

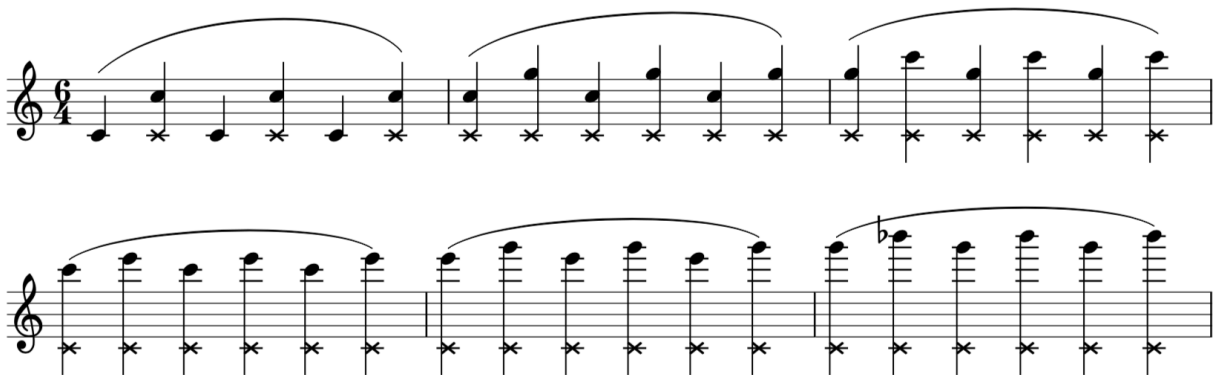
Harmonics

The flute is based on the harmonic overtone series. Isolating these pitches provides a wonderful way to condition the lips and refine the airstream.

1) Play these notes slowly, keeping the fingering the same (low C throughout) and changing the airstream. Experiment with air speed, direction, and shape. What provides the richest tone? Can you feel the entire flute vibrate under your fingers? Play long tones and practice sustaining a beautiful sound as long as your breath will last.



2) Now incorporate rhythm. Without moving the fingers, make the changes between notes as subtle and precise as possible. Maintain an open throat and relaxed shoulders - make your lips and abdominal support do the heavy lifting.



3) Transpose these exercises by using a different low note fingering. (Note: the highest pitches may not be possible or practical with the low D fingering. Just do what you can! The crucial factor here is practicing a relaxed physical technique as you ascend - in this sense, the journey is much more important than where you end up.)

