The 5-Minute Circular Breathing Breakthrough

Five simple steps to help you understand and practise circular breathing.

Hello my friend, so glad you're here!



I'm Jay Hoad, a musician, educator, author and sound healing facilitator.

For more than 30 years, music has taken me around the world, performing in over 40 countries and teaching people at all stages of their musical journey.

Alongside performing, I've taught over 10,000 students and founded music schools and the Australian Didgeridoo Breathing Academy. What I love most is helping people understand something that once felt difficult—and enjoy making music with it.

If you've picked up a D**idgeridoo**, found a sound you love, then had to stop to breathe, you'll know why circular breathing is such an exciting skill to learn.

Maybe you're just starting out. Or perhaps you've tried the exercises, watched the videos, and still can't quite connect everything.

That's what this guide is here for.

We'll break the technique into five smaller steps: learning the cheek push, bringing it onto the didgeridoo, adding a breath through your nose, and gradually connecting the movements.

"You don't need to master circular breathing in five minutes! Keep the movements relaxed, take your time, and build from one small success to the next"

Want to explore this live with me?

Join my **Didgeridoo Breakthrough Workshop**, where we'll work on circular breathing and take your playing to the next level.

Together, we'll explore:

- **Circular breathing: break down the movements and understand what to practise next.**
- **Fresh rhythms: create and combine eighth-note and triplet patterns.**
- **Easier playing: use less air and effort while developing your sound, control and flow.**
- **Live Q&A: bring your didgeridoo and your questions.**

You'll also receive the **Eighth Note Rhythm Matrix, Triplet Rhythm Matrix, Daily Didge Flow practice sequence, and Sound Healer's Energetic Map.**

CLICK HERE TO REGISTER FOR THE WORKSHOP - **Very limited space available**

The workshop is 90 minutes live with Jay Hoad - Lifetime Replay access included, plus all workbooks & exercises.

Grab your Didgeridoo, my friend. Let's get started!

Step 1: The Cheek Balloon

First, learn to store a little air in your cheeks and push it out without using your lungs.

1. Keep your lips closed and gently puff out your cheeks like a balloon.
2. **Hold your breath** for three seconds, keeping that air inside your mouth. Notice what it feels like to hold that small pocket of air.
3. Notice the air in your cheeks.
4. Put your hands on your cheeks.
5. **Important:** While holding your breath, gently squeeze the air out of your mouth with your hands, like squeezing a balloon. Push the air out through a small opening between your lips, and try to get your lips to vibrate as if you're playing the didgeridoo. You might get a fart sound at first, not a didgeridoo sound. Don't worry about that right now, it's about putting in the reps.
6. Repeat until you can make a short, controlled push of air.

Your mini-win: You can store a little air in your cheeks and push it out using your cheeks.

Common mistake: Blowing from your lungs instead of using the air stored in your mouth.

Quick fix: Double-check you're holding your breath as you push. Your cheeks are doing the work.

Big tip, the secret

It's easy to think you're holding your breath when you're still using your lungs. Double-check that you're holding your breath during the push. If I had a dollar for every person who told me they were holding their breath when they actually weren't, I'd be rich!

Step 2: Bring the Push to the Didgeridoo

Now it's time to bring that cheek push onto the didgeridoo and practise switching between the push and your normal lung-powered sound. The aim is to produce the same kind of tone you make with your lungs, but using only your cheeks to push the air. Compare the sounds and adjust your push until they're as close as you can get. This is a crucial step before you try to connect everything together.

1. Put your mouth on the didgeridoo and play a comfortable sound using your lungs.

2. Stop using your lungs and hold your breath. Use the cheek push from Step 1 to push the stored air through the didgeridoo.

3. Take a few seconds to regroup. Play again with your lungs and notice the way your lips vibrate.

4. Practise going back and forth: lungs, cheek push while holding your breath, then lungs again.

5. Try to make the cheek-push sound as close as you can to the tone you make with your lungs.

Keep the push short and relaxed. Check that your lungs are not helping while you're doing it.

Your mini-win: You can make a didgeridoo sound with the cheek push, then return to your normal lung sound.

Common mistake: Trying to push harder with your lungs.

Quick fix: Pause, hold your breath, and let your cheeks push the stored air.

Step 3: The Sneaky Nose Breath

Thistime,whileyou're pushing the stored airoutthroughyourmouth (the Step 1 cheek push), take a quick, comfortable breath in through your nose.

