

Dr. Sánchez's Epic Flute Warm-up

If you play it without your metronome, it doesn't count!

Clear, Beautiful & Accurate ♩ = 60

Staff 1 (Measures 1-5): n.v. *f* soft palate high right arm forward...

Staff 2 (Measures 6-9): listen for core in low register...

Staff 3 (Measures 10-12): engaged embouchure... Breathe! Long phrase coming up.

Staff 4 (Measures 13-16): Repeat until low register sounds like you want it to. Keep core in sound as you travel up.

Staff 5 (Measures 17-22): (still n.v.) *f* *pp* *f* *pp* (reg) flutter, sing&play or both

Staff 6 (Measures 23-24): *f* Keep tone consistently clear.

Staff 7 (Measures 25-28): *pp* *f* *pp* (reg) flutter, sing&play or both

Staff 8 (Measures 29-32): What can you do to improve your right hand position? *f* *mp* *pp* *mf* *p*

32 *f* *mp* *cresc.* *ff*

34 *f* *mp* *cresc.* *ff* (reg) flutter, sing&play or both

38 *f* *mp* *cresc.* *ff*

(listen!)

42 *f* *mp* *cresc.* *ff*

Different fingerings and "listen low."

Vibrato & reg. fingerings, but keep listening low.

Hanging jaw, soft face & tall aperture.

47 *f* *mp* *cresc.* *ff*

x = breath kick (listen for the core inside the breath kick)

52 *f* *mp* *cresc.* *ff* Slide page.

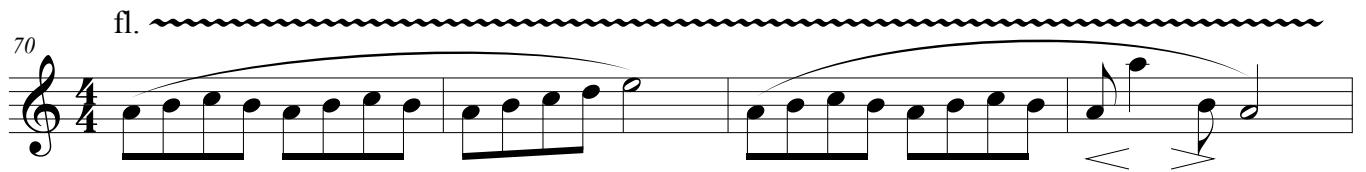
57 *f* *mp* *cresc.* *ff*

59 *f* *mp* *cresc.* *ff*

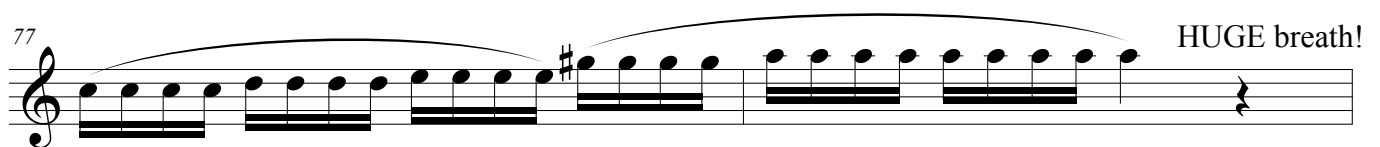
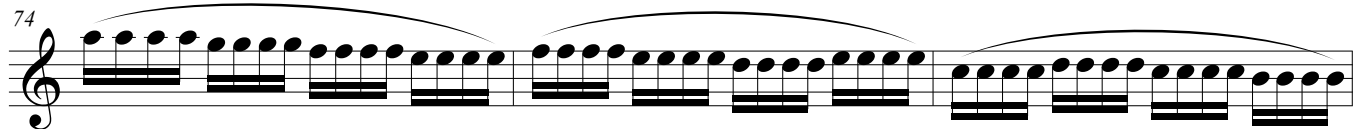
Exaggerated Vibrato Pulses

