

**NORTHWESTERN**

**MS**

**FLUTE**

**WARM-UP PACKET**

**2018-19**

## BREATHING GYM

### Warm-Up

- Field goal arms, twisting and turning inhaling and exhaling on your own terms
- Shake it off

### 5 in, 15 sip, half and half, ssss!!!

- Inhale in a pattern for 5 beats
  - Quarter, eighths, triplets, sixteenths,
  - Inhale sip for 15
- Exhale release, Capture the air and pause and release again
- Finish the rest of your air with a “sssssss”
- Breath in 1, Sigh out 1


### Inhalation and exhalation

- Inhale for 4 counts with your hand over mouth long ways
- Exhale straight ahead with your palm in front of your face for 4 counts.
- Continue using these patterns
  
- In for 4, out for 4
- In for 3, out for 4
- In for 2, out for 4
- In for 1, out for 4
- In for 1, out for 5
- In for 1, out for 6
- In for 1, out for 7
- In for 1, out for 8
- In for 1, out for 9
- In for 1, out for 10
- Breath in for 1, sigh for 1


Flute

# FLOW STUDIES

1 


2 

3 

4 

5 

6 

7 

8 

9 

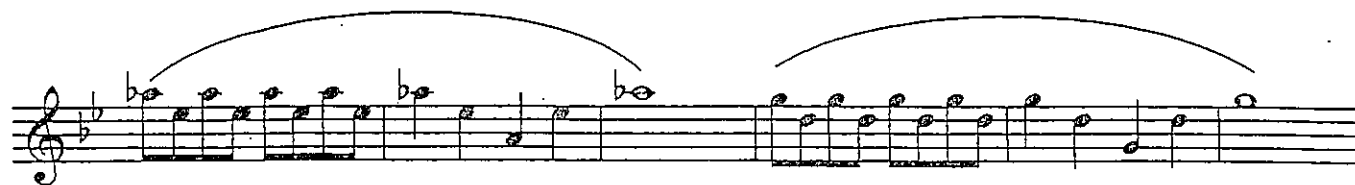
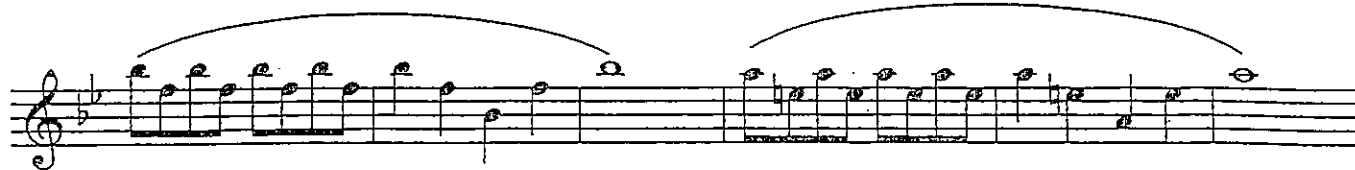
Flute  
Oboe

# Lip Slur Exercises

1



2

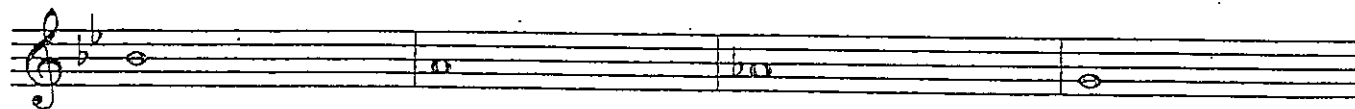


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## Tuning Chords

4



Flute

Scales

Shawn Gee

$\text{♩} = 100$

Concert Bb Scale

Bb Arpeggios

Musical notation for the Concert Bb Scale and Bb Arpeggios. The scale is written in B-flat major (two flats) and 4/4 time. The arpeggios are written in B-flat major.

Bb Thirds

Musical notation for Bb Thirds, showing a sequence of chords in B-flat major.

Concert F Scale

F Arpeggio

Musical notation for the Concert F Scale and F Arpeggio. The scale is written in F major (one flat) and 4/4 time. The arpeggio is written in F major.

F Thirds

Musical notation for F Thirds, showing a sequence of chords in F major.

Concert Eb Scale

Eb Arpeggios

Musical notation for the Concert Eb Scale and Eb Arpeggios. The scale is written in E-flat major (three flats) and 4/4 time. The arpeggios are written in E-flat major.

Eb Thirds

Musical notation for Eb Thirds, showing a sequence of chords in E-flat major.

