



BUILDING BLOCKS OF A FLUTE-TASTIC SECTIONAL

PRESENTED BY DR. KRISTI MILLER
Midwest Clinic 2024



5 Aspects of Flute Playing to Focus on During Sectionals

- Tone/Harmonics
- Vibrato/Intonation
- Technique/Scales
- Articulation
- Band Music



Important Points to Remember

- Developing a strong foundation of correct fundamentals is just as important as learning the music
- Always emphasize proper flute playing during sectionals
- Be consistent on a weekly basis with the exercises you use

Basic Structure of Sectionals

Tone/Harmonics/Vibrato-
10 minutes

Technique Exercises/Scales-
10-15 minutes

Articulation- 5-10 minutes

Band Music- 30 minutes

TONE/HARMONICS EXERCISES

Tone Checklist

- ✓ Natural facial structure while playing
- ✓ No tightness or smiling
- ✓ Relaxed embouchure
- ✓ Keep back teeth apart
- ✓ Resonant, full, open tone

HELEN BLACKBURN OVER THE RAINBOW

Helen Blackburn'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.

- 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.

- 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.

HELEN BLACKBURN

UP AND AWAY

③ Up and Away

(3rd Octave w/octave slur)

$\text{♩} = 50$

f/mf

The musical score is written for the 3rd octave. It consists of three staves, each with four measures of music. Each measure contains a half note and a quarter note beamed together, with an octave slur. The first staff begins with a treble clef and a key signature of one flat (B-flat). The second staff continues the key signature. The third staff also continues the key signature. The music is marked with a tempo of quarter note = 50 and a dynamic of *f/mf*. The score includes repeat signs and first/second endings. Below the staves are diamond-shaped symbols indicating fingerings or articulation.

(• same instructions as #1)

HELEN BLACKBURN

MAGIC CARPET

② Magic Carpet

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

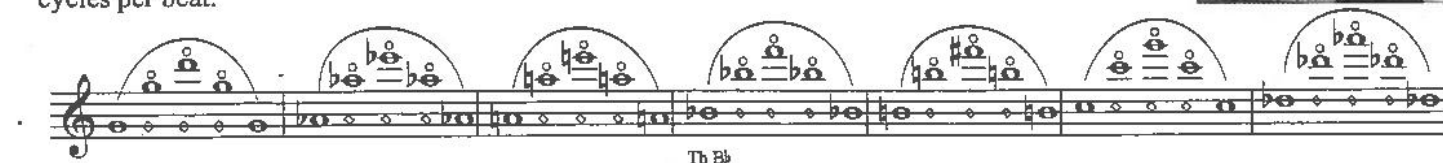
f N.V. + vib N.V. + vib simile . . . TB Lever 4

- 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!

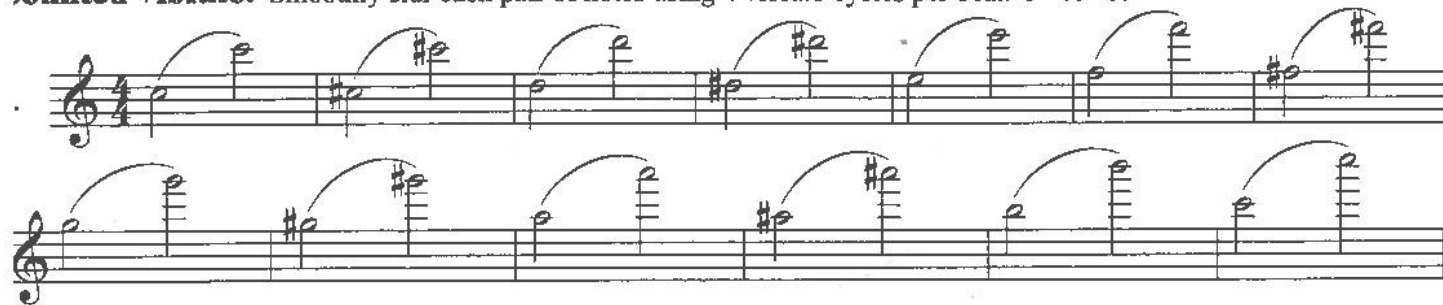
FLUTE 103: MASTERING THE BASICS

Daily Warm-up

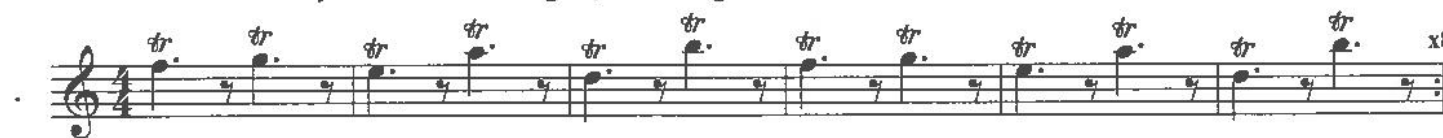
Harmonics: Place your right hand on the barrel. (see photo) Fingering the first note (Partial 1), overblow to play the harmonics (Partial 2 and Partial 3). Practice using 2, 3, 4, 5, or 6 vibrato cycles per beat.



