

Rules For: The Breath Stretcher Challenge

- 1) The object of the challenge is to play as long as you can without taking a breath. The student who plays for the longest number of seconds will be the overall winner of the challenge.
- 2) The repeated sections are to be played only once until you reach the section that corresponds to your playing level.
 - a. If you have only done Group 1 in the Daily Routines book, you repeat that section indefinitely without moving on to the next.
 - b. If you are on Group 2 in the Daily Routines book, you will play the first repeated section **ONLY ONCE**. You will then repeat the second section indefinitely, without moving on to the next section.
 - c. If you are on Group 3 of the Daily Routines book, you will play the first and second repeated sections **ONLY ONCE** each. Then you will repeat the third section indefinitely without moving on to the next.
 - d. If you are on Groups 4 through 7 of the Daily Routines, you will play each of the first three repeated sections only once and repeat the last section indefinitely.
- 3) You are **NOT** allowed to use circular breathing in this challenge. I know how to do that and what it looks (and sounds) like. So don't try it.
- 4) We will have a preliminary testing at the beginning of the quarter when we will mark your current time. You will then have until mid September to work up your best score. We will test you twice in September and will take the best of your two scores.

