

# An Alexander Technique Approach to French Horn Technique



This ebook uses the Alexander Technique principles of good posture and great technique to assist the French horn player. It is the intention of this ebook to help the French horn player create a personal technique and posture on the instrument that allows you to find the most mechanically advantageous way to play the French horn. This ebook is filled with concepts that will help you explore what youve been doing technically and posturally on the French horn, and to assist you in finding a way to play your instrument, so that the French horn is easier and kinder to the body. The topics are: What the Alexander Technique Offers Musical Performers; Posture: Sitting and Standing; Torso, Shoulders, Arms, and Breathing; Direction (how to be fully upright); The Jaw; Arms, Fingers, and Shoulders; Inhibition and Playing (letting go of bad habits); Accuracy, Slow and Fast Playing, Fragments and Focal Dystonia; Whole Body Guided Release before Practicing or Performing; When Youre not Doing Something, Dont Continue to Do It; The Reasons Why Performer Resist Releasing Poor Physical Habits; As a Gift; and COLLECTED ESSAYS. Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. Please contact Mr. Kind if you have any questions about this ebook, suggestions that would make this ebook clearer and more expansive, or suggestions for other ebooks that you would like to see him write about. Mr. Kind can be reached at [www.ethankind.com](http://www.ethankind.com) and [ethan@ethankind.com](mailto:ethan@ethankind.com). DONT HAVE A KINDLE? You can download the FREE Kindle application and read this ebook on your computer.

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