Counted Vibrato: Smoothly slur each pair of notes using 4 vibrato cycles per beat. ♩ = 60 - 80



Balance of Trills: Play with articulate fingers; move fingers from the third knuckle.



Minute of Tonguing: With right hand on barrel, tongue 8 beats of sixteenths, rest two, and repeat 8 times. ♩ = 72 - 160



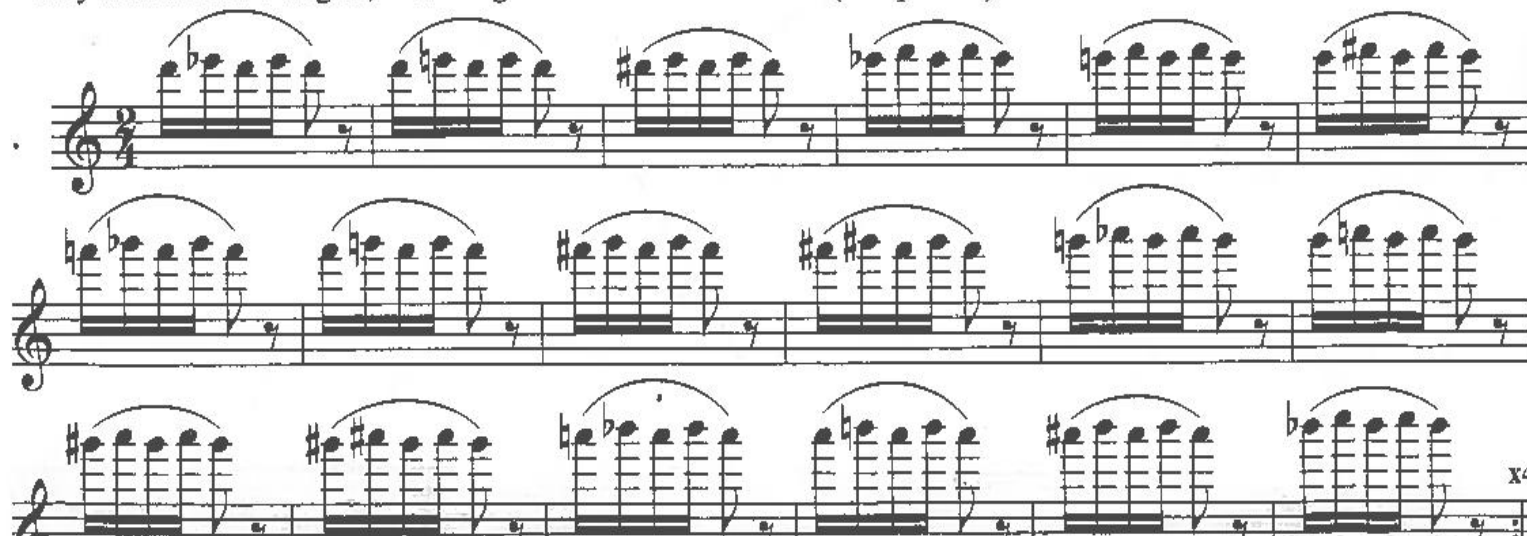
Air Speed Exercise: After playing B3, play the lowest note you can get with this fingering (D#2). Keeping your embouchure intact, increase the air speed to move up through the next note (C#) until you reach the B3. Repeat with Bb3, A3, etc.



= The exact pitch may vary depending on the design of the flute.

Third-Octave Wiggles: First, practice with regular fingerings. Then, practice with trill fingerings.

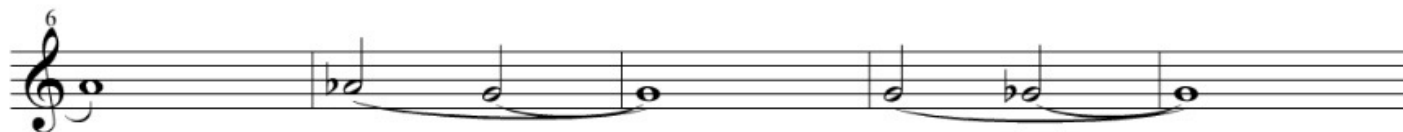
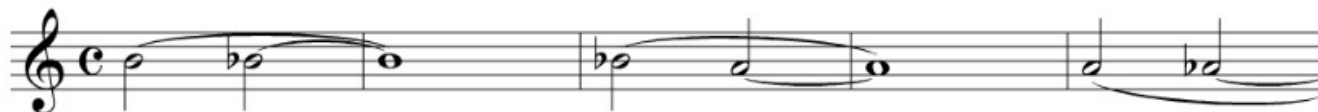
Play with articulate fingers; move fingers from the third knuckle (except LH1). ♩ = 60 - 160



