



All the exercises can be found as PDF downloadable documents at [Sydney Carlson Webpage with Warm Up Links](#), scroll down the page.



[Sydney Carlson](#) presented a selection of Warm-Up Exercises for high school students at the [Greater Portland Flute Society's 2022 Flute Academy](#). The exercises are flexible and can be modified to be more basic or more advanced.

In the first exercise, "Foundation Builder," she used the contemporary technique of singing and playing to create awareness of the vocal cords and to open the throat to create a singing quality in the sound. She suggested using a flutter tongue to use more air and to focus the aperture, especially in the low register.

She used harmonics on two exercises, "Gateway Harmonics" and "Tone Refinement" to strengthen the embouchure. "Gateway Harmonics" shows the player how to efficiently aim for the third octave, creating a warm, resonant, and in tune sound. "Tone Refinement" shows the player how to use harmonics to practice soft playing, especially in the middle and high register of the flute.

Then she moved on to articulation with variations on the *Taffanel and Gaubert 17 Daily Exercises #4*. Performers should strive to make all types of tonguing sound resonant, in tune and easy!

The class concluded with a duet between Dr. Carlson and the students.

Summary by Dr Sydney Carlson

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