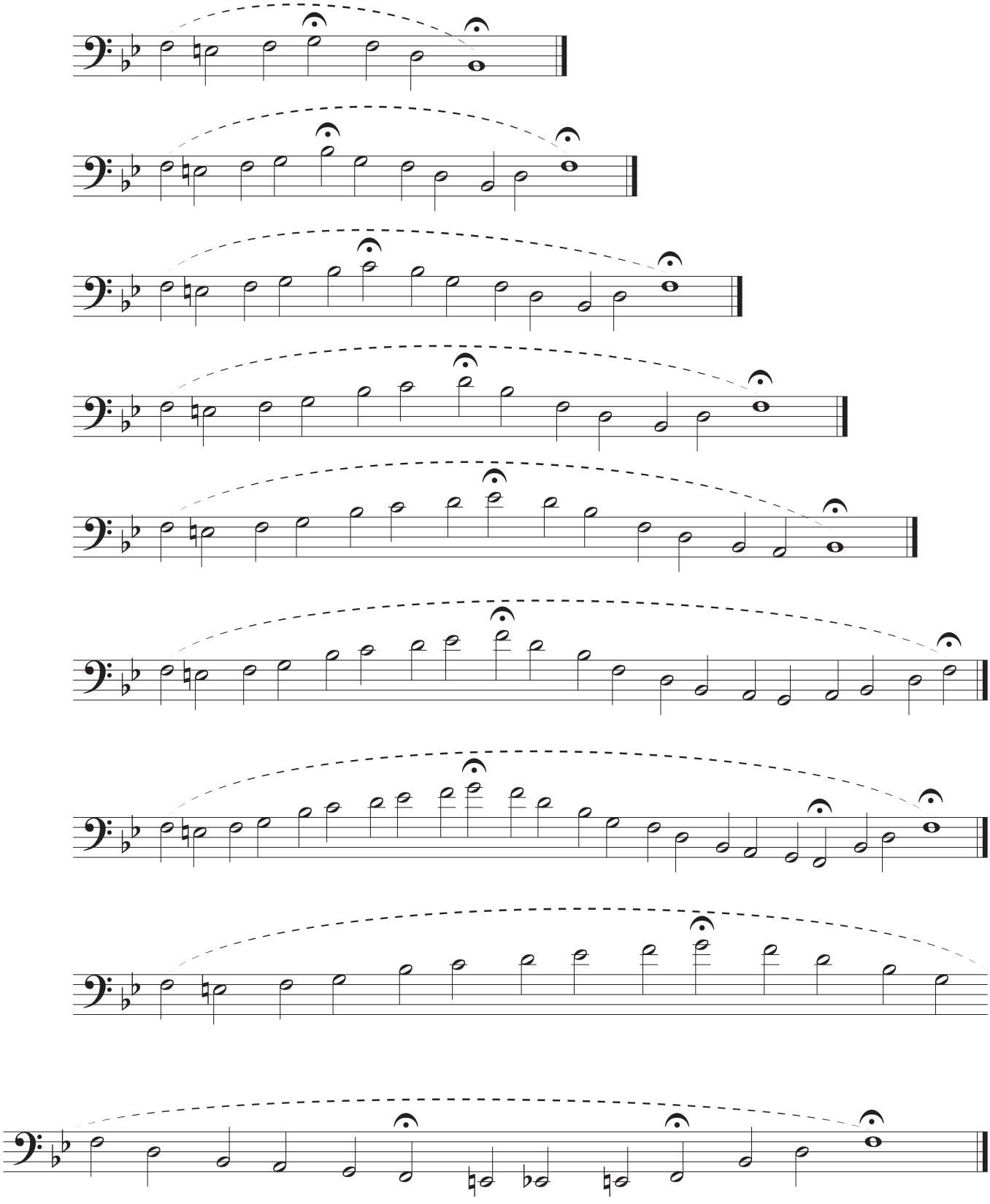