61 *f* *mp* *cresc.* *ff*

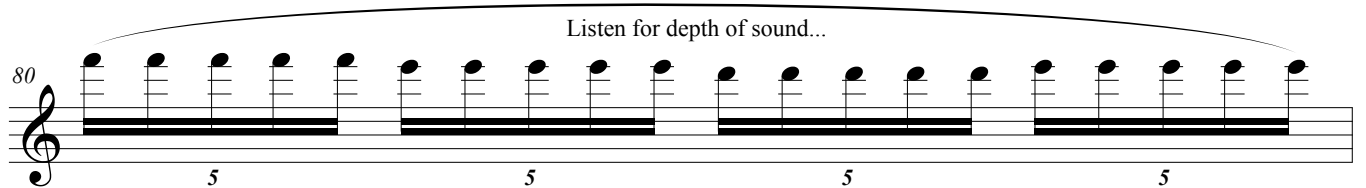
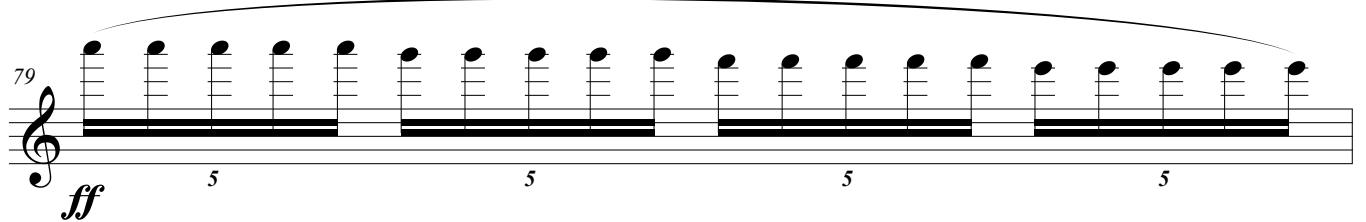
Lifted chest and ribs, really *feel and hear* the stomach pulses.



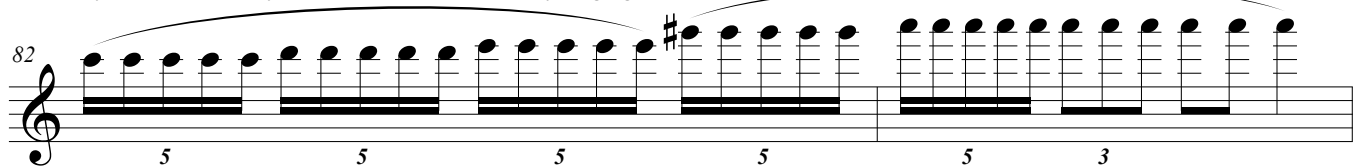
Exaggerated Vibrato Pulses: Still supported, but more singing now.



Epic (Operatic) Vibrato: Hanging jaw, soft face, tall aperture, well supported, "spinning air," groups of 5.



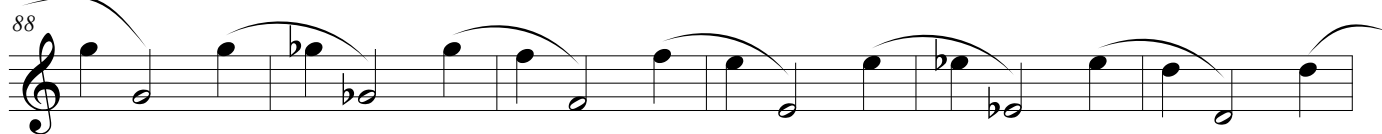
Balance your head, soften your face and listen for a truly singing sound!



Octave Slurs with *cantabile* vibrato:



Check in with body position: back of neck long, head balanced.



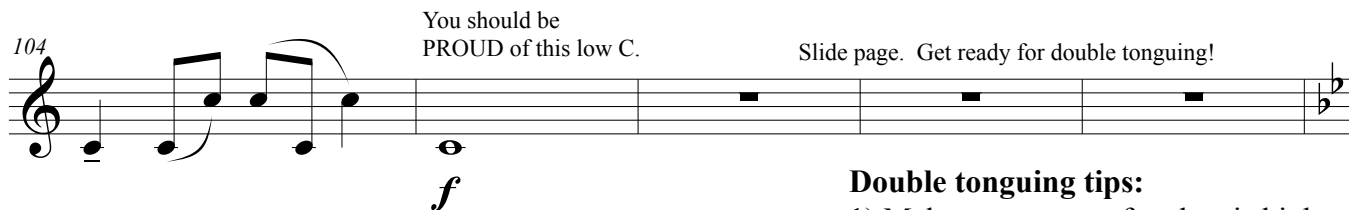
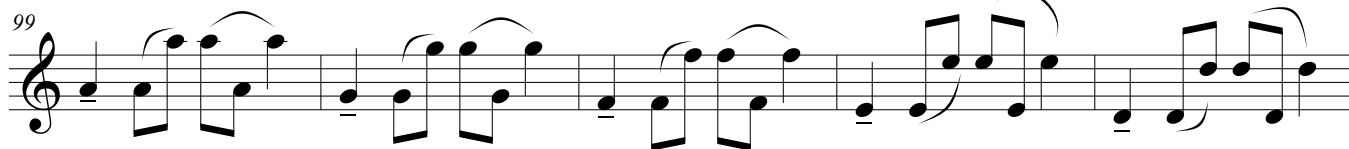
Keep embouchure engaged as you shift air direction.

