Musical Terms - Intermediate

Symbol	Name	What to Say	Action
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		Level On	ie –
	Beat	Beat: steady and constant	Pound chest w/ fist
Many (ЛЛЛ。 etc.)	Rhythm	Rhythm: division of beat	Pretend you're playing a drumset
Many (Largo, Presto, etc.)	Tempo	Tempo is the speed of the beat; the speed of the beat is the tempo	Spin hands, starting slow, getting really fast, and slowing down again
Many (ff, pp, etc.)	Dynamics	Dynamics, Volume	Both hands together speaking softly, hands spread wide speaking loudly, and back again
None	Pitch	Pitch: the highness or lowness of a note	On the word "pitch" raise your voice and your pointer finger high then low, raise your voice and pointer finger up on "highness" and down on "lowness"
•	Interval	Interval: Distance between two notes	Hold one hand still, and raise other hand one step up on each syllable
	Staff	Staff	Swipe your hand in front of you, from one side to the other, with fingers straight out and thumb pointing up
J	Quarter Note	Quarter note, ta	Draw the note when saying the name (quarter note) then clap the rhythm when saying the nickname (ta)
J	Eighth Notes	Eighth notes, ti-ti	Draw the note when saying the name (eighth notes) then clap the rhythm when saying the nickname (ti-ti)
\$	Single Eighth Note	Single Eighth Note, ti	Draw the note when saying the name (eighth note) then clap the rhythm when saying the nickname (ti)
	Half Note	Half Note, too	Draw the note when saying the name (half note) then clap the rhythm when saying the nickname (too)
o	Whole Note	Whole Note, toe	Draw the note when saying the name (whole note) then clap the rhythm when saying the nickname (toe)
J.	The Dot	The dot adds half the value of the note that's dotted	Jab with the pointer finger every beat
J.	Dotted Half Note	Dotted Half Note, toom	Draw the note when saying the name (dotted half note) then clap the rhythm when saying the nickname (toom)
do, re, mi, fa, sol, la, ti, do'	Solfa	Solfa, Solfege: do, re, mi	While singing do, re, mi, etc. sign the handsigns
do, re, mi, fa, sol, la, ti, do'	Solfege Accent	Solfege, Solfa: do, re, mi Accent, emphasize the note	While singing do, re, mi, etc. sign the handsigns Throw your right hand forward 3 times in a side-ways "V" shape on "Accord" "FM-hasis" and INOTE"
	Measure Line	Measure Line, Barline	"Accent", "EMphasize" and 'NOTE" Chop straight down, or draw a vertical line with your hand

Symbol	Name	What to Say	Action
	Barline	Barline, Measure Line	Chop straight down, or draw a vertical line with your hand
	Measure	Measure	Chop or draw lines with both hands out to your sides and bring them together in a clap (showing the space that makes the measure)
	Double Bar Line	Double Bar Line	Chop straight down with both hands close together
	Staff	Staff	Swipe your hand in front of you, from one side to the other, with fingers straight out and thumb pointing up
9:	Grand Staff	Grand Staff	Swipe both hands in front of you, from one side to the other, with fingers straight out and thumbs pointing up
	Treble Clef	Treble Clef, G-Clef	Draw a treble clef slowly while saying the names
	G-Clef	G-Clef, Treble Clef	Draw a treble clef slowly while saying the names
<u>¥</u>	Bass Clef	Bass Clef, F-Clef	Draw the right half of a heart with your right hand and jab with your pointer and middle fingers to make the two dots (do it fast)
<u>*</u>	F-Clef	F-Clef, Bass Clef	Draw the right half of a heart with your right hand and jab with your pointer and middle fingers to make the two dots (do it fast)
= = =	Ledger Lines	Ledger Lines	Place each of your pointer fingers above the other rising up into the air
}	Quarter Rest	Quarter rest, "z, z, z, k", (take a breath)	Draw the rest when saying "z, z, z, k", place hands out and to the side with palms up for one beat

Symbol	Name	What to Say	Action
٧	Eighth Rest	Eighth rest, "dot-seven", (take a breath)	Draw the rest when saying "dot-seven", place hands out and to the side with palms up for half a beat
-	Half Rest	Half rest, "top hat", (take a breath)	Draw the rest when saying name and "top hat", place hands out and to the side with palms up for two beats
~	Whole Rest	Whole rest, "hole in the ground", (take a breath)	Draw the rest when saying name and "hole in the ground", place hands out and to the side with palms up for four beats
- .	Dotted Half Rest	Dotted Half rest, (take a breath)	Draw the rest when saying name, then place hands out and to the side with palms up for three beats
	Repeat Sign	Repeat Sign	Chop with both hands close together and then cross one hand over the other and make two vertical dots with pointer and middle fingers
SIH Н S НS	Half Step	Half Step: One note to the next	Make the sign for "H" in sign language (pointer and middle finger together sideways)
ws ws w	Whole Step	Whole Step: One note in between	Make the sign for "W" in sign language
PEFGABCBEGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBEFGABCBFFAACABCBFAACABCBFAACABCBFAACABCBFFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCBFAACABCABACABCABCABCABACABCABCABCABACABCAB	Note Names	Lines in the Treble Clef: Every Good Boy Does Fine; Lines in the Bass Clef: Great Big Dogs Fight Aminals; Spaces in the Treble Clef: F A C E; Spaces in the Bass Clef: All Cars Eat Grass (or All Cows Eat Gass); The Grand Staff is Low C, D, E, F, G, A, B, C, D, E, F on the ring finger, G, A, B, Middle C, D, E, F, G, A, B, C, D, E, F, G, A, B, High C!	For Treble Clef, hold up one hand with palm facing you, fingers spread as wide as you can, thumb up, and point to the lines (fingers) or spaces (web of hand in between fingers) with the pointer finger of the other hand. For the Bass Clef, switch hands and point with the pointer finger of the other hand. For the Grand staff, take one hand and put it forward with the palm facing you and thumb up while saying "Grand" from "the Grand Staff is". Then turn the hand over with the palm out and the thumb down while saying "is". While holding that hand upside down, take the other hand with using two fingers as ledger lines and the thumb as the note. When you get onto the staff point with your pointer finger, use the pointer finger as a ledger line in the middle of the staff, and continue until you get to High C using the two fingers as ledger lines.
4 6 3 6 2 3 8	Time Signature	Time Signature, Meter: 2 beats per measure, the quarter note gets the beat (changes depending on the time signature)	Hold out number of fingers on right hand while saying the beats per measure and, below the right hand, hold out the number of fingers on the left hand for the note that gets the beat
4 6 2 6 2 3 6	Meter	Meter, Time Signature: 2 beats per measure, the quarter note gets the beat (changes depending on the time signature)	Hold out number of fingers on right hand while saying the beats per measure and, below the right hand, hold out the number of fingers on the left hand for the note that gets the beat
2	Two-Four Time Signature	Two-Four Time Signature - 2 beats per measure, the quarter note gets the beat	Hold out 2 fingers on right hand while saying the beats per measure and, below the right hand, hold out 4 fingers on the left hand for the note that gets the beat
3	Three-Four Time Signature	Three-Four Time Signature - 3 beats per measure, the quarter note gets the beat	Hold out 3 fingers on right hand while saying the beats per measure and, below the right hand, hold out 4 fingers on the left hand for the note that gets the beat
4	Four-Four Time Signature	Four-Four Time Signature - 4 beats per measure, the quarter note gets the beat	Hold out 4 fingers on right hand while saying the beats per measure and, below the right hand, hold out 4 fingers on the left hand for the note that gets the beat
C	Common Time	Common Time, 4 beats per measure, the quarter note gets the beat	Hold out a letter "C" with one hand while saying "Common Time." Then hold out 4 fingers on the right hand while saying "4 beats per measure" and, below the right hand, hold out 4 fingers on the left hand while saying, "the quarter note gets the beat"
C	Cut Time	Cut Time, 2 beats per measure, the half note gets the beat	Hold out a letter "C" with one hand while saying "Cut" and place the other hand vertically behind the first hand while saying "Time." Then hold out 2 fingers on the right hand while saying "2 beats per measure" and, below the right hand, hold out 2 fingers on the left hand while saying, "the half note gets the beat"