Low Register Checklist

- ✓ Aim air more down using the upper lip "beak"
- ✓ Open, full tone
- ✓ Keep teeth apart and jaw relaxed

SLURRED LOW-REGISTER EXERCISE



ACCENTED LOW-REGISTER EXERCISE



Middle Register Checklist

- ✓ Aim air at left elbow
- ✓ Open, full tone
- ✓ Keep teeth apart and jaw relaxed
- ✓ Steady stream of fast, smooth, continuous air



High Register Checklist

- ✓ Aim air more across embouchure hole (think about aiming air slightly up)
- ✓ Open, full tone
- ✓ Keep teeth apart and jaw relaxed
- ✓ Air should be fast and continuous

Three in a Row, High Register

15

*Continue to your highest,
best note of the day.*



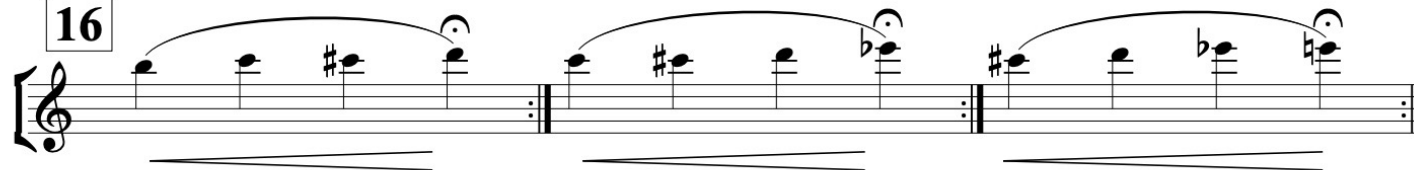
copyright www.jennifercluff.com

Tone Warmups

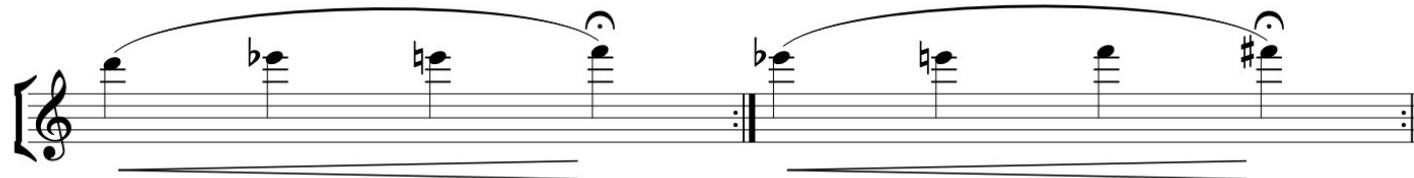
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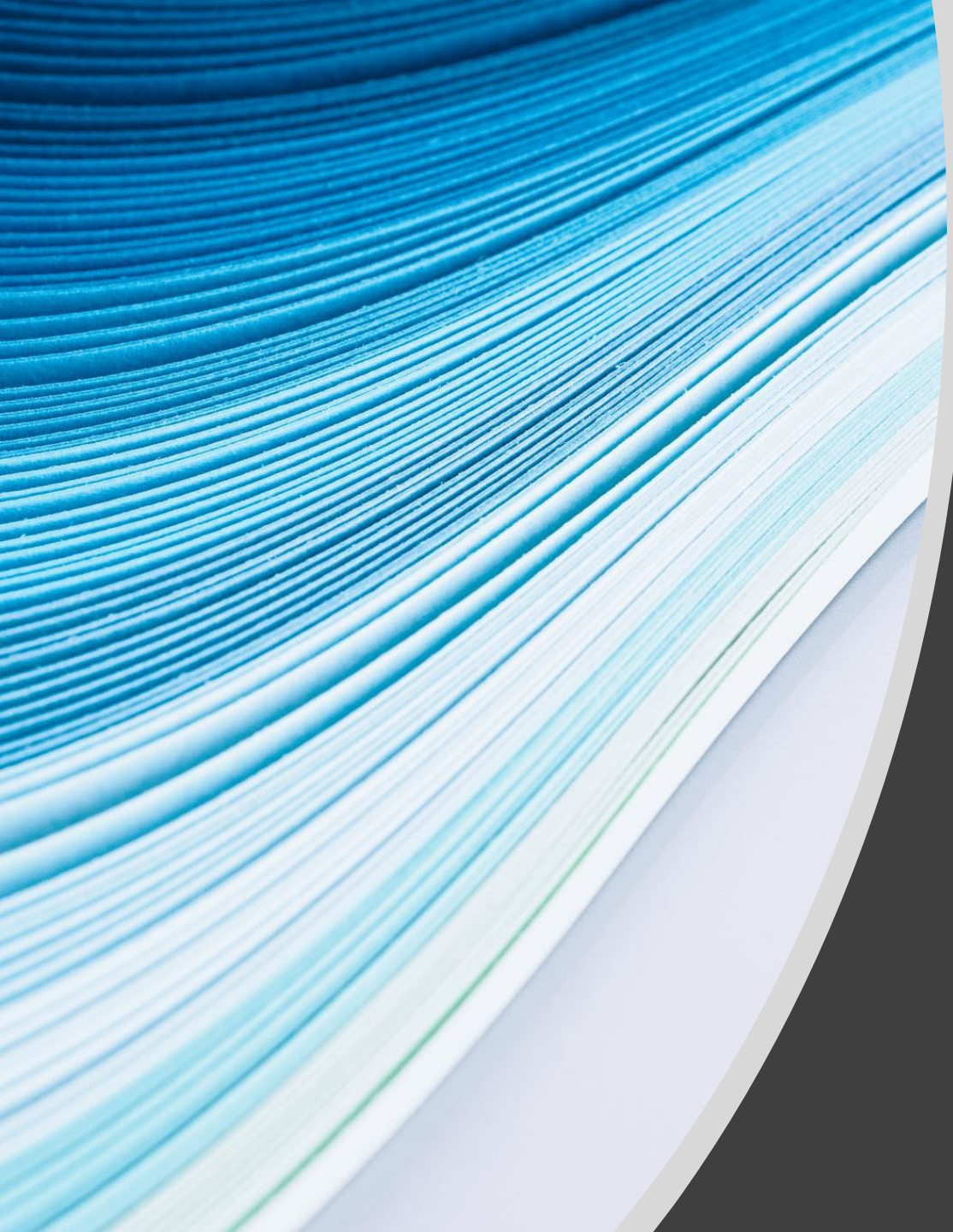
Four in a Row, High Register

