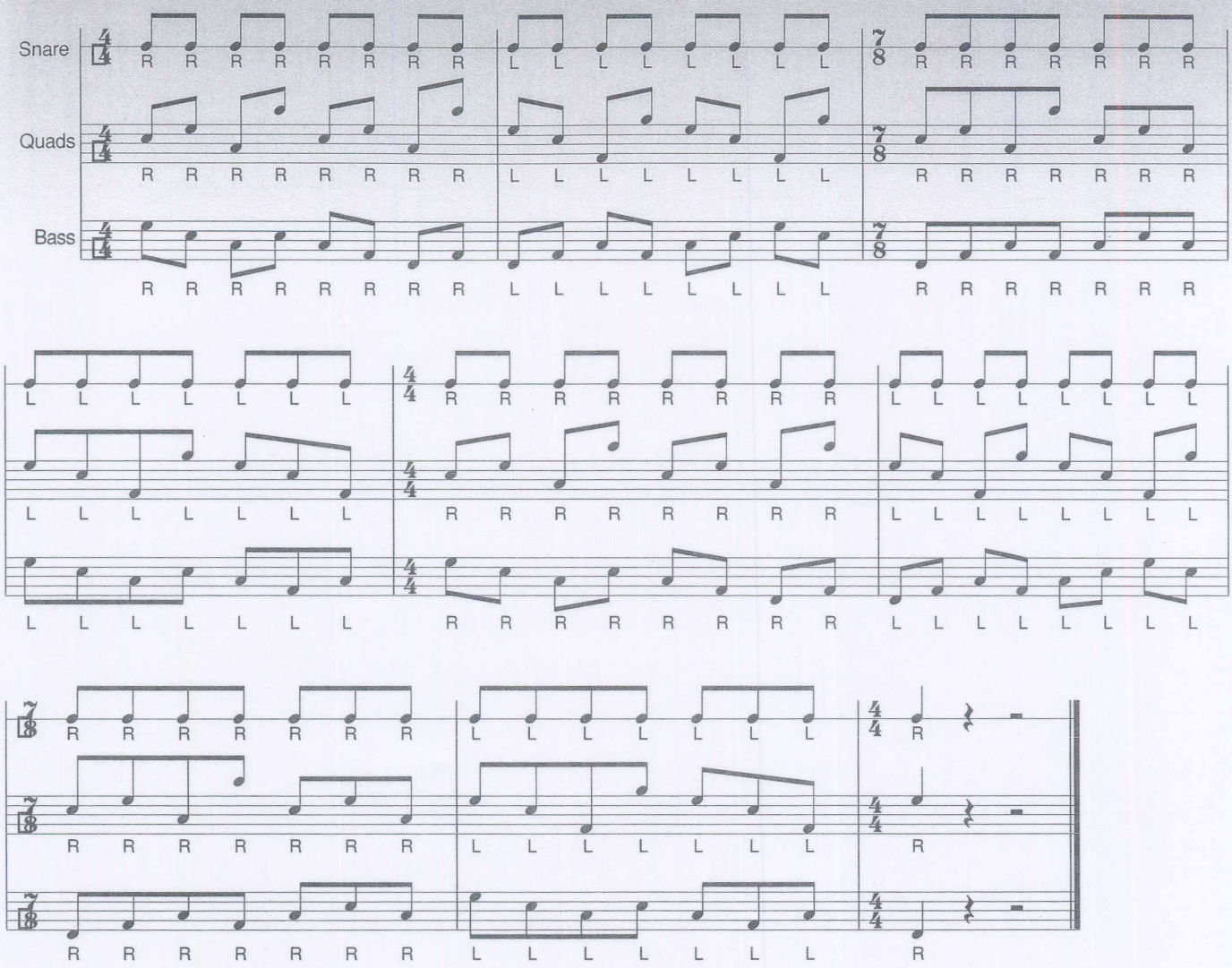
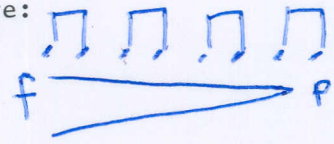


- Practice at a variety of heights:
  3", 6", 9", full out
- Crescendo through each measure:

- Decrescendo through each measure: