

NAME: _____

Period: _____

Date: _____

Worksheet – Day 2

Training Capsule 11 – Tips to Reduce Breathing Errors

From the reading on page 15, answer the following:

1. Breathing errors are caused by a user _____

2. When a breathing error occurs, the likely culprit is _____

3. What is a windscreen? _____
4. The windscreen should be how far a way from your lower lip?

5. If extra words appear on the screen caused by your breathing, moving the _____ slightly _____ from your mouth.
6. Tip number three tells you breathe more through your _____ than through your _____.
7. How should you hold your chin? _____
8. Tip number 11 says that many unnecessary errors appear because _____