16



Listen closely to the tone quality



The image features a dark grey background on the right side, which contains the text. On the left side, there is a large, abstract graphic consisting of numerous thin, wavy lines in various shades of blue and white, creating a sense of motion and depth. These lines curve from the top left towards the bottom right, partially overlapping the dark grey area.

FLEXIBILITY EXERCISES

Flexibility Checklist

- ✓ "Ah" for the low note and "ooh" for the upper note
- ✓ Embouchure should be relaxed and flexible
- ✓ Lower note: keep teeth open, jaw relaxed, aim air more down and think "Ah"
- ✓ Upper note: push lips forward, corners move forward toward front teeth, aim air more across the embouchure hole and think "Ooh"

EFFECTIVE STRATEGIES FOR IMPROVING TONE IN YOUR FLUTE SECTION

Dr. Kathleen Melago – Slippery Rock University
Florida Music Educators Association Conference – Tampa, Florida – January 10, 2013

INTERVAL EXERCISE



The image displays a musical exercise for flute, consisting of five staves of music. Each staff begins with a treble clef and a common time signature (C). The exercise is divided into five measures, each containing a half note followed by a whole note. The notes are as follows:

- Measure 1: C4 (half note), E4 (whole note)
- Measure 2: D4 (half note), F4 (whole note)
- Measure 3: E4 (half note), G4 (whole note)
- Measure 4: D4 (half note), Bb4 (whole note)
- Measure 5: C4 (half note), A4 (whole note)

The exercise is presented in five staves, each with a measure number in the top left corner: 4, 8, 12, 16, and 20. The notation is written in a standard musical format, with a double bar line separating the measures. The notes are written on a five-line staff, with the C4 note on the first line and the A4 note on the second line.

