

Flute- Confidence in the higher register

Exercise 1: Octaves

The high register on the flute is really important and needs to be practiced as much as your pieces.

A good way to practice this, is playing octaves. Start off with a note which is comfortable to get out. A.



Make sure you tongue these first.

Once you feel confident with this move up a note to B. Then C.



When you get to C, you may find it harder to get the high C to come out straight away.

REMEMBER:

- Use your tummy muscles to push it out (not from your chest).
- As well as this, it helps when you look up with your eyes
- Make sure you use the top of your diaphragm

You can do this exercise on all notes, making sure you get the sound out straight away and shoot the note up with your tummy muscles.

Once you feel confident with this, try slurring the octaves. I.e.



Exercise 2: Support in the higher register



For this exercise start by tonguing each note. You need to increase the speed of the air flow through the slurs in order to get the high notes out clearly. If you use the same amount of air flow as you would for the lower notes, the higher notes won't come out.

REMEMBER: Keep supporting the air with your diaphragm all the way through the phrase.

Once you can maintain a supported air flow for all the notes try slurring them all, then, move onto the next part of this exercise.

Ex.2 Part 2.

Play through this slowly making sure you support each note when getting higher. Again try tonguing them all first before slurring.

Flute

Fl.

Exercise 3 – Flexibility

Flexibility is a really key exercise to practice. In the other exercises you have worked your way up to the high notes, gradually making your diaphragm stronger to support each note.

With this exercise you will need to use your diaphragm much quicker to shoot up to the high notes. Imagine a little person on a trampoline in your tummy and they bounce on the trampoline (this is you using your tummy to support the air flow to shoot that high note out)

Start by tonguing so you know how much air flow you need before slurring each phrase.