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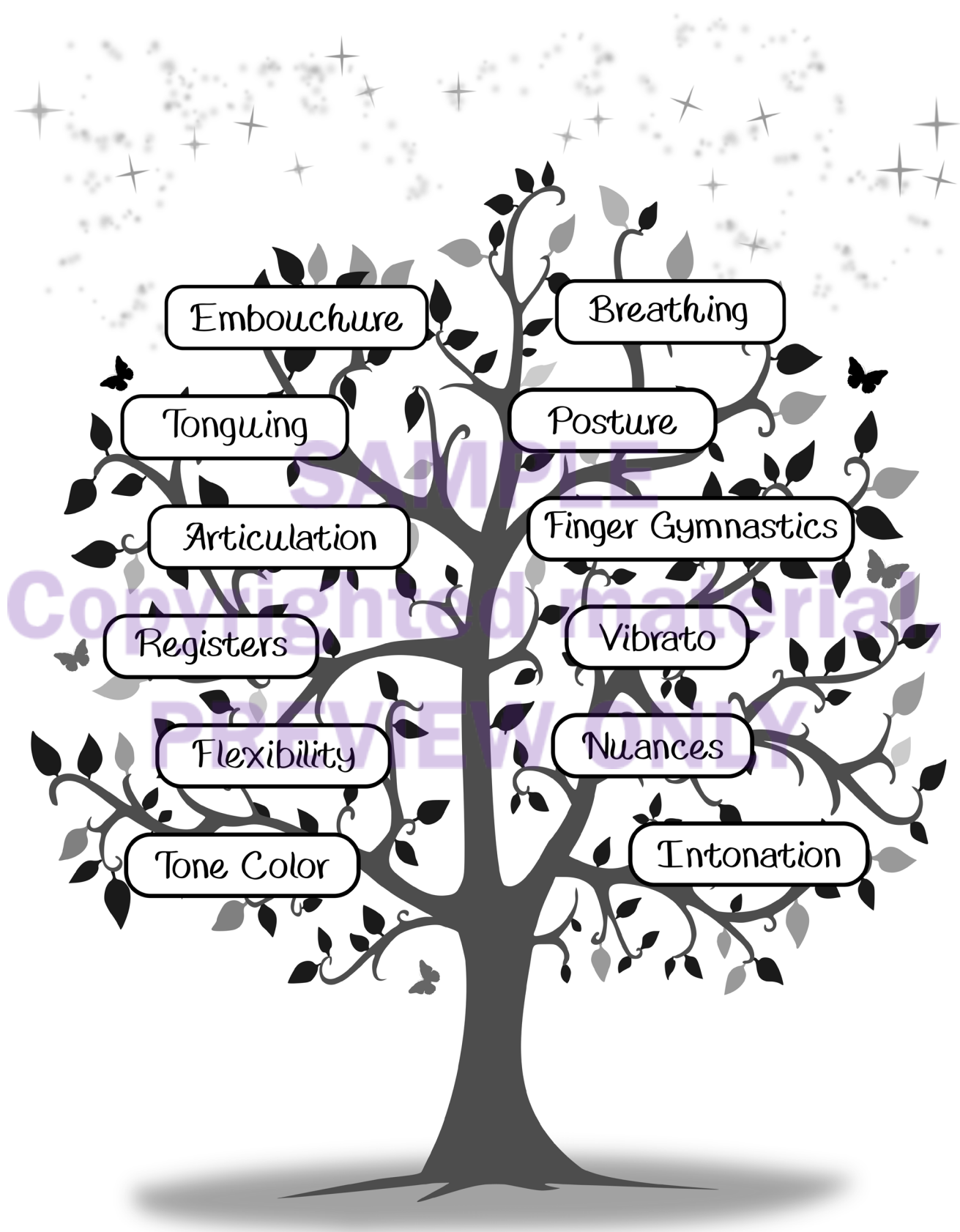
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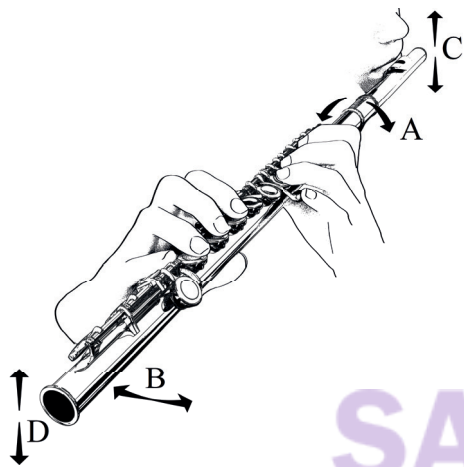
Flute Tree