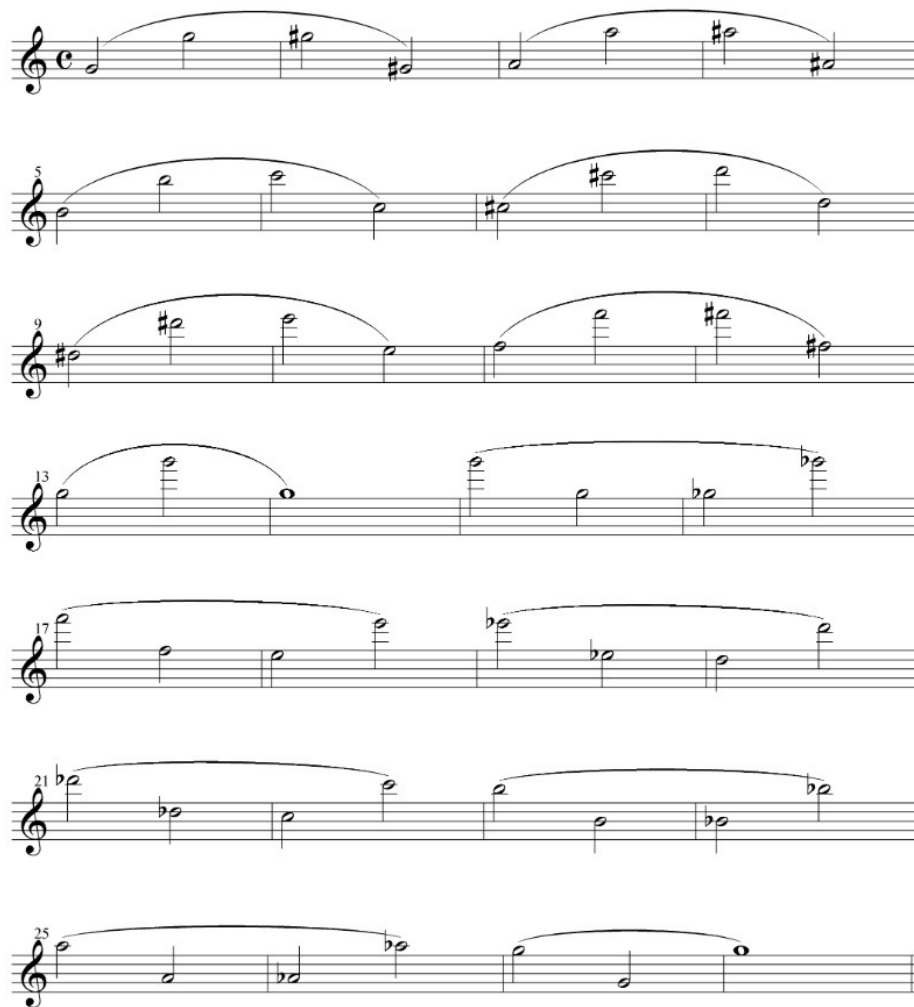
OCTAVE EXERCISE 1

The musical score for Octave Exercise 1 consists of seven staves of music in treble clef, with a key signature of one sharp (F#). The tempo is marked as 60-80. The exercise is divided into measures numbered 1 through 49. The first staff contains measures 1-8, the second staff measures 9-16, the third staff measures 17-24, the fourth staff measures 25-32, the fifth staff measures 33-40, the sixth staff measures 41-48, and the seventh staff contains measure 49. The exercise features a variety of note values, including quarter, eighth, and sixteenth notes, as well as rests, and is characterized by slurs and ties indicating octave connections.

Objectives:

- “Drag” wonderful low register tone into upper register
- Even tone quality
- Resonant, focused sound – not airy
- Endurance
- Correct fingerings
- Keep air moving between notes/octaves
- Intonation – keep octaves in tune
- Minimal lip/jaw movement, if any

OCTAVE EXERCISE 2



Objectives:

- “Drag” wonderful low register tone into upper register
- Even tone quality
- Resonant, focused sound – not airy
- Endurance
- Correct fingerings
- Keep air moving between notes/octaves
- Intonation – keep octaves in tune
- Minimal lip/jaw movement, if any

PLAYING HIGH AND LOW

BASICS:

TO PLAY LOW:

Keep teeth open, jaw relaxed
Aim air more down into the hole (use upper lip "beak" to aim)
Think "Ah"

TO PLAY HIGH:

Push lips forward (corners move forward toward front teeth)
Aim air more across embouchure hole
Think "Ooh"

Ah-Ooh Exercise:
(Adapted from Mary Karen Clardy)



Helen Blackburn www.helenblackburn.com

The background features a dark navy blue field. Overlaid on this are several concentric circles in shades of blue and grey, centered towards the left. A prominent, thick, wavy line in a brownish-gold color curves from the bottom right towards the center, partially overlapping the circles.

VIBRATO EXERCISES

Vibrato Checklist

- ✓ Tone should be resonant and full when adding vibrato (don't let vibrato mask the sound)
- ✓ Vibrato should be relaxed and natural, not metronomic (will feel metronomic when you go slower)
- ✓ Use a triplet-rhythm vibrato so that it sounds natural and not too slow/fast
- ✓ Should sound like a singer's voice and part of your tone, not separate from it
- ✓ From quarter note=60-100 you will feel the vibrato in the diaphragm (gut puffs)
- ✓ From quarter note=100-120 the pulses will move up into the throat

⑥ "Gut Puffs" Vibrato Exercise

(Adapted from Gary and Brad Garner)



- Use "gut puffs" or throat staccato (try both!) NO TONGUE!



* Increase tempo to ♩. = 70 - (80)



- As the tempo increases, let the triplets run together (this usually happens around dotted ♩. = 80)

* Increase tempo to ♩. = 80 - (90)



* Increase tempo to ♩. = 90 - (100)



Breath Kick Vibrato Exercise



* Increase tempo to ♩. = 100 - (110)

(pulses move up into throat around here)



* Increase tempo to ♩. = 110 - (120)



The background features a dark navy blue field. Overlaid on this are several concentric circles in shades of blue and grey, centered on the left side of the frame. A thick, wavy line in a brownish-gold color curves from the bottom right towards the center, partially overlapping the circles.