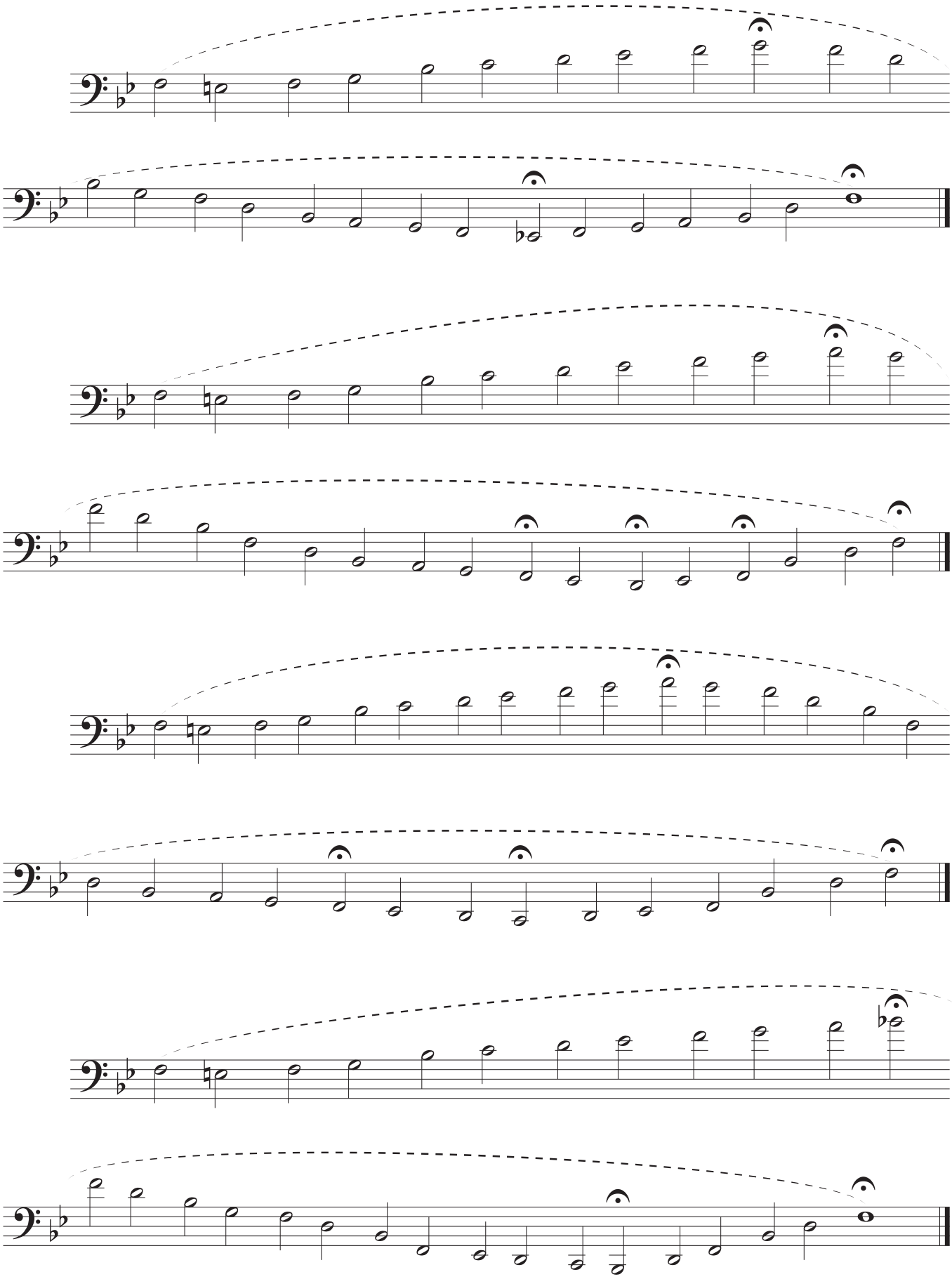
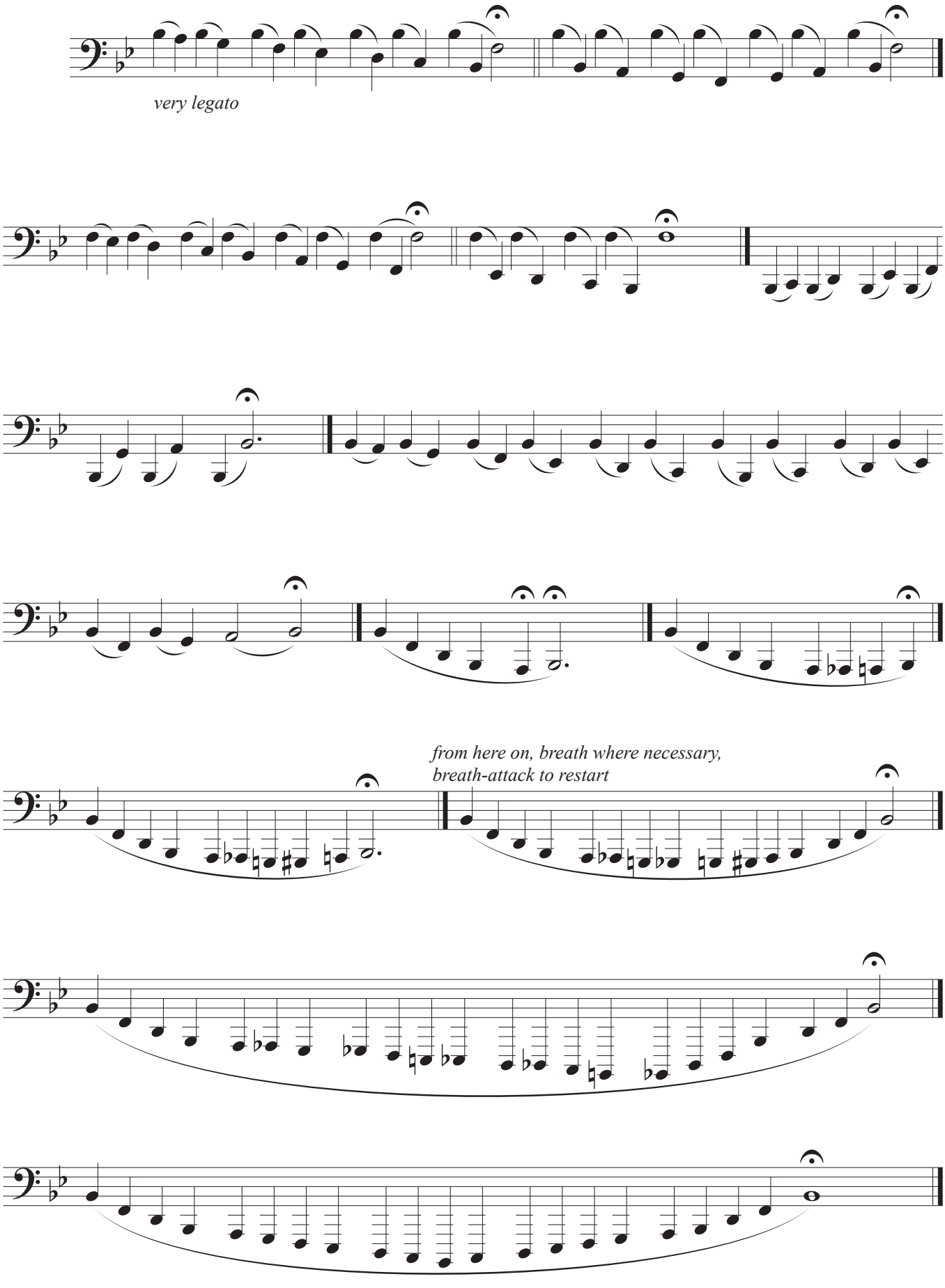
Warm-up after Vince Chichowiz's Air Flow Exercises