Use core in lower notes as a model for higher octaves.



Notice your lip and jaw movements.

Head back and right arm forward.



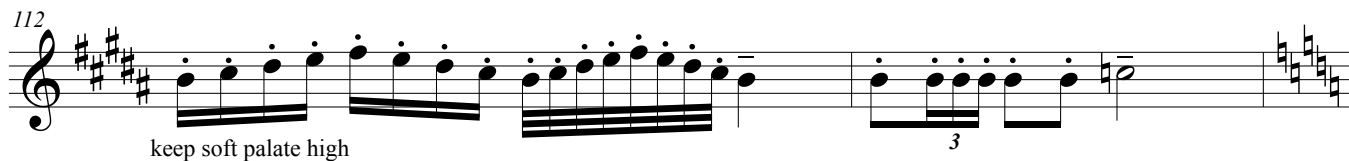
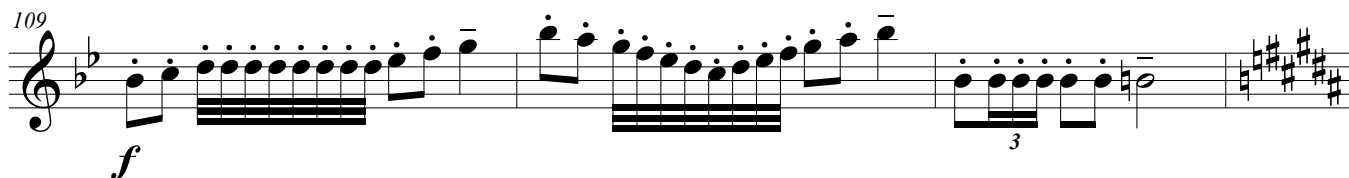
You should be
PROUD of this low C.

Slide page. Get ready for double tonguing!

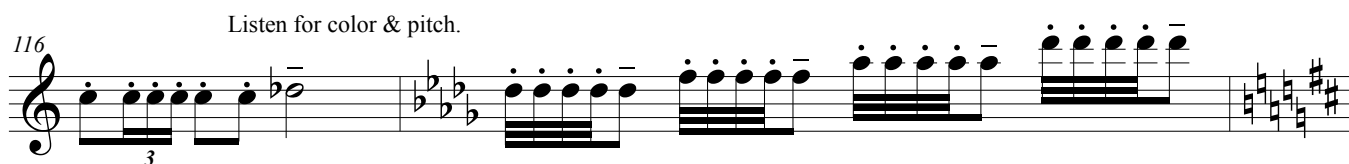
*Easy, clear tonguing is related
to easy, clear speech!*

Double tonguing tips:

- 1) Make sure your soft palate is high.
- 2) Keep breathing and support "low."
- 3) Think more *legato* than *staccato*.
- 4) Aim air down. (Always).
- 5) Listen for a clear sound with core!



keep soft palate high



Listen for color & pitch.

118 (Homage to *Voliere* from Saint-Saen's *Carnival of the Animals*)

Use the trill fingering for E-F#.

120

Let the melodic contour help you!

122

124

Use momentum!

126

Rhythmic accuracy is a virtue...

128

- 1) General rule: no vibrato for harmonics.
- 2) Try rocking your right arm forward and back to help with melodic contour and dynamics.
- 3) Notice your embouchure as you execute the *diminuendos*.

130

mp *dim.* *mp*

134

dim. *mp* *dim.*

139

p *rit.* *dim.*

Congratulations on completing your epic warm-up for the day!

Happy Practicing!