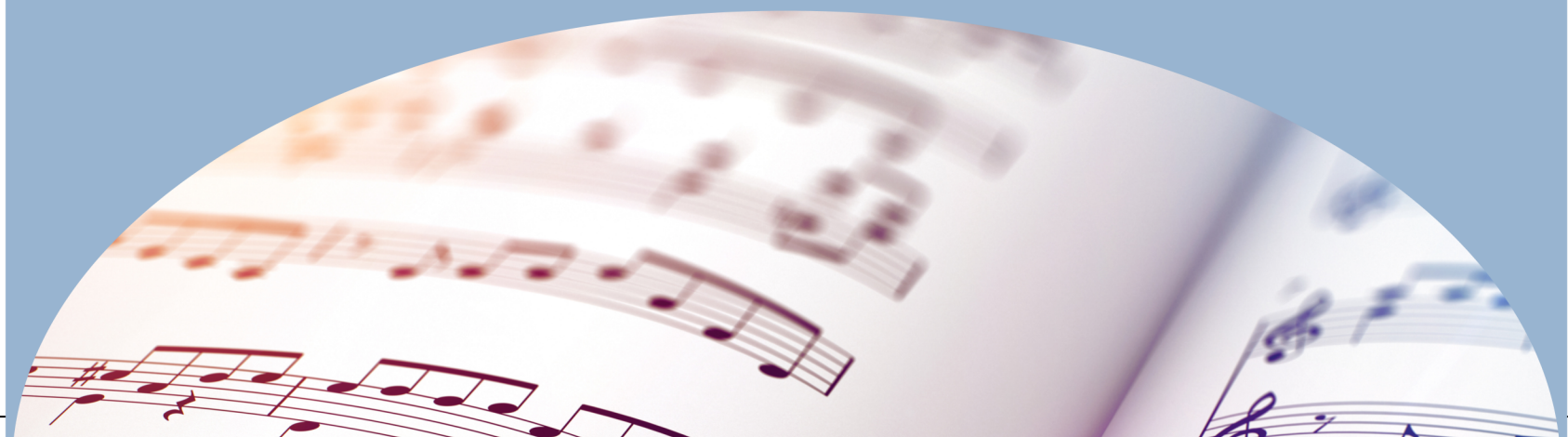




*intentional*  
FLUTE  
TECHNIQUE



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# CONSTANTS OF TONE CREATION

RESONATING SPACE

- OPEN THROAT
- LIFT ROOF OF MOUTH
- SPACE BETWEEN TOP AND BOTTOM TEETH

RELEASE TENSION

- JAW RELAXED DOWN
- SHOULDERS DOWN
- TONGUE DOWN
- RELEASE TENSION IN BACK
- RELAXED HANDS

SUPPORT

- USE ABDOMINAL MUSCLES TO SUPPORT AIR
- STAY EXPANDED THROUGH CHEST WHEN EXHALING



# VARIABLES OF TONE CREATION

## QUANTITY OF AIR

- MORE AIR CREATES A LOUDER SOUND
- LESS AIR CREATES A SOFTER SOUND

## ANGLE OF AIR

- BLOWING UP/ROLLING OUT RAISES THE PITCH
- BLOWING DOWN/ROLLING IN LOWERS THE PITCH)

## SPEED OF AIR

- FASTER AIR RAISES THE PITCH
- SLOWER AIR LOWERS THE PITCH

# TECHNIQUE

## REFLECTIONS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHAT I'M WORKING ON	MY GOALS
<i>TONE</i>			
<i>DEXTERITY</i>			
<i>ARTICULATION</i>			
<i>FLEXIBILITY</i>			



**WEEKLY GOALS**

**TRACKER**

WEEK OF: \_\_\_\_\_

	TONE	DEXTERITY	ARTICULATION	FLEXIBILITY
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				



# tone #1

adapted from Moyse, *De La Sonorité*

Always strive for a full, resonant, round, focused sound. When slurring between notes, focus on achieving a true legato. Use tuner and metronome frequently!

9

17

25

33

## VARIATIONS

Slur 2 whole notes	Slur in half steps	<i>pianissimo</i> throughout	shimmery, fast vibrato	whistle tones (top register)
Slur 3 whole notes	Slur in whole steps (every other)	crescendo to <i>ff</i>	no vibrato	flutter tongue
Slur 4 whole notes	<> hairpin dynamics	dimuendo to niente	deep, wide vibrato	sing & play



# STONE #2: "AQUARELLES" (FROM CARNIVAL OF THE ANIMALS)

## VARIATIONS

Breathe after bars 2, 4, and 8	<i>Forte</i> 2 bars, <i>piano</i> 2 bars, crescendo 4 bars	Try different vowel syllables: ee, oo, aah, eeh
Breathe every 4 bars	<i>Forte</i> throughout	Dark, round, edgy tone color
Breathe every 8 bars	<i>Piano</i> throughout	Transparent tone color



# DEXTERITY #1: CHROMATIC WAVES

adapted from Jill Felber's *Extreme Flute Makeover*

Goal: play each repeated section 3-5x before moving to the next grouping.  
Strive for evenness between all notes. Give accents to each beat and use the metronome to measure your progress.

The musical score consists of ten staves of music in 2/4 time, each starting with a repeat sign. The exercises are as follows:

- Staff 1:** Measures 1-2. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 2:** Measures 3-4. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 3:** Measures 5-6. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 4:** Measures 7-8. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 5:** Measures 9-10. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 6:** Measures 11-12. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 7:** Measures 13-14. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 8:** Measures 15-16. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 9:** Measures 17-18. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.
- Staff 10:** Measures 19-20. Notes: C4, C#4, D4, D#4, E4, E#4, F4, F#4, G4, G#4, A4, A#4, B4, B#4, C5.





