

# Dr. Sánchez's Epic Flute Warm-up

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

Clear, Beautiful & Accurate ♩ = 60

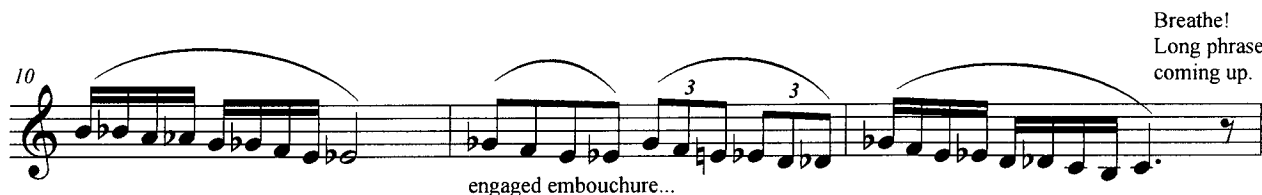
1  
n.v.  
soft palate high  
*f*  
right arm forward...



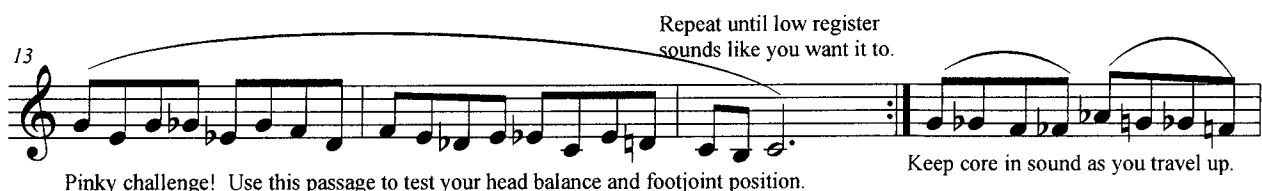
6  
listen for core in low register...



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



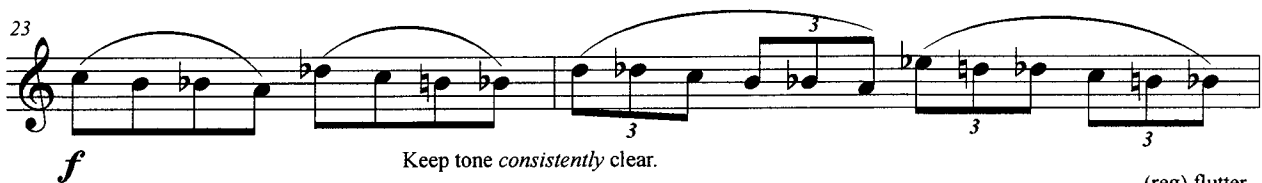
13  
Repeat until low register sounds like you want it to.  
Keep core in sound as you travel up.  
Pinky challenge! Use this passage to test your head balance and footjoint position.



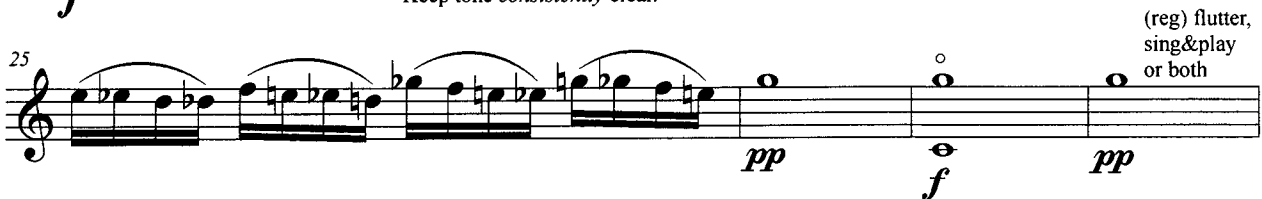
17  
(still n.v.)  
*f* *pp* *f* *pp*  
(reg) flutter, sing&play or both



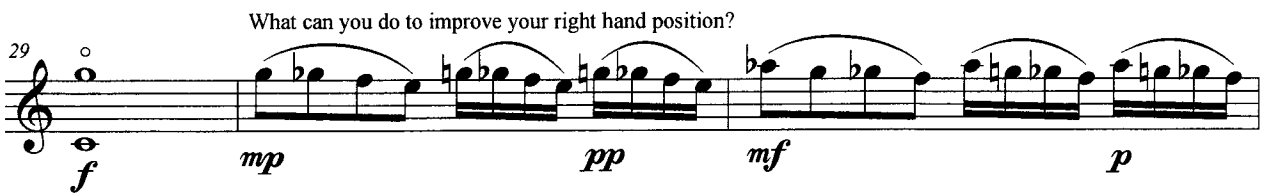
23  
*f*  
Keep tone consistently clear.



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



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.* *ff*

(reg) flutter, sing&play or both

Musical staff 32-33: Treble clef, 4/4 time. Measures 32-33. Dynamics: *f*, *mp*, *cresc.*, *ff*. Includes triplets and slurs.

34 *sempre forte*

Musical staff 34: Treble clef, 4/4 time. Measure 34. Dynamic: *sempre forte*. Includes a fermata.

38

Musical staff 38-39: Treble clef, 4/4 time. Measures 38-39. Includes slurs and accents.

(listen!) 42

Musical staff 42-43: Treble clef, 4/4 time. Measures 42-43. Includes slurs and accents.

Different fingerings and "listen low."

Vibrato & reg. fingerings, but keep listening low.

Hanging jaw, soft face & tall aperture.

47 *cresc.* *ff*

Musical staff 47-48: Treble clef, 4/4 time. Measures 47-48. Dynamics: *cresc.*, *ff*. Includes slurs and accents.

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

52 Slide page.

Musical staff 52-53: Treble clef, 4/4 time. Measures 52-53. Includes 'x' marks for breath kicks and slurs.

57

Musical staff 57-58: Treble clef, 4/4 time. Measures 57-58. Includes 'x' marks and slurs.

59

Musical staff 59-60: Treble clef, 4/4 time. Measures 59-60. Includes triplets and slurs.

## Exaggerated Vibrato Pulses

61

Musical staff 61-62: Treble clef, 3/4 time. Measures 61-62. Includes triplets and slurs.

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.

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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!

104

**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

*mp* *dim.* *mp*

134

*dim.* *mp* *dim.*

139

*p* *rit.* *dim.*

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

Happy Practicing!