

Dr. Sánchez's Epic Flute Warm-up

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

Clear, Beautiful & Accurate ♩ = 60

n.v.
soft palate high
f right arm forward...

6 listen for core in low register...

10 engaged embouchure... Breathe! Long phrase coming up.

13 Repeat until low register sounds like you want it to. Keep core in sound as you travel up.
Pinky challenge! Use this passage to test your head balance and footjoint position.

17 (still n.v.) (reg) flutter, sing&play or both
f **pp** **f** **pp**

23 **f** Keep tone consistently clear.

25 (reg) flutter, sing&play or both
pp **f** **pp**

29 What can you do to improve your right hand position?
f **mp** **pp** **mf** **p**

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2

32 *f* *mp* *cresc.* 3 3 3 3 *ff* 3 3

(reg) flutter, sing&play or both

34 *sempre forte*

38

(listen!)

42

Different fingerings and "listen low."

Vibrato & reg. fingerings, but keep listening low.

Hanging jaw, soft face & tall aperture.

47 *cresc.* *ff*

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

52 Slide page.

57

59 3 3 3 3 3 3 3 3 3/4

Exaggerated Vibrato Pulses

61 3 3 3 3 3

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

65

70 *fl.*

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

74

77

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

79 *ff*

80

Listen for depth of sound...

81

Keep aiming air down while maintaining a tall aperture.

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

82

Octave Slurs with *cantabile* vibrato:

84 Slide page.

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

88

Keep embouchure engaged as you shift air direction.

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

94

Notice your lip and jaw movements.

Head back and right arm forward.

99

104

You should be PROUD of this low C.

Slide page. Get ready for double tonguing!

f

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!

109

f

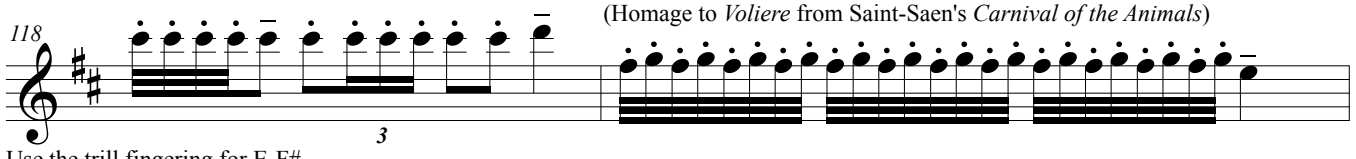
112

keep soft palate high

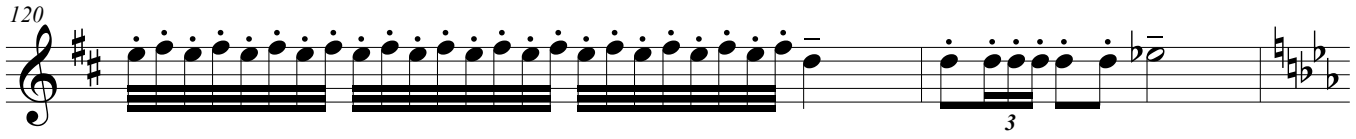
114

116

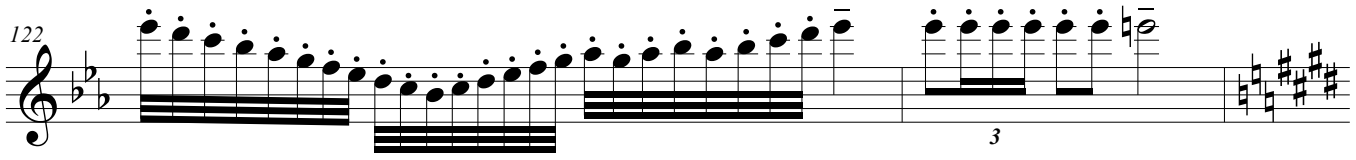
Listen for color & pitch.

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

Use the trill fingering for E-F#.