1. Puff your cheeks and hold the air in your mouth.

2. Use your hands on your cheeks if that helps you feel the push.

3. Begin pushing the stored air out through your lips using your cheeks.

4. As the air comes out, breathe in through your nose at the same time. You only need to inhale for a quarter or half a second.

5. Relax, take a moment, and try again when you're ready.

Take as much time between attempts as you need. There's a lot to coordinate, and there's no need to rush.

Your mini-win: You can push air out through your mouth while breathing in through your nose.

The rule: If you can't do Step 1 yet, don't move on to Steps 2 or 3. Keep practising the cheek push first. If you're finding it tricky, come to the workshop and I'll break it all down with you.

Step 4: Connect the Lungs, Push and Inhale

Now begin connecting your normal lung-powered sound to the cheek push and nose inhale. This is where the coordination gets serious. In my programmes, I run people through what I call the Didgeridoo Gym programme. If this doesn't click from the PDF alone, that's totally fine. Come to my workshop and I'll break it down and answer your questions.

1. Play a comfortable didgeridoo sound using your lungs.

2. As your lung breath is running low, puff your cheeks slightly to store some air.

3. Use your cheeks to push that stored air through the didgeridoo.

4. While you're pushing with your cheeks, take a quick, comfortable breath in through your nose.

5. Keep the movements gentle and practise them one at a time before trying to make the transition smooth.

Your mini-win: You're starting to move from a lung-powered sound into the cheek push while breathing in through your nose.

Step 5: Connect the Push and Inhale Back to the Lungs

Thisisthe finalconnection:returningfrom the cheekpushand noseinhale to yournormallung-poweredsound.

1. Begin with the cheek push while taking a comfortable breath in through your nose.

2. As you finish breathing in, start using your lungs to make the didgeridoo sound again.

3. Gradually move from the cheek push back to the lung-powered sound.

4. Repeat the sequence slowly: lungs, cheek push and nose inhale, then lungs again.

That's the complete five-step pathway. It can take time for all the movements to feel smooth, so keep practising at a comfortable pace.

Your mini-win: You're connecting the push, the nose inhale and the return to your lungs.

Let's check your progress

[ ] I can store air in my cheeks.

[ ] I can push the stored air out using my cheeks while holding my breath.

[ ] I can make a didgeridoo sound using the cheek push.

[ ] I can breathe in through my nose while pushing the stored air out.

[ ] I can move from my lungs to the push, then back to my lungs.

Every movement you learn is progress. If some parts still feel tricky, you've found exactly what to practise next.

When I teach this in my programmes and courses, I break it down into step-by-step lessons and what I call **Didgeridoo Gym**. We work on strengthening your cheeks, muscles and lips, and building the muscle memory to help the technique feel more effortless.

Take the next step - Live with Jay

You've now explored the five-step circular breathing pathway. Well done my friend!

If you're still finding it tricky to connect the movements, come and work on them live with me at the Didgeridoo Breakthrough Workshop. Sometimes seeing the small details demonstrated, and having a chance to ask questions, can help things make sense.

In this live 90-minute workshop, we'll explore:

- Circular breathing: understand the movements and how to connect them.
- Fresh rhythms: create and combine eighth-note and triplet patterns.
- Easier playing: use less air and effort while developing sound, control and flow.
- Live Q&A: ask questions about where you're getting stuck.

The workshop also includes:

- Eighth Note Rhythm Matrix: explore and combine new rhythm patterns.
- Triplet Rhythm Matrix: bring a different rhythmic feel into your playing.
- Daily Didge Flow: a practical sequence for developing breath, timing and control.
- Sound Healer's Energetic Map: an introduction to exploring instruments and sounds in sound-healing practice.
- Lifetime workshop replay: pause, revisit and practise at your own pace.

So often, the players who come to me are working harder than they need to.

We'll explore how to use less air and effort, develop your sound, and bring fresh rhythms into your playing. Bring your didgeridoo and your questions; we'll break things down and practise together.

Live online · 90 minutes, including Q&A

I'd love to see you there, my friend.

If you have any questions, just email me at info@jayhoad.org.

Big love,
Jay

CLICK HERE TO REGISTER FOR THE WORKSHOP

Jay ripping on the Didge

JAY HOAD - POWER OF THE ROCK ON YOUTUBE:



JAY HOAD - OLIVE TREE JAM