INTONATION EXERCISES

Intonation Checklist

- ✓ Flute needs to be in alignment and set up properly before sectionals begin
- ✓ Headjoint should not be pulled out more than $\frac{1}{4}$ of an inch
- ✓ Embouchure hole needs to be in line with the first key
- ✓ Be sure that students do not place their lip plate too high (should rest in the indentation of their chin)
- ✓ Lips need to be relaxed and forward (not pulled back and smiling)

INTONATION INTERVAL GUIDE

Major Scale:



A musical staff in treble clef showing the intervals of a major scale. The notes are: Root (C), Major 2nd (D), Major 3rd (E), Perfect 4th (F), Perfect 5th (G), Major 6th (A), Major 7th (B), and Octave (C). Above the staff, fret numbers are indicated: 0, +4, -14, -2, +2, -16, -12, and 0. Below the staff, the interval names are written: Root, Major 2nd, Major 3rd, Perfect 4th, Perfect 5th, Major 6th, Major 7th, and Octave.

Interval	Fret
Root	0
Major 2nd	+4
Major 3rd	-14
Perfect 4th	-2
Perfect 5th	+2
Major 6th	-16
Major 7th	-12
Octave	0

Minor Scale:



A musical staff in treble clef showing the intervals of a minor scale. The notes are: Root (C), Major 2nd (D), Minor 3rd (E-flat), Perfect 4th (F), Perfect 5th (G), Minor 6th (A-flat), Major 7th (B), and Octave (C). Above the staff, fret numbers are indicated: 0, +4, +16, -2, +2, +14, -12, and 0. Below the staff, the interval names are written: Root, Major 2nd, Minor 3rd, Perfect 4th, Perfect 5th, Minor 6th, Major 7th, and Octave.

Interval	Fret
Root	0
Major 2nd	+4
Minor 3rd	+16
Perfect 4th	-2
Perfect 5th	+2
Minor 6th	+14
Major 7th	-12
Octave	0

Practice your intonation - Part 1

Major thirds (-14 cents)

Flute and Tuner staff for Major thirds (-14 cents) in 4/4 time. The Flute staff shows notes with upward bows indicating the intonation adjustment. The Tuner staff shows the corresponding notes.

Flute

Tuner

Flute and Tuner staff for Major thirds (-14 cents) in 4/4 time. The Flute staff shows notes with upward bows indicating the intonation adjustment. The Tuner staff shows the corresponding notes.

Fl.

Tuner

Minor thirds (+16 cents)

Flute and Tuner staff for Minor thirds (+16 cents) in 4/4 time. The Flute staff shows notes with downward bows indicating the intonation adjustment. The Tuner staff shows the corresponding notes.

Fl.

Tuner

Perfect fourths (-2 cents)

Flute and Tuner staff for Perfect fourths (-2 cents) in 4/4 time. The Flute staff shows notes with downward bows indicating the intonation adjustment. The Tuner staff shows the corresponding notes.

Fl.

Tuner

Practice your intonation - Part 1

Perfect fifths (+2 cents)

Fl.

Tuner

The exercise consists of three measures of four notes each. The Flute part (Fl.) has a V-shaped bend symbol above each note, indicating a bend up and down. The Tuner part shows the corresponding notes. The exercise consists of three measures of four notes each, with a repeat sign at the end of each measure.

Minor sixths (+14 cents)

Fl.

Tuner

The exercise consists of three measures of four notes each. The Flute part (Fl.) has a V-shaped bend symbol above each note, indicating a bend up and down. The Tuner part shows the corresponding notes. The exercise consists of three measures of four notes each, with a repeat sign at the end of each measure.

Major sixths (-16 cents)

Fl.

Tuner

The exercise consists of three measures of four notes each. The Flute part (Fl.) has a V-shaped bend symbol above each note, indicating a bend up and down. The Tuner part shows the corresponding notes. The exercise consists of three measures of four notes each, with a repeat sign at the end of each measure.

* Repeat all exercises an octave higher if possible

∨
∧ = Bend the note up and down

TECHNIQUE EXERCISES

Technique Checklist

Natural facial structure
while playing

Fingers should be close
to the keys (think of
hovering like a
helicopter)

Good hand
position=Good
technique

Do not move the flute
up and down (vertically)
when playing fast
passages, instead, move
the flute side to side
(horizontally) because
your embouchure can
stay intact

Bb
FINGERINGS

*** Teach all
3 during the
first year ***

1. Long Bb

2. Thumb Bb

3. Lever Bb

Long Bb

1. Teach this fingering first in sixth grade because it allows for a more balanced fingering with both thumbs being used

2. Use this fingering when there are no flats in the key signature

3. Use when Bb and B-natural occur side by side or switch back and forth throughout the piece

Thumb Bb

1. Use this fingering when the time signature has at least one flat in the time signature

2. Do not use when you are playing chromatic scales or if the key signature has naturals or sharps

3. Most common fingering for band music because of the flat key signatures

Lever Bb

1. Introduce when teaching chromatic scale in sixth grade and when playing the B major scale

2. The most efficient fingering for A sharps, which is not common in band music

FLUTE 101: MASTERING THE BASICS

B $\flat$ FINGERING EXERCISE

LESSON 14

Two New B $\flat$ Fingerings

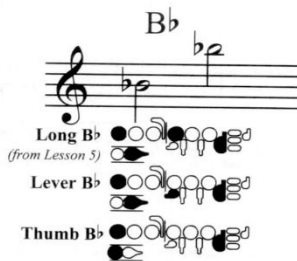
Two New Ways to Finger B $\flat$:

Lever B $\flat$: Finger B $\natural$ and add the B $\flat$ Lever with the side of your right index finger between the 1st and 2nd knuckle.