Symbol	Name	What to Say	Action
None	Down-beat	Down-beat (accenting the word "down")	Bounce your conducting hand like you're bouncing a basket ball
None	Up-beat	Up-beat (not accenting either word)	Bring your conducting hand from your right side up in front of your face
None	Conducting in 2 (or 3 or 4)	In 2: Hit your neighbor, up (repeat); in 3: Bounce, hit your neighbor, up (repeat); in 4: Bounce, hit yourself, hit your neighbor, up (repeat)	Conduct the meter
Many (ff, pp, etc.)	Dynamics	Dynamics, Volume	Both hands together speaking softly, hands spread wide speaking loudly, and back again
pp	Pianissimo	Pianissimo, very soft	Hands in front vertically with palms as close together as possible without touching
p	Piano	Piano, soft	Hands in front vertically with palms about 4-6 inches apart
mp	Mezzo Piano	Mezzo Piano, medium soft	Hands in front vertically with palms about waist width apart
mf	Mezzo Forte	Mezzo Forte, medium loud	Hands in front vertically with palms about shoulder width apart
f	Forte	Forte, loud	Hands in front vertically with palms between mezzo forte and fortissimo
ff	Fortissimo	Fortissimo, very loud	Hands in front vertically with palms as far apart as possible
	Crescendo	Crescendo - gradually get louder	Start with hands together to your left and spread them apart as they move across you to your right
	Decrescendo/ Diminuendo	Decrescendo/Diminuendo - gradually get softer	Start with hands apart to your left and move them together as they move across you to your right
	Treble Clef	Treble Clef, G-Clef	Draw a treble clef slowly while saying the names
	G-Clef	G-Clef, Treble Clef	Draw a treble clef slowly while saying the names
<u> 2</u>	Bass Clef	Bass Clef, F-Clef	Draw the right half of a heart with your right hand and jab with your pointer and middle fingers to make the two dots (do it fast)
<u>9</u> :	F-Clef	F-Clef, Bass Clef	Draw the right half of a heart with your right hand and jab with your pointer and middle fingers to make the two dots (do it fast)
Many (see below)	Articulation	Articulation - the style in which you perform the notes	Draw a fermata with your hands at the end of "tion" in articulation, then draw a slur while saying "the style in which", draw three staccatos while saying "you perform", and draw two accents while saying "the notes!"
	Tie	Tie - combines two notes of the same pitch	draw a small arch from left to right
>	Accent	Accent, emphasize the note	Throw your right hand forward 3 times in a side-ways "V" shape on "Accent", "EMphasize" and 'NOTE"
	Fermata	Fermata	Right hand crossed over left hand with pointer fingers out, right hand draws an arch while left hand jabs (drawing a fermata) and hold the last syllable until the director cuts you off
legato	Legato	Legato, slur - smooth and connected	draw an arch or a slur in the air from left to right while saying the phrase
	Slur	Slur, legato - smooth and connected	Make an arch with your pointer finger from the left side, up and over to the right side (or down and under)

