

# Mechanics of Breathing

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- I. Introduction
- II. Structure of Lungs
  - A. Left and right
  - B. Lobes
  - C. Rib cage
  - D. Diaphragm
- III. Methods of Inhalation
  - A. Nose
  - B. Mouth
- IV. Types of Breathing
  - A. Costal breathing
  - B. Diaphragmatic breathing
- V. Air Capacity
  - A. average 2 to 3.5 liters
  - B. normal breathing
  - C. limiting factors
- VI. Awareness Exercises
- VII. Posture
  - A. Sitting bones
  - B. Head position
- VIII. Equipment
  - A. *Voldyne 2500*
  - B. *Breath Builder*
  - C. *Power Lung*
  - D. Clarinet barrel
- IX. Application
  - A. Daily exercise
  - B. Long tones with metronome
  - C. Variety of length: 8, 10, 12, 14, etc.
  - D. Be systematic and organized