

The **LOUD Exercise** is intended to be used as a warm-up that simply gets air moving. The player should not aim to control the sound but rather stretch breath capacity and play in a full, vibrant manner. Is the area around the lips fairly loose? It should be! Use a metronome set at a speed that allows for one breath per group in a very full sound, then gradually get slower. Use the two beat rest to inhale slowly and fully. Focus on breathing sideways and expanding the rib cage.

LOUD Exercise



*continue down through the entire low register. When comfortable, start the exercise on high G.

“**Twofers**” are the notes on the flute that give you two octaves with a single fingering. This means that the octave shift must be done using the angle of the air. Additionally, the upper octave of these fingerings will often require that the player consciously “fill up” these notes or be particularly cautious in soft dynamics to ensure they do not droop in pitch or energy.

In order to achieve the upper note, simply aim the air very slightly higher. Before trying these notes, hold your arm in front of your face then blow on your arm from the elbow to the fingertips. This will provide an exaggerated example of the technique required to make this shift of air angle. In context, the movement to change the angle is very small.



These additional **Octave Exercises** should also be practiced with a variety of dynamic applications. It is helpful to play each measure *forte* first, then *piano* on the repeat. As the student becomes more comfortable with the high register, continue beyond the high D.