Exercises

Lips Follow the Flute - An Exercise with the Flute

With the help of this exercise, you can find the optimal position for the lips, the perfect angle of the airstream and a focused sound while staying relaxed.



- A) Turn the flute outwards and inwards alternately.
- B) Gently push the tail of the flute forward with your right hand. Follow the flute with your lips.
- C) Lift and lower the chin.
- D) Lift and lower the tail of the flute.

Light Workout

- a) Imagine you scoop something up with the lower lip, so that the lower lip scoops up and swipes over the upper lip.
- b) Turn the corners of the mouth down and pout, as if you were displeased.
- c) Move the upper lip up and down like a rabbit.

Stick Relaxation

Hang matchsticks, drinking straws or something similar from the corners of your mouth. Use minimal traction to hold the sticks or straws in place. Try to play something simple on the flute, for example, part of a scale, with a grip that is as relaxed as possible. Also try to move the sticks closer to each other, to the place where your canine teeth are. If the embouchure starts to tire while playing a piece, recall the relaxed feeling of this exercise!



Bicycle Pump

- ◆ Keep the air moving with an impression of a bicycle pump.
- ◆ Check that the sound is pure and free from unwanted noise.
- ◆ Add a light bounce from the abs (*hi-ah, hi-ah*).

a)

♩ = 65-80

Hi - ah hi - ah ...

b)

Hoo-ah he hah ...

c)

Hoo hah hee - ah ...

Simile in Different Keys

a)

Hi-ah hi-ah ...

b)

Hoo-ah he hah ...

c)

Hoo hah hee-ah ...



Relaxing Flutter Tonguing Exercises

Flutter tonguing will help you to produce an even airstream and to relax your throat.

- ◆ First let out a relaxed sigh of relief.
- ◆ Then play a note with the same feeling of relief and let the tip of the tongue flutter on top of the airstream.
- ◆ Relax the jaw. Check that you don't clench your teeth.

a) From middle C to low G

Flz. Flz. Flz. Flz.

Flz. -----|

Flutter Regular playing

b) From middle D to middle G

Flz. Flz. Flz. Flz.

Flz. -----|

Flutter Regular playing

c) The whole scale

Flz. -----|

Flutter Regular playing

Flz. -----|

Flutter Regular playing



Butterfly Wings



- ◆ Again, aim to maintain the same tone quality and brightness.
- ◆ The fingers move lightly but precisely like butterfly wings.
- ◆ Move the fingers from the first knuckle.
- ◆ Play in different keys.

a)

♩ = 90-120

(SAMPLE)

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You can also cut the bars in half and play a shorter version.



Octave and Tone Exercises

Octaves as Reflexes

- ◆ Play without the tongue.
- ◆ Play like a diver bird calling at the lake (*kob - klew 'ee*).
- ◆ Keep the octave leaps fast and reflex-like.
- ◆ On the leap think the corners of the mouth a bit forward.
- ◆ Play the long tones brightly and clearly.
- ◆ Play juicy and fleshy low notes.

a)

♩ = 80-100

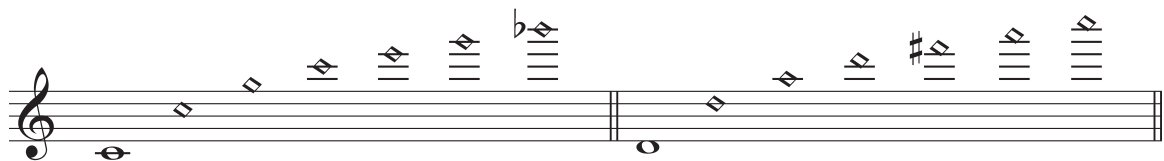


- ◆ Do the same thing from the top downwards.
- ◆ Now start with the tongue. Keep the ends of the slurs light.
- ◆ Sing in your mind e.g., *Dee-ah dee-ah dee-aah!*

b)



