

3. Location Exercise for Correct Inhalation and Exhalation.

2/1 3/1 3/2 4/1 4/2 4/3 5/1 5/2 5/3 5/4

First number are inhales ... the second numbers are exhales ... do these fast and exhale hard.

4. To Sustain the Breath

Simply hold your breath for as long as you can.

5. To Retain the Breath and Begin to Use the Voice Without Wasting the Breath

Take a few deep breaths to relax. Then take one big breath and recite the alphabet over and over as many times as you can on that one breath. Try placing your hand in front of your mouth to see how much air is escaping as you recite. The most beneficial part of this exercise is at the end when you don't have any breath left to make a sound but you keep trying anyway.

6. For Coordination and Projection.

Fold a piece of paper with some weight to it, and place it on a surface that is level and about as high as your mouth. Step back 3 steps and blow it over. Repeat, stepping back 4 steps, then 5 steps, then six steps, and so on until you can't blow it over anymore.