Thumb B $\flat$: Finger B $\natural$ with your thumb on the Thumb B $\flat$ key. The Thumb B $\flat$ key is found to the left of the regular thumb key. The Thumb B $\flat$ can be used on any note except B $\natural$, and F $\sharp$ 3.

Try all three ways to play B $\flat$:

Play this page first with **Regular B $\flat$** (Long B $\flat$), then with **Thumb B $\flat$** , and finally with **Lever B $\flat$** . Keep your left thumb straight and pointing up to the ceiling when playing.



Which B $\flat$ fingering? Choose a B $\flat$ fingering based on keeping the flute balanced. *Regular B $\flat$* (also called *Long B $\flat$*) or the *Lever B $\flat$* are best to use in chromatic passages. *Ask your teacher* to help you choose which B $\flat$ fingering to use.



Thumb B $\flat$ Position

①

②

③

F or F $\sharp$?

Scales Checklist

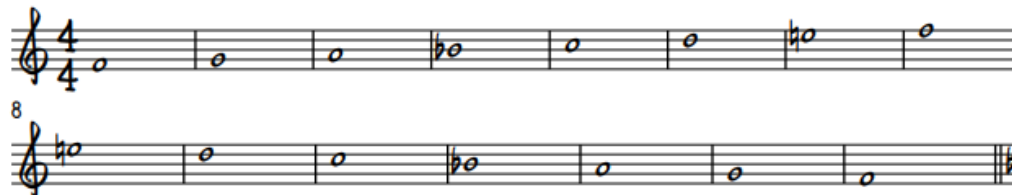
- ✓ All 12 scales are equal (do not just practice flat scales)
- ✓ Students need to know all 12 scales for region music and solos/ensembles
- ✓ Practice slowly and accurately when learning a new scale
- ✓ Make sure students keep fingers close to the keys and not lift their fingers too high
- ✓ Practice difficult scale passages with varied rhythms and articulations

NEW POSTON SCALE PACKET

CONCERT F MAJOR

JENN BOCK

ONE OCTAVE WHOLE NOTES



ONE OCTAVE ALL-STATE PATTERN AND ARPEGGIO



FULL RANGE SCALE



SCALE IN THIRDS- BASIC



SCALE IN THIRDS- ADVANCED



INTERVAL STUDY



The Grand Master Scale

One Octave

The image displays six staves of musical notation for 'The Grand Master Scale, One Octave'. Each staff begins with a treble clef and a key signature. The scales are as follows:

- Staff 1: Key of F major (one flat). Scale: F, G, A, Bb, C, D, E, F.
- Staff 2: Key of Eb major (three flats). Scale: Eb, F, G, Ab, Bb, C, D, Eb.
- Staff 3: Key of Db major (five flats). Scale: Db, Eb, F, Gb, Ab, Bb, C, Db.
- Staff 4: Key of B major (three sharps). Scale: B, C, D, E, F#, G#, A, B.
- Staff 5: Key of A major (three sharps). Scale: A, B, C, D, E, F#, G#, A.
- Staff 6: Key of G major (one sharp). Scale: G, A, B, C, D, E, F#, G.

Each staff contains two measures of music, with a double bar line in the middle. The notation includes eighth and sixteenth notes, as well as rests.

Poston Scale Packet

Flute

Jenn Bock

Concert F Major

One Octave Scale and Arpeggio



Full Range Scale



Scale in Thirds



Arpeggio Exercise



Flute

Chromatic Scale Exercise

Exercise #1

This musical score is for a chromatic scale exercise for flute, written in 4/4 time. It consists of six staves of music. The first staff begins with a treble clef and a key signature of one sharp (F#), indicating the key of D major. The exercise is composed of six measures, each containing a half note followed by a quarter rest. The notes in the first staff are D4, D#4, E4, E#4, F4, F#4, and G4. The second staff continues the scale with G#4, A4, A#4, B4, B#4, and C5. The third staff contains C#5, D5, D#5, E5, E#5, and F5. The fourth staff contains F#5, G5, G#5, A5, A#5, and B5. The fifth staff contains B#5, C6, C#6, D6, D#6, and E6. The sixth staff concludes the exercise with E#6, F6, F#6, G6, G#6, and A6, ending with a double bar line. The notation uses a treble clef and a key signature of one sharp (F#) throughout.

