

H.B.'s Super-Duper Zen Yoga Warm Up

(to increase strength, flexibility, balance and patience . . . of embouchure, tone and mind.)

① Over The Rainbow Wake-Up

$\text{♩} = 50$ Lever (Low & Middle Register w/octave slur)

f/mf 1st x - N.V.
2nd x - with vibrato

or for a quick warm-up: No repeats - m. 1 - NV;
m. 2 - w/vib.

6

11

- Start with a round, resonant tone.
- Lips slide forward when slurring to upper octave
- Connect between the notes w/air (and connect with vibrato when using vib.)
- Be sure octaves are in tune.
- Taper the half-note release without going flat.

Magic Carpet

$\text{♩} = 50$ (Leone Buyse's Harmonics)

f N.V. + vib N.V. + vib simile . . .

TB'

Lever

- Be sure the corners of your lips are in NEUTRAL
 - don't produce the harmonics by pulling corners back towards your ears.
- Use your AIR! Strive for FREEDOM of air, embouchure and tone.
- Start out playing this exercise forte with a great airflow (your air is your "magic carpet" that everything rides on: sound, vibrato, phrasing, articulation . . . even your fingers!)
- Eventually, when your embouchure is strong, try this exercise at all dynamic levels: mf, mp, p, pp
 - but be sure to keep your air moving!

3 Up and Away

(3rd Octave w/octave slur)

$\text{♩} = 50$

f/mf

(• same instructions as #1)

4 Ding, Dong

(Whistle Tones)

(adapted from Peter-Lukas Graf)

Finger the 3rd octave notes, but produce whistle tones as notated.

ppppp

- Drop your jaw (stretch your chin away from your nose - far!)
- Roll out - FAR!
- No pressure with the Left hand.
- Release upper lip away from teeth. Use your “beak” to aim the air. (Feel the air travel on the inside “wet” part of your aperture.)
- If you hear air, you're blowing too hard. (if you're having a hard time finding the whistle tone, try fingering the 3rd octave note, but play as if you're playing a note 3 octaves lower - ppppp - just fog up the embouchure plate.) (It may also help to try to whistle and/or sing the note you are aiming for.)
- Have patience! (This is the “zen” part - if you're trying to right way, you're getting the full benefits. You will improve every day!) The harder you work, the less results you will see . . . let go . . . surrender. (STOP if you get frustrated.)

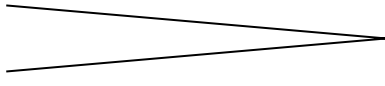
5 Angela's Teeter Totter

(Diminuendo and Pianissimo exercise)

No vibrato

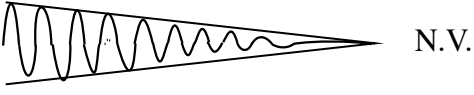
- Finger the main note and use your embouchure to “flick” or “teeter” up to the harmonic as you diminuendo.
- Jaw slides forward and up.
- Lips move forward.
- Aperture becomes smaller.
- Air is FAST, FAST, FAST!!
- The goal is to gradually lift your always-fast airstream up and out of the embouchure hole without getting tense or tight.
- Keep the pitch up as you diminuendo - don't let it go flat (use a tuner to help train your ears.)
- Also try on B \flat , B \natural , C, and C \sharp

5a - N.V. - no teeter



(diminuendo with N.V., don't teeter up to the harmonic, but move the jaw, lips, and air so you almost teeter.)

5b - with vibrato - no teeter



(same as 5a, but with vibrato. Vibrato should act narrower and narrower until it becomes a straight tone at the end.)

Coming soon: Vibrato and Double Tongue Exercises