Concert Ab Scale

Ab Arpeggio

Musical notation for the Concert Ab Scale and Ab Arpeggio. The scale is written in A-flat major (four flats) and 4/4 time. The arpeggio is written in A-flat major.

Ab Thirds

Musical notation for Ab Thirds, showing a sequence of chords in A-flat major.

Concert C Scale

C Arpeggio

Musical notation for the Concert C Scale and C Arpeggio. The scale is written in C major (no sharps or flats) and 4/4 time. The arpeggio is written in C major.

C Thirds

Musical notation for C Thirds, showing a sequence of chords in C major.

Chromatic Scale #1



Chromatic Scale #2



Chromatic #3



8



# Tonguing Exercises

Flute

EDHS 2012

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# Rhythm Grid

This image shows a 'Rhythm Grid' consisting of 10 rows of musical staves and 6 columns. Each staff begins with a treble clef and a 4/4 time signature. The grid is numbered 1 through 54, with each number placed above its corresponding staff. The exercises are as follows:

- 1: Quarter note, quarter rest, quarter note, quarter rest.
- 2: Quarter note, quarter rest, quarter note, quarter rest.
- 3: Quarter note, quarter rest, quarter note, quarter rest.
- 4: Quarter note, quarter rest, quarter note, quarter rest.
- 5: Quarter note, quarter rest, quarter note, quarter rest.
- 6: Quarter note, quarter rest, quarter note, quarter rest.
- 7: Quarter note, quarter note, quarter note, quarter note.
- 8: Quarter note, quarter note, quarter note, quarter note.
- 9: Quarter note, quarter note, quarter note, quarter note.
- 10: Quarter note, quarter note, quarter note, quarter note.
- 11: Quarter note, quarter note, quarter note, quarter note.
- 12: Quarter note, quarter note, quarter note, quarter note.
- 13: Quarter note, quarter note, quarter note, quarter note.
- 14: Quarter note, quarter note, quarter note, quarter note.
- 15: Quarter note, quarter note, quarter note, quarter note.
- 16: Quarter note, quarter note, quarter note, quarter note.
- 17: Quarter note, quarter note, quarter note, quarter note.
- 18: Quarter note, quarter note, quarter note, quarter note.
- 19: Quarter note, quarter note, quarter note, quarter note.
- 20: Quarter note, quarter note, quarter note, quarter note.
- 21: Quarter note, quarter note, quarter note, quarter note.
- 22: Quarter note, quarter note, quarter note, quarter note.
- 23: Quarter note, quarter note, quarter note, quarter note.
- 24: Quarter note, quarter note, quarter note, quarter note.
- 25: Quarter note, quarter note, quarter note, quarter note.
- 26: Quarter note, quarter note, quarter note, quarter note.
- 27: Quarter note, quarter note, quarter note, quarter note.
- 28: Quarter note, quarter note, quarter note, quarter note.
- 29: Quarter note, quarter note, quarter note, quarter note.
- 30: Quarter note, quarter note, quarter note, quarter note.
- 31: Quarter note, quarter note, quarter note, quarter note.
- 32: Quarter note, quarter note, quarter note, quarter note.
- 33: Quarter note, quarter note, quarter note, quarter note.
- 34: Quarter note, quarter note, quarter note, quarter note.
- 35: Quarter note, quarter note, quarter note, quarter note.
- 36: Quarter note, quarter note, quarter note, quarter note.
- 37: Quarter note, quarter note, quarter note, quarter note.
- 38: Quarter note, quarter note, quarter note, quarter note.
- 39: Quarter note, quarter note, quarter note, quarter note.
- 40: Quarter note, quarter note, quarter note, quarter note.
- 41: Quarter note, quarter note, quarter note, quarter note.
- 42: Quarter note, quarter note, quarter note, quarter note.
- 43: Quarter note, quarter note, quarter note, quarter note.
- 44: Quarter note, quarter note, quarter note, quarter note.
- 45: Quarter note, quarter note, quarter note, quarter note.
- 46: Quarter note, quarter note, quarter note, quarter note.
- 47: Quarter note, quarter note, quarter note, quarter note.
- 48: Quarter note, quarter note, quarter note, quarter note.
- 49: Quarter note, quarter note, quarter note, quarter note.
- 50: Quarter note, quarter note, quarter note, quarter note.
- 51: Quarter note, quarter note, quarter note, quarter note.
- 52: Quarter note, quarter note, quarter note, quarter note.
- 53: Quarter note, quarter note, quarter note, quarter note.
- 54: Quarter note, quarter note, quarter note, quarter note.