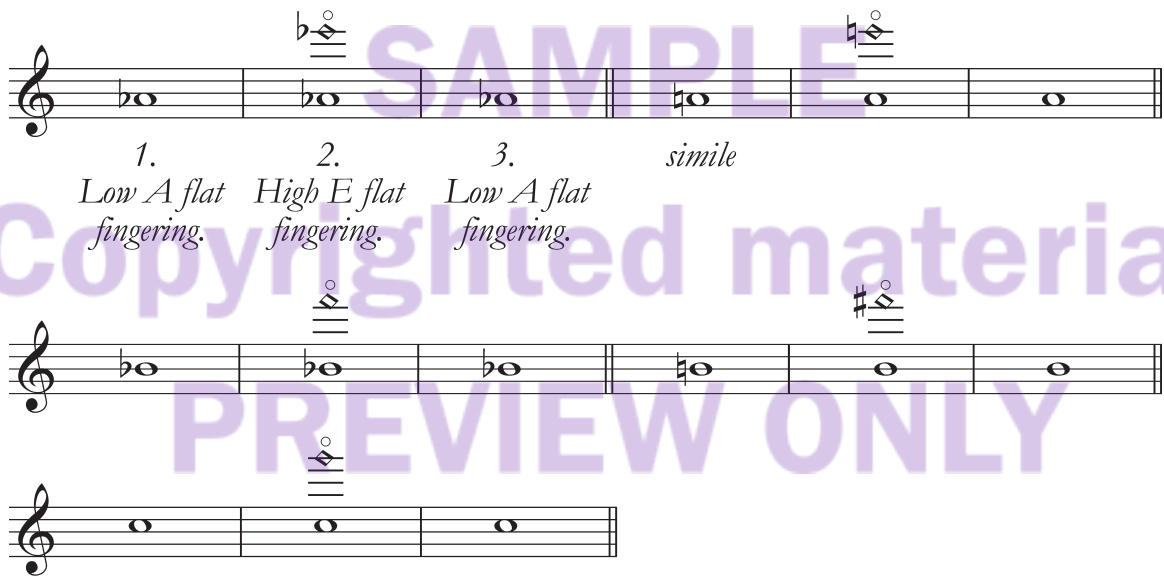
Harmonics:



Fog Horn Sounds

With this exercise, you learn to add harmonics, resonance and depth to the sound.

- 1. Regular fingering
- 2. Use an upper register fingering
- 3. Back to regular fingering



- 1. Play the first note lightly and sweetly (*mp*).
- 2. Let the ghost note (the same note with upper register fingering) grow, like a ship's fog horn. Imagine playing the tones from behind a mask.
- 3. Then go back to regular fingering, but now with an even deeper and richer tone.



Rhythmic Chain

g) Gradually speeding rhythm descending chromatically

$\text{♩} = \text{ca. } 75$

The exercise consists of three staves of music in 4/4 time, key of D major. The first staff contains two measures of eighth-note triplets descending chromatically from D5 to B4, followed by a quarter rest. The second staff begins with a triplet of eighth notes descending from D5 to B4, followed by a quarter rest, then a section marked 'simile' with four quarter notes descending chromatically from D5 to B4. The third staff contains a triplet of eighth notes descending from D5 to B4, followed by a quarter rest.

h) Gradually speeding rhythm ascending diatonically

$\text{♩} = \text{ca. } 70$

The exercise consists of three staves of music in 4/4 time, key of D major. The first staff contains a group of 3 eighth notes ascending from D4 to F#4, followed by groups of 5, 6, and 7 eighth notes ascending diatonically. The second staff begins with a section marked 'simile' with four quarter notes ascending from D4 to F#4, followed by a group of 3 eighth notes ascending from D4 to F#4. The third staff contains groups of 5, 6, and 7 eighth notes ascending diatonically.

