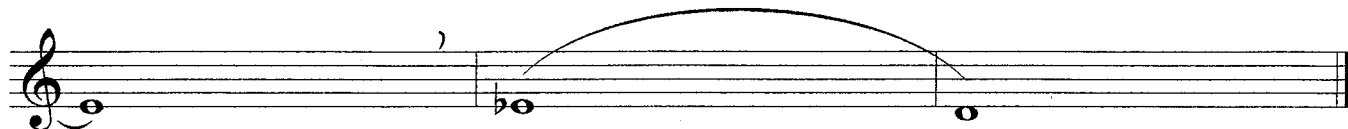


# Complete Warm-Ups

**Tension-Release:** take a deep breath in, then tense up upper body, and then exhale and explode the tension and air. Trunk twists. Shrug shoulders and shake out wrists.

Annette Farrington

Take a hand  
breath before  
playing.



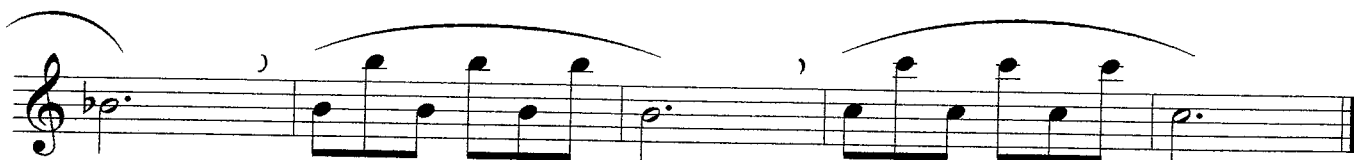
**Two Way Stretch:** reach up as high as you can with arms overhead and at the same time push down into the floor with your heels. **Wrist Grab:** put your arms behind your back, and grab your right wrist with your left hand. Gently pull your right wrist to the left. At the same time, lean your head to the left. Take four deep breaths, and move your wrist and head farther left each time. Sigh loudly when exhaling and deepen the stretch. Stand up straight and repeat on the other side.

Take a  
hand  
breath.



**Flow Study 6-7-8-9-10:** breathe in for 6 counts and out for 6 counts. When inhaling, raise arms up and out at your sides until they reach directly over your head when full. Exhale and bring your arms down and out until they are at your sides at the end of the count. Breath in and out smoothly and fully and continue for longer counts. (quarter note = 72)

Now take a moment to stretch the lips. Make faces using all the muscles of your face. Say "ee" and "oo" a few times. Do horse lips.



**Panting exercise:** inhale and on the exhale begin panting on "ee" and eventually change the oral shape to "oo". Repeat.

1. Play as written using only a "ha" attack.
2. Play as triplets using legato "ha" attack, ie. vibrato.
3. Play as sixteenths using legato "ha" vibrato.
4. Play as sixteenths with du-gu legato double tonguing.



**Flop Over stretch:** bend over at the hips; breath deeply, and with each exhale let your head and arms drop closer to the floor. Upper body may rise slightly during inhalation. This stretch makes you aware of the rise and fall of the many body parts used in deep breathing.

Continue with the feeling of being relaxed and blowing freely. Play with a full tone and vibrato.



Conclude your warm-up with expressive playing. Improvise your own solo or play a slow movement from your favorite sonata or try these melodies from Marcel Moyse's 24 Little Melodic Studies.

Prepare with **Flow Awareness Exercise**: "Bow & Arrow" (fortissimo air), "Toss the Darts" (mezzo forte air), "Float Paper Airplane" (pianissimo air)

1

Andante

pp p p mf mf cresc.

pp p p mf

Andante

variazione

pp p p mf mf cresc.

pp p

p mf mf cresc.

At any time during your practice you're feeling tense, do shoulder circles. Bend over at the waist, put one hand on your thigh, let the other arm hang and make lazy circles for a minute. Then go the other direction. Then change arms. Let the arm feel heavy; relax the fingers. Relax your neck.

Inspiration and resources for this warm-up:

*Breathing Gym* by Sam