CHEAT SHEET

7 steps to great oboe

by oboeari

1. POSTURE

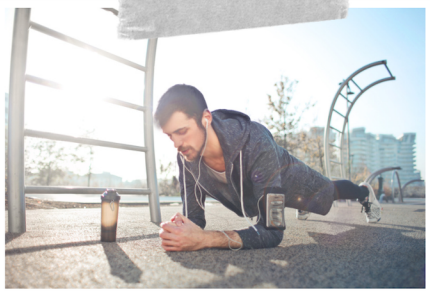
If sitting: sit on your sit bones, with your legs uncrossed and feet flat on the floor.

Have your head gently resting on the top of your spine. Keep your shoulders relaxed and stay attuned to your body.

2. BREATHE

Take a generous breath into your lungs and let your ribcage expand outward.

Quick exercise: breathe out completely, hold for 10 seconds, and let yourself inhale automatically. Let all your breaths feel as free as this one.



3. ENGAGE ABS

On a scale of 1-10, playing the oboe engages your abdominal, lower back and oblique muscles around 7/10. Feel the burn!

4. NARROW THROAT

Focus and funnel your air in the throat. The sensation is similar to trying to whisper loudly.

You don't want excess tension, just a position within the range of normal!

5. HIGH TONGUE

Lift the back of your tongue to touch your top molars, like a pirate saying "Arrghh!"

The front of your tongue is low and close to the reed for articulation!



6. BLOW TO THE BRIDGE OF YOUR NOSE

Aim your air up, through the roof of your mouth, and all the way to the bridge of your nose.

7. WHISTLE EMBOUCHURE

Use a round embouchure with tight corners that are pulled in. Keep the chin flat with no air pockets around the reed.

Avoid 'biting' the reed with too much vertical pressure.



BY ARI COHEN MANN

Thanks for reading my guide!

Feel free to reach out if you ever have questions!

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