

Effortless Low Register Warm-Up

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1. AIR FLOW & RESONANCE: Free, generous inhale into a flowing sigh exhale. Allow the soft palate and jaw to be easy, spacious, and resonating. Release the arms and hands, float taller as you descend.

Musical notation for exercise 1, consisting of four staves of music in 4/4 time. Each staff contains three measures of music. The notes are: Staff 1: G2, F2, E2; Staff 2: D2, C2, B1; Staff 3: A1, G1, F1; Staff 4: E1, D1, C1. Each note is a half note with a fermata above it, and the notes in each measure are connected by a slur.

2. ANGLE FINDERS: (Inspired by M. Moysé) Play as breath attacks or single tongued with vibrato using generous air. If we're cracking, stuffy, or forced, encourage spaciousness within the mouth, a free-hanging jaw and relaxed tongue, release the aperture, and most importantly, find the best angle where each note can ring with ease.

Musical notation for exercise 2, consisting of three staves of music in 4/4 time. The first two staves have eighth notes with accents (>) above them. The third staff has quarter notes with accents (>) below them. The notes are: Staff 1: G2, F2, E2, D2, C2, B1; Staff 2: A1, G1, F1, E1, D1, C1; Staff 3: B1, A1, G1, F1, E1, D1, C1, B1, A1, G1, F1, E1, D1, C1, B1, A1, G1, F1, E1, D1, C1.

Triplet Vibrato Pulses, Low Register: Exaggerate the pulses and resolve any airiness or cracking by relaxing the jaw, allowing resonance, and adjusting aperture and angle.

The musical notation shows four staves of music. Each staff contains a series of triplet pulses, with some groups of three pulses slurred together. The notes are primarily quarter notes and eighth notes, with some slurs extending across multiple measures. The key signature is one flat (Bb).

3: OCTAVE SLURS: Maintain richness and connection through the descending octaves especially, encourage easy airflow and flexibility as we ascend into the upper register.

The musical notation shows four staves of music. Each staff shows a series of octave slurs, with notes connected by slurs that cross the staff boundaries. The notes are primarily quarter notes and eighth notes, with some slurs extending across multiple measures. The key signature is one sharp (F#).