Instrument: Oboe

Magazine or Journal Title: ETHANKIND

Citation:

Kind, Ethan. Oboe – Your Body’s Language and Posture

in Performance (Musicians, Pain, Strain, Injuries, Alexander Technique). 2011. <http://www.ethankind.com/blog/organ-your-bodys-language-and-posture-in-performance-musicians-pain-strain-injuries-alexander-technique/> (accessed on Nov 30 2012).

Article Title: Oboe – Your Body’s Language and Posture

in Performance (Musicians, Pain, Strain, Injuries, Alexander Technique)

Author: Ethan Kind

Summary (Outline form):

* Posture and body positioning is the most important thing for sound and abilities
* You also can be too tense and cause problems with sound
* Do not do unnecessary work for playing
* Create a balanced posture for best results