Symbol	Name	What to Say	Action
Many (Largo, Presto, etc.)	Tempo	Tempo is the speed of the beat; the speed of the beat is the tempo	Spin hands, starting slow, getting really fast, and slowing down again
accel.	Accelerando	Accelerando	Circle hands beginning slowly and ending very fast
rit.	Ritardando	Ritardando	Circle hands beginning very fast and ending slowly
\$\frac{\psi_{\psi}^{\psi_{\psi}^{\psi}}}{2^{:\psi}}	Key Signature	Key Signature with 1-7 sharps OR Key Signature with 1-7 flats OR Key Signature with zero sharps and zero flats	While saying the numbers (zero or 1-7) show that number on the hands
		Level Tw	70
GABC ABC	Note Names in the Bass Clef	Lines in the Bass Clef: Great Big Dogs Fight Animals; Spaces in the Bass Clef: All Cars Eat Grass (or All Cows Eat Gas). The Grand Staff is	Same as "Note Names" above
#	Sharp	Sharp - up a half step	Hold up a two in both hands and cross them to make a "hash-tag" while saying "sharp", then point up while saying "up a half step"
b	Flat	Flat - down a half step	Hold up your LEFT hand (has to be left so that the flat will be the right direction) and stick up your pointer finger while touching your thumb to your other three fingers and say "flat." Then point down while saying "down a half step."
4	Natural	Natural - It cancels	Put your left hand in an L shape and your right hand in an upside down L shape (like a 7). Touch the thumbs to the big nuckle in the pointer fingers while saying "natural." Then, keeping your hands in the same formation, move it forward and say in the voice of an old television soap commercial, "It cancels."
Accidental	Accidentals	Accidentals - Sharp, Flat, Natural	While saying, "Accidentals" put your hands out to your sides while shrugging your shoulders. Then while saying "Sharp, Flat, Natural" make the signs as listed above for the individual symbols.
4 6 2 6 2 3 6	Time Signature	Time Signature, Meter: 2 beats per measure, the quarter note gets the beat (changes depending on the time signature)	Hold out number of fingers on right hand while saying the beats per measure and, below the right hand, hold out the number of fingers on the left hand for the note that gets the beat
4 6 2 6 2 3 6	Meter	Meter, Time Signature: 2 beats per measure, the quarter note gets the beat (changes depending on the time signature)	Hold out number of fingers on right hand while saying the beats per measure and, below the right hand, hold out the number of fingers on the left hand for the note that gets the beat
2	Two-Four Time Signature	Two-Four Time Signature - 2 beats per measure, the quarter note gets the beat	Hold out 2 fingers on right hand while saying the beats per measure and, below the right hand, hold out 4 fingers on the left hand for the note that gets the beat
3	Three-Four Time Signature	Three-Four Time Signature - 3 beats per measure, the quarter note gets the beat	Hold out 3 fingers on right hand while saying the beats per measure and, below the right hand, hold out 4 fingers on the left hand for the note that gets the beat
4	Four-Four Time Signature	Four-Four Time Signature - 4 beats per measure, the quarter note gets the beat	Hold out 4 fingers on right hand while saying the beats per measure and, below the right hand, hold out 4 fingers on the left hand for the note that gets the beat
c	Common Time	Common Time, 4 beats per measure, the quarter note gets the beat	Hold out a letter "C" with one hand while saying "Common Time." Then hold out 4 fingers on the right hand while saying "4 beats per measure" and, below the right hand, hold out 4 fingers on the left hand while saying, "the quarter note gets the beat"
¢	Cut Time	Cut Time, 2 beats per measure, the half note gets the beat	Hold out a letter "C" with one hand while saying "Cut" and place the other hand vertically behind the first hand while saying "Time." Then hold out 2 fingers on the right hand while saying "2 beats per measure" and, below the right hand, hold out 2 fingers on the left hand while saying, "the half note gets the beat"
J.	The Dot	The dot adds half the value of the note that's dotted	Jab with the pointer finger every beat
	Dotted Quarter Note	Dotted Quarter Note, tahm	Draw the note when saying the name (dotted quarter note) then clap the rhythm when saying the nickname (tahm OR ta - ah)
J. J.	Dotted Quarter Note / Eighth	Dotted Quarter / eighth, tahm - ti	Draw the note when saying the name (dotted quarter / eighth) then clap the rhythm when saying the nickname (tahm - ti OR ta - ah - di)

Symbol	Name	What to Say	Action
ķ ·	Dotted Quarter Rest	Dotted Quarter Rest, (take a breath)	Draw the rest when saying name, then place hands out and to the side with palms up for one and a half beats
Many (ff, pp, etc.)	Dynamics	Dynamics, Volume	Both hands together speaking softly, hands spread wide speaking loudly, and back again
pp	Pianissimo	Pianissimo, very soft	Hands in front vertically with palms as close together as possible without touching
p	Piano	Piano, soft	Hands in front vertically with palms about 4-6 inches apart
mp	Mezzo Piano	Mezzo Piano, medium soft	Hands in front vertically with palms about waist width apart
mf	Mezzo Forte	Mezzo Forte, medium loud	Hands in front vertically with palms about shoulder width apart
f	Forte	Forte, loud	Hands in front vertically with palms between mezzo forte and fortissimo
ff	Fortissimo	Fortissimo, very loud	Hands in front vertically with palms as far apart as possible
	Crescendo	Crescendo - gradually get louder	Start with hands together to your left and spread them apart as they move across you to your right
	Decrescendo/ Diminuendo	Decrescendo/Diminuendo - gradually get softer	Start with hands apart to your left and move them together as they move across you to your right
legato	Legato	Legato, slur - smooth and connected	Make an arch with your pointer finger from the left side, up and over to the right side (or down and under)
	Stacatto	Sta - ca- tto - short - and - de - tached	Jab with the pointer finger every beat
	Slur	Slur, legato - smooth and connected	Make an arch with your pointer finger from the left side, up and over to the right side (or down and under)
	Slur	Slur, legato - smooth and connected	Make an arch with your pointer finger from the left side, up and over to the right side (or down and under)