# DEXTERITY #2: FULL RANGE MAJOR SCALES

C Major



Musical notation for the C Major scale, measures 1-3. The scale is written in treble clef with a 4/4 time signature. It consists of a series of eighth notes ascending and then descending across the staff.

4 F Major



Musical notation for the F Major scale, measures 4-6. The scale is written in treble clef with one flat (Bb) in the key signature. It consists of a series of eighth notes ascending and then descending across the staff.

7 Bb Major



Musical notation for the Bb Major scale, measures 7-9. The scale is written in treble clef with two flats (Bb, Eb) in the key signature. It consists of a series of eighth notes ascending and then descending across the staff.

10 Eb Major



Musical notation for the Eb Major scale, measures 10-12. The scale is written in treble clef with three flats (Bb, Eb, Ab) in the key signature. It consists of a series of eighth notes ascending and then descending across the staff.

13 Ab Major



Musical notation for the Ab Major scale, measures 13-15. The scale is written in treble clef with four flats (Bb, Eb, Ab, Db) in the key signature. It consists of a series of eighth notes ascending and then descending across the staff.

16 Db Major



Musical notation for the Db Major scale, measures 16-18. The scale is written in treble clef with five flats (Bb, Eb, Ab, Db, Gb) in the key signature. It consists of a series of eighth notes ascending and then descending across the staff.

19 C# Major



Musical notation for the C# Major scale, measures 19-21. The scale is written in treble clef with four sharps (F#, C#, G#, D#) in the key signature. It consists of a series of eighth notes ascending and then descending across the staff.

22 Gb Major



Musical notation for the Gb Major scale, measures 22-24. The scale is written in treble clef with five flats (Bb, Eb, Ab, Db, Gb) in the key signature. It consists of a series of eighth notes ascending and then descending across the staff.

# DEXTERITY #2: FULL RANGE MAJOR SCALES (CONT'D)

25 F# Major

28 Cb Major

31 B Major

34 E Major

37 A Major

40 D Major

43 G Major

- Aim for extreme evenness.
- Keep the tempo the same as you reach the extremes of register.
- Practice small note groupings at the top and bottom between challenging combinations.
- Try a variety of articulation patterns, dynamics, and tone colors.
- Can you do it all in one breath? Twice in one breath?

# ARTICULATION

## BASIC PRINCIPLES

- Keep the jaw still
- The airstream is being interrupted by the tongue. Don't stop the air before/after/during articulation.
- For double tonguing, the "K" or "G" should be forward in the mouth

## BASIC ARTICULATION VARIATIONS

- Slur 3, tongue 1
- Tongue 1, slur 3
- Slur 2, tongue 2
- Tongue 2, slur 2
- Breath staccato "ha"
- Tongued staccato
- Tongued legato

Double tonguing (use metronome to track progress!)

- "T" or "D" on every note
- "K" or "G" on every note
- "T-T" on every note (two articulations per pitch)
- "K-K" on every note (two articulations per pitch)
- "T-K" on every note (two articulations per pitch)
- "K-T" on every note (two articulations per pitch)
- "T-K-T-K" on every note (four articulations per pitch)
- "K-T-K-T" on every note (four articulations per pitch)
- double tongued with one syllable per pitch

For triple tonguing, try TKT-TKT, TTK-TTK, or TKT-KTK!

# FLEXIBILITY: ROLLER COASTER VARIATIONS

adapted from Moyse, De La Sonorité

Aim for extreme legato connection between each note. The key to a smooth leap to higher notes is to support the lower note with plenty of air while staying open and relaxed.

5

**Var. 1**

8

**Var. 2**

11

tapers from *f-p*, listening for intonation + releases

**Var. 3**

15

T K T K T K T K T K T  
K T K T K T K T K T K

practice at quarter = 120 or faster for double tonguing  
practice at quarter = 60 for dynamic markings

**Var. 4**

19

# BREAKING IT DOWN

Challenging technical works can be tackled with time, patience, and methodical practice!

1. Divide the work into small sections based on patterns and then mini sections (one measure or less is ok!)
2. Look for patterns, identify common scales/arpeggios/patterns you've seen before.
3. Identify a goal metronome marking, and then make a list of tempos leading up to that. For example, if the goal tempo is 80, work through these tempi: 40-43-46-49-52-46-60-63-66-72-80). Write down your current tempo to keep track of progress.
4. Go slow enough that it feels *easy*. Don't go on until it feels easy and sounds just right, even if that is extremely slow. It's ok to just work on two notes at a time.
5. Try each mini section in as many ways as possible. Use different rhythmic patterns, groupings, and articulations:
  - a. long-short
  - b. short-long
  - c. fermata on the first note of a grouping
  - d. all slurred
  - e. all tongued

**Volière**  
FLÛTE

Moderato grazioso

Quatuor  
Basses

The musical score consists of six staves of music. The first staff is labeled 'Quatuor' and 'Basses'. The tempo is 'Moderato grazioso'. The key signature has one flat (B-flat). The time signature is 2/4. The score includes dynamic markings such as 'p' (piano) and 'f' (forte). There are two numbered boxes: box 1 is located above the third staff, and box 2 is located above the fifth staff. The music features a variety of rhythmic patterns, including eighth and sixteenth notes, often beamed together in groups. There are also some slurs and accents throughout the piece.

## **RECOMMENDED**

# TECHNIQUE BOOKS

- Reichert, *Seven Daily Exercises* (free on IMSLP.org)
- Taffanel & Gaubert, *17 Daily Exercises/17 Grand Exercices Journaliers* (free on IMSLP.org)
- Moyse, *De La Sonorité, Exercices Journaliers*
- Paul Edmund Davies, *28 Day Warmup*