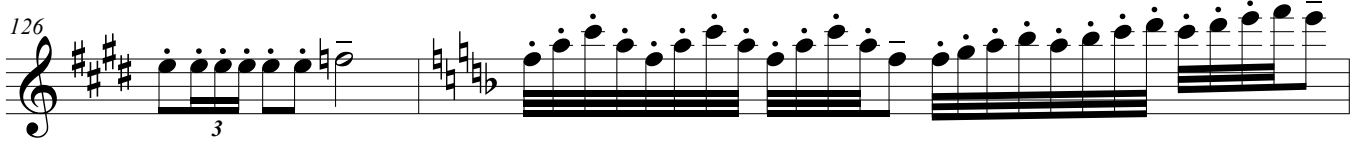
120 

Let the melodic contour help you!

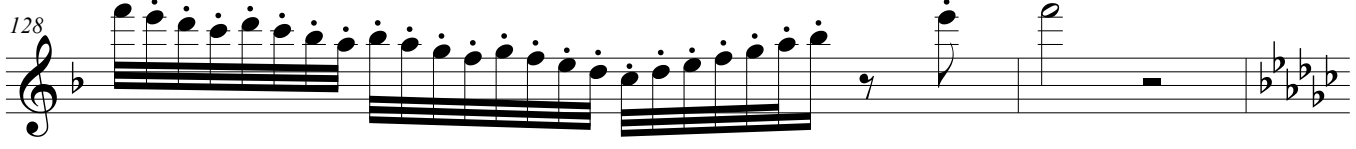
122 

124 

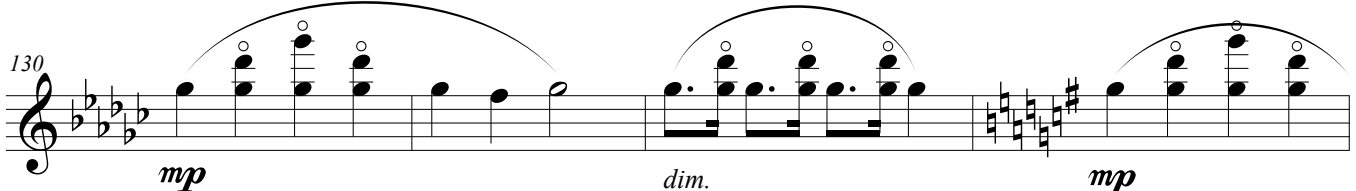
Use momentum!

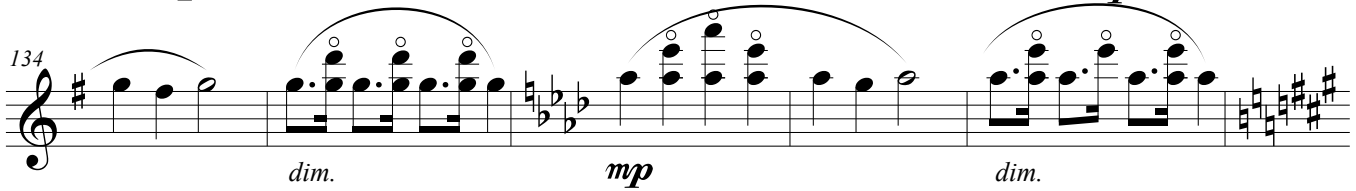
126 

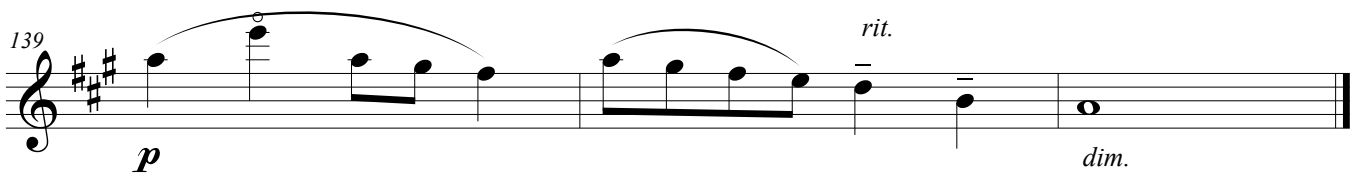
Rhythmic accuracy is a virtue...

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 

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139 

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

Happy Practicing!