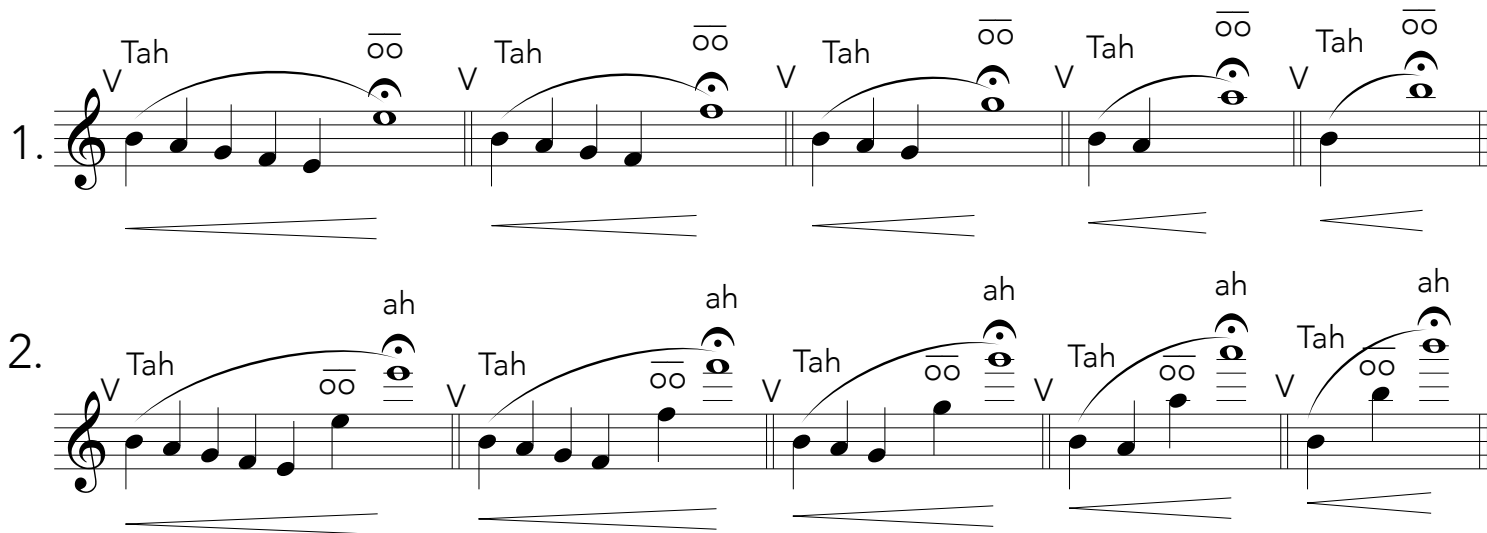


Flute Flexibility Exercise



- While doing these exercises, concentrate on...

1. corners coming forward each time you go higher
2. a small puff of air filling the area behind your corners
3. Lips lead forward, air first, then jaw for large leaps
4. Flexibility vowels keep throat open and air moving

- Spend a lot of time perfecting exercise #1 before you move to number 2

- Do the same thing in #2 that you did in number 1 only more!

- Be careful you don't...

1. blow harder
2. get tighter
3. raise your tongue
4. close your teeth

* these will all cause your sound to get small, pinched, and forced

- Be sure you do...

1. stay open
2. stay relaxed