

# The Slow Leak

Breathing — No Instrument

## WHAT THIS CORRECTS

Uncontrolled exhale, inability to sustain phrases. Measurable and motivating.

## MATERIALS

Stopwatch or visible timer.

## AT A GLANCE

- Full breath in (4 counts) → exhale on "fff" as slowly as possible

- Goal: 20+ seconds. Track with stopwatch.

- Sound should be identical at second 1 and second 15

- Do at the start of every rehearsal

## PROCEDURE

### 1 SET UP.

**DO** Timer visible to the class.

**SAY** *"Stand tall. We're testing how long your air lasts."*

### 2 FULL BREATH IN.

**SAY** *"Belly breath — 4 counts. Low and wide. In — 2 — 3 — 4."*

### 3 EXHALE ON "FFF."

**SAY** *"Exhale on 'fff' — like the start of 'four.' As slowly as possible. Clock starts... now."*

**DO** Start timer. Room should be near-silent.

### 4 TRACK DURATION.

**DO** Call 5-second intervals quietly: "5... 10... 15..."

**SAY** *"When you run out, remember your number."*

## 5 RECORD AND SET GOALS.

**SAY** "Write it down. Goal: 20 seconds. Hit 20? Aim for 25."

## 6 DIAGNOSE.

**LISTEN** Fades quickly = front-loaded (dumping air). Uneven = inconsistent support.

**SAY** "The "fff" should sound the same at second 1 as at second 15."

### ASSESSMENT

■ Sustains "fff" for  
20+ seconds

■ Even sound start  
to finish

■ Tracks own  
progress over time