Level Three

Melody	Melody	Melody: the main tune of the song	Move pointer finger up and down moving from one side to the other
Harmony	Harmony	Harmony: notes that compliment the melody	Move both pointer fingers in contrary motion up and down from one side to the other
Major Scale	Major Scale	Major Scale: Whole, whole, half, whole, whole, whole, half	When saying "whole", hold up a "W" in sign language in your right and and lean to the right. When saying "half", hold up an "H" in sign language in your left hand and lean to your left.
	Ledger Lines	Ledger Lines	Place each of your pointer fingers above the other rising up into the air
	Tie	Tie - combines two notes of the same pitch	draw a small arch from left to right
,	Single Sixteenth Note	Single Sixteenth Note, ka	Draw the note when saying the name (sixteenth note) then clap the rhythm when saying the nickname (ka)
•/	Sixteenth Rest	Sixteenth rest, "backwards F", (take a breath)	Draw the rest when saying "backwards F", place hands out and to the side with palms up for half a beat
	Sixteenth Notes	Sixteenth notes, ti-ka-ti-ka (OR ta-ka-di-mi)	Draw the note when saying the name (sixteenth notes) then clap the rhythm when saying the nickname (ti-ka-ti-ka OR ta-ka-di-mi)
ال ال ال	Unbeamed Sixteenth notes	Sixteenth notes, ti-ka-ti-ka (OR ta-ka-di-mi)	Draw the note when saying the name (sixteenth notes) then clap the rhythm when saying the nickname (ti-ka-ti-ka OR ta-ka-di-mi)
Many (Accel., rit., a tempo, rall. etc.)	Tempo	Tempo is the speed of the beat; the speed of the beat is the tempo	Spin hands, starting slow, getting really fast, and slowing down again
accel	Accelerando	Accelerando, gradually get faster	Spin hands, starting slow and gradually getting faster

Symbol	Name	What to Say	Action
rit	Ritardando	Ritardando, gradually get slower	Spin hands, starting fast and gradually getting slower
a tempo	A tempo	A tempo: return to the original tempo	Spin hands, starting fast and slowing down while saying "a tempo", then return to the beginning fast speed when saying, "return to the original tempo.
rall.	Rallentando	Rallentando, gradually get slower	Spin hands, starting fast and gradually getting slower
		Level Fo	ur
6	Key Signature	Either, "Key Signature with 1 to 7 Sharps - Up/Down, Up/Down/ Down, Up/Down" OR "Key Signature with 1 to 7 Flats - Down/Up/Down/Up/Down/Up/ Down"	While saying "1 - 7" hold up those numbers on your fingers. While doing the sharps, put your two hands in the shape for sharps as listed above, and go up and down according to the direction you are saying With flats, put your left hand in the shape of a flat, and go up and dow according to the direction you are saying.
Bb Eb Ab Db Gb Cb Fb	Flats in the Key	Flats in the key, B, E, A, D, G, C, F	Make a flat with your left hand and while going down/up/down/up/down/up/down/up/down with your hand say the letters
F# C# G# D# A# E# B#	Sharps in the Key	Sharps in the key, F, C, G, D, A, E, B	Make a sharp with your two hands and while going up/down/up/down down/up/down with your hands say the letters
C	Common Time	Common Time, 4 beats per measure, the quarter note gets the beat	Hold out a letter "C" with one hand while saying "Common Time." The hold out 4 fingers on the right hand while saying "4 beats per measure and, below the right hand, hold out 4 fingers on the left hand while saying, "the quarter note gets the beat"
	Cut Time	Cut Time, 2 beats per measure, the half note gets the beat	Hold out a letter "C" with one hand while saying "Cut" and place the other hand vertically behind the first hand while saying "Time." Then hold out 2 fingers on the right hand while saying "2 beats per measure and, below the right hand, hold out 2 fingers on the left hand while saying, "the half note gets the beat"
Oh, say, does that star - span - gled	Pick-up Note	1, 2, 3: Pick-up notes are notes on a weak or up-beat; notes before the bar-line at the beginning of a musical phrase	Conduct in 4/4 time and say "1, 2, 3" then start saying "Pick-up" or the up-beat or the fourth beat. Keep conducting until the end of the saying.
pp	Pianissimo	Pianissimo, very soft	Hands in front vertically with palms as close together as possible without touching
ff	Fortissimo	Fortissimo, very loud	Hands in front vertically with palms as far apart as possible
dim.	Diminuendo/ Decrescendo	Diminuendo/Decrescendo - gradually get softer	Start with hands apart to your left and move them together as they move across you to your right
•	Coda	Coda: Chop, chop: Tail	Draw a circle while saying "Coda", chop your hand once vertical and once horizontal while saying "chop, chop" and hit your backside while saying "Tail"
%	Segno	Segno; Slash, two dots: Sign	Draw an "S" while saying "Segno", slice your hand from upper right to lower left while saying "Slash", Poke your two fingers forward in your right hand while saying "Two dots" and hands to the side while saying "Sign"
D.S. al Coda	Dal Segno al Coda	Dal Segno al Coda - From the sign to the tail - Go back to the Segno, sing until "To Coda" and jump to the actual Coda.	When saying "Go back to the Segno" draw a Segno, when saying "sir until 'To Coda'" make quotation marks with your hand, and when saying "jump to the actual Coda" draw a coda.
. 2.	First and Second Ending	First ending, repeat sign. Second ending.	Draw a bracket horizontally (up, over to the right, and down) while saying "first ending" and then draw a repeat sign. Then draw a bracke (up and over to the right only) and say "second ending"