Exercise #2



Exercise #3



Practice Rhythms

Groups of 3 or 6

- ① ♩ ♪ ♪
- ② ♪ ♩ ♪
- ③ ♪ ♪ ♩

Groups of 4

- ① ♩. ♪ ♪
- ② ♪ ♩. ♪
- ③ ♪ ♪ ♩. ♪
- ④ ♪ ♪ ♪.

Handwritten musical notation for groups of 3 or 6 and groups of 4. The notation is written on a single staff in treble clef, with a key signature of one sharp (F#). The notation is as follows:

① ♩ ♪ ♪

② ♪ ♩ ♪

③ ♪ ♪ ♩

④ ♩. ♪ ♪

⑤ ♪ ♩. ♪

⑥ ♪ ♪ ♩. ♪

⑦ ♪ ♪ ♪.

ARTICULATION EXERCISES

Articulation Checklist

- ✓ Keep air steady and constant even when articulating
- ✓ Single tonguing- tongue should stay forward and tip of tongue touches where the top teeth meet the gums
- ✓ Double tonguing- use too/koo or doo/goo
- ✓ Tonguing should be smooth and legato, unless specified that it is staccato in the music
- ✓ Do not practice double tonguing slowly because that defeats the purpose (double tonguing naturally should occur when the player cannot single tongue at that fast speed)

DOUBLE TONGUING



HELEN BLACKBURN- THE WORLD'S GREATEST DOUBLE TONGUING EXERCISE

Use with junior high and high school students/section

Tempo will start slow and gradually get faster as the player becomes comfortable with double tonguing (Quarter note = 70-180)

Use T/K (too/koo) or D/G (doo/goo)- try both with your students and see what sounds best

Have a continuous air stream while double tonguing (if you are not careful, the tongue will be louder than the tone)

The most important aspect of this exercise is that BOTH syllables sound the same to the ear (you should not be able to hear a difference between the T and K or D and G)

Students should move tongue as minimally as possible (use one or two taste buds when tonguing with too or doo, then on koo or goo be sure that the tongue does not move too far back in the mouth)

7 The World's Greatest Double Tongue Exercise

(Start slower - work up to these tempi over time)

(Thank you, Gary Garner!)

(Increase tempo on each line by 5-10 bpm.)

Choose ANY scale - play each line on each note of the scale, then increase tempo and move to next line.

The exercise consists of eight lines of music, each in 2/4 time and featuring a key signature of one flat (Bb). Each line begins with a tempo marking and a musical staff with a double bar line at the end. The exercises are as follows:

- Line 1:** Tempo = 120. Notes: T T T K K K K T K T K T K T.
- Line 2:** Tempo = 130. Notes: T T T T T K K K K K K T K T K T K T K T K T.
- Line 3:** Tempo = 140. Notes: T T T T T T T K K K K K K K K T K T K T K T K T K T K T K T K T K T K T K T K T.
- Line 4:** Tempo = 150. Notes: T T K K K T T K.
- Line 5:** Tempo = 160. Notes: T T K K K T T K.
- Line 6:** Tempo = 170. Notes: T T K K K T T K.
- Line 7:** Tempo = 180. Notes: T T K K K T T K.
- Line 8:** Tempo = 190. Notes: T T K K K T T K.
- Line 9:** Tempo = 200. Notes: T T K K K T T K.

Building Blocks of a Flute-Tastic Flute Sectional **Website Links**

Helen Blackburn- Super Duper Zen Yoga Warm-Ups

https://www.helenblackburn.com/_files/ugd/b679dd_ffab915868ab4087b8b1e22355e2aeb7.pdf

Flute 103- Mastering the Basics Daily Warm-Up

<https://www.fluteworld.com/product/flute-103-mastering-the-basics-flute-part-only/>

Slurred and Low Register Exercises/Intervals/Octaves (Dr. Kathleen Melago)

<https://www.flmusiced.org/flmusicappqqs/Sessions/Handouts/2013/K.Melago-Handouts.pdf>

-

Middle and High Register Exercises (Jennifer Cluff)

https://www.scribd.com/document/596967105/02-Pure-Tone-Higher-warmups-Jennifer-Cluff?irclid=y90wDC35PxyNUnKU6JTwfQQ2UkAwST3tOx9b880&irpid=2003851&utm_source=impact&utm_medium=cpc&utm_campaign=affiliate_pdm_acquisition_Bing%20Rebates%20by%20Microsoft&shared_id=EdgeBingFlow&irgwc=1

Intonation Exercises- Flute in Wien website

<https://www.fluteinwien.com/practice-intonation-part-1/>

Flute 101: Mastering the Basics (Bb fingering exercise)- Amazon link

<https://a.co/d/4X5jask>

Poston Scale Packets

https://www.mpsaz.org/poston/staff/jabock/handouts/newscales/files/flute_scales.pdf

https://www.mpsaz.org/poston/staff/jabock/resources/scales/files/flute_scales.pdf

QR CODE FOR
POWERPOINT



QR CODE FOR CLINIC
HANDOUT

