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# Why is Warming Up Important?



Warm-Ups are similar to stretching before engaging in physical activities such as sports. We stretch to avoid pulling muscles or otherwise hurting ourselves. The same is true for playing an instrument!

What am I warming-up?

- Lips
- Air/Breathing
- Fingers
- Brain!!!

**Lips:** Remember to keep your lips relaxed. Your lips should form a “frowny” embouchure that encourages the airstream to be directed towards the ground.

- “Blow to your toes!”

**Air/Breathing:** Playing an instrument requires a different style of breathing than we normally use. Taking deep breaths during your warm up, and focusing on proper breathing techniques, will help you develop the best tone quality and provide a foundation for great technique—fast fingers! 😊

**Fingers:** Since we use all ten fingers to play the flute we need to be sure they are perfectly coordinated. The best way to go about getting our fingers warmed up is to slowly move them between different finger patterns (going from one note or fingering to another note/fingering) and then speeding up these patterns. Start your finger exercises slow within your Long Tone Exercises and do not move onto faster finger exercises such as scales until all of your fingers are moving in perfect synchronization (all at the same time)!

**Brain:** Sometimes it can be hard to start a practice session but most of the time once we start practicing the time flies by and we find ourselves having a really great time making music. Use your warm up to allow your brain a few minutes to block out any distractions and focus in on the beautiful and fun music you are about to create! The more you focus the better your music will sound! 🎵