

NFA 2010 PRESENTATION

“Troubleshooting Your Flute Section”

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I. POSTURE

- a. Marbles and pencils
- b. Chairs at 45 degree angles
- c. One stand per chair
- d. Fill your space
- e. Hand positions
 - i. 3-point balance: wiggle and freeze
 - ii. Finger guides/ thumb saddles
 - iii. Things to watch for
 1. “the claw”
 2. “the hitchhiker”
 3. “the puppet”
 4. “the wave”

II. TECHNIQUE

- a. Back and forths
- b. Binary finger motion
- c. Moving from the big knuckle

III. BREATHING

- a. Drills
- b. Goal-setting
- c. Contests

IV. INTONATION

- a. Tuner drills
- b. Chords
- c. Fun with difference tones

V. TONE PRODUCTION

- a. Finger on chin
 - i. Lower lip is a cushion

- ii. Upper lip is a garage door
- b. Swizzle sticks/ pin wheels/ paper strips
- c. Aiming at candles/ pinwheels
- d. Headjoint drills
- e. Yawning
- f. Singing/voicing
- g. Flutter tonguing

VI. LOWER REGISTER

- a. “FULP” – “Forte Upper Lip Pull down”
- b. WAMPS!
- c. Set it and forget it

VII. UPPER REGISTER

- a. Blowing on a ladybug
- b. Puffy cheeks
- c. Upside-down headjoint
- d. “p” stands for “pucker”
- e. Tapering exercise
- f. Whistle tones
- g. Garden hose analogy

VIII. VIBRATO

- a. Diaphragmatic training
- b. Throat check
- c. Light switch