presented by Leonard Cecil

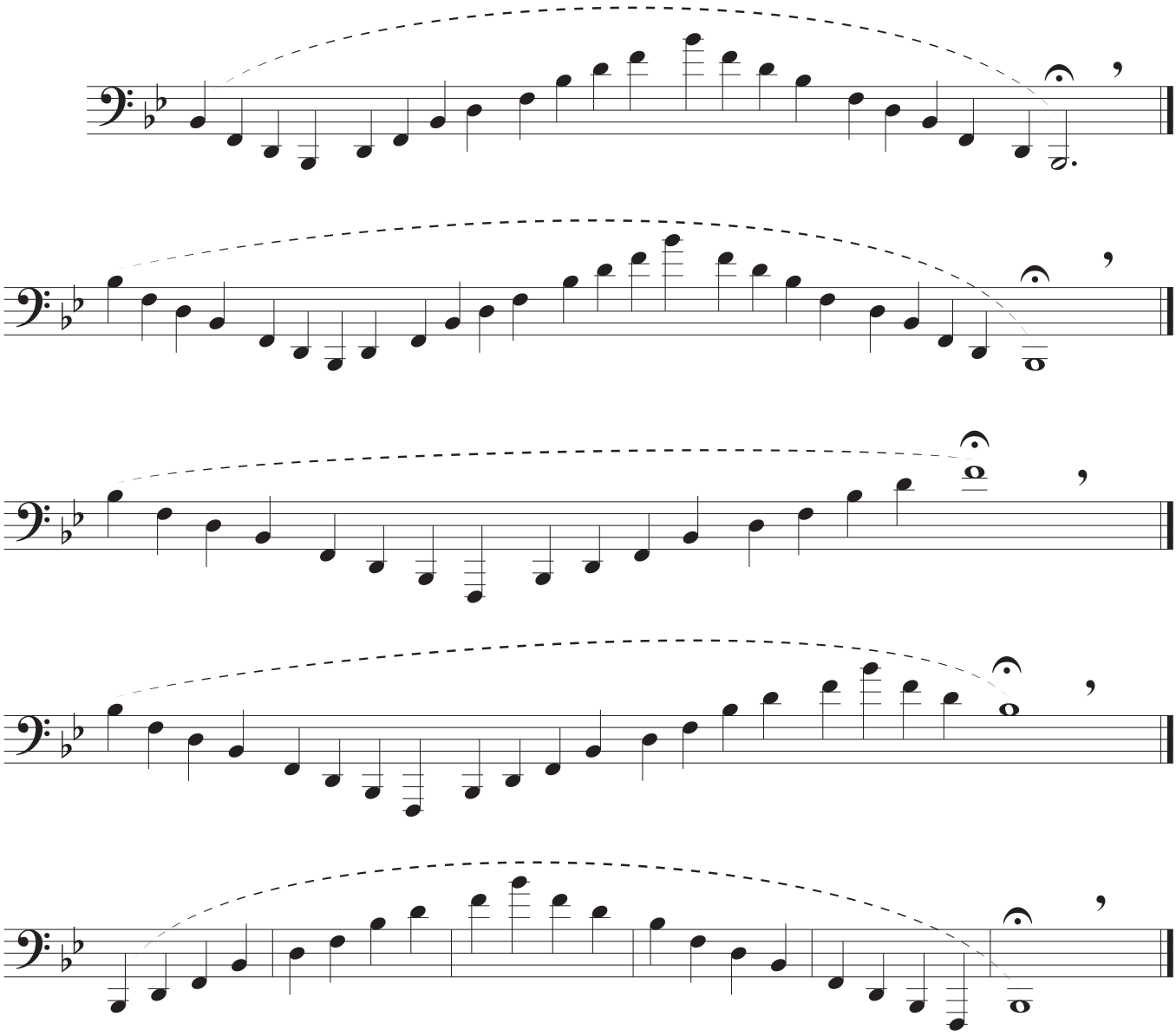
all slurred, at the beginning sloppily, completely without tongue
only when you can do that, can you add an extremely legato "la" articulation
if you need to breathe, restart with an air attack, without tongue.
Do NOT try to play rhythmically. Enjoy the fermati!






very legato
from here on, breath where necessary,
breath-attack to restart

legato with first note as "air" attack
and the rest with "la"
alternatively, really slurred without tongue



The basic purpose of all these exercises is to gradually expand ones range as part of the daily warm-up, note for note in both directions simultaneously BUT ... only when the last note you played was as perfectly beautiful as the first.
This takes patience to let the range develop with the strength AND with the proper amounts of tension. Tension is not by default bad. Unnecessary tension is what we don't want. So only as much as is absolutely necessary. And the ear answers the question "how much is enough?".

The last exercises are to assure, that the basic range can be kept while riding upwards and downwards on the air, so the goal is to play these from the beginning to the fermata in one breathe. Let the air flow, don't force and squeeze. If you're forcing and squeezing, you're not doing it "correctly". Don't worry, just take three steps back and do what you can as high/low as you can without forcing/squeezing.

In other words go from success to success. We don't learn here from our failures, but rather from our successes.

I'm not going to pretend these are fun, but they shouldn't be painful either, neither to hear, nor on the lips.