

# Wall Alignment

Kinesthetic — Posture (Allard)

## WHAT THIS CORRECTS

Forward head posture that closes the throat.  
Wall = external reference body memorizes.

## MATERIALS

A wall. Student's instrument.

## AT A GLANCE

- 4 contact points against wall: heels, hips, shoulder blades, head

- String-from-ceiling image → tall spine, chin level

- Step away → maintain alignment → add instrument

- Head must NOT duck forward to meet mouthpiece

## PROCEDURE

### 1 WALL UP.

**SAY** "Back to the wall. Heels, back, shoulder blades, HEAD — all touching."

**DO** Demonstrate. Exaggerate head contact — most students' heads sit forward.

### 2 CHECK 4 POINTS.

**SAY** "Four contacts: heels, hips, blades, head. If your head isn't touching, that's forward head posture — it's closing your throat."

**CHECK** Walk the line. Gently press back of head if it's floating. "There — feel the wall?"

### 3 ADD THE LIFT.

**SAY** "String attached to the top of your head, pulling toward the ceiling. Tall. Chin level."

## 4 STEP AWAY.

**SAY** "One step forward. Change *NOTHING*."

**CHECK** Most lose the head immediately. Walk back, reset, try again. Takes 3–4 tries.

## 5 ADD INSTRUMENT.

**SAY** "Bring instrument to your body. Your head stays where the wall put it."

**CHECK** Head ducking forward = #1 posture failure for wind players. Catch it here.

## 6 PLAY AND COMPARE.

**DO** Have student deliberately move head forward while playing, then back.

**SAY** "Hear the difference? Open throat = straight, unobstructed air path."

### ASSESSMENT

■ Maintains wall-alignment after stepping away

■ Head doesn't duck when instrument is raised

■ Tone is more open with corrected alignment