Other Terms

None	Inner Hear	Inner Hear, Audiate	Point to head (temple)
None	Audiate	Audiate, Inner Hear	Point to head (temple)
None	Primal Sound	Primal sound: Waaah	When saying waaah, tilt head to the side
None	Vocal Folds	Vocal Folds	Bring hands together in shape of a bowl
None	Primal Connection	Primal Connection	Same as Vocal Folds
None	Breathy Connection	Breathy Connection	Same as Vocal Folds, but only bring front of hands (fingers) together

Symbol	Name	What to Say	Action
None	Forced	Forced Connection	Same as Vocal Folds, but push hands together with force
None	Connection Rule #1	If it hurts, don't do it	
None	Intonation	Intonation, In-tune Singing	Say it like you're trying to save someones vocal life Bring pointer fingers together in front of you
None	In-tune	Intonation, in-tune Singing	
None	Singing	In-tune Singing, Intonation	Bring pointer fingers together in front of you
	Find C on the Piano	Ding, Bqu	With pointer and middle fingers on the right hand point to a pair of two black keys and say, "Ding." With the left pointer finger point to the white key just to the left of the two black keys and say, "Bqu" (a sound like squishing a bug. :-)
	Musical Alphabet	ABCDEFG	Sing "ABCDEFG" to the tune of the alphabet song
	Musical Alphabet Backwards	GFEDCBA	Sing "GFEDCBA" to the tune of the alphabet song
	Interval	Interval: Distance between two notes	Hold one hand still, and raise other hand one step up on each syllable
	Unison	Unison: the same note	Hold both hands horizontal, together
	Second	Second: one step up	Hold one hand still and raise other hand up one step
<u></u>	Third	Third: two steps up	Hold one hand still and raise other hand two steps up
=	Octave	Octave: eight NOTES up, yah	Hold one hand still and raise other hand 7 steps up
None	Melody	Melody: the main tune of the song	Move pointer finger up and down moving from one side to the other
None	Harmony	Harmony: notes that compliment the melody	Move both pointer fingers in contrary motion up and down from one side to the other
8	Chord	Chord: two notes or more at the same time	make an "O" with each hand and stack one above the other
None	Gasping Breath	Gasping breath	Hands together in an "O" shape by waist and take a gasping breath before saying the name
None	Efficient Breath	Efficient breath	Hands together in an "O" shape by waist and take an efficient breath before saying the name
None	Luxurious Breath	Luxurious Breath	Breathe through nose and count with fingers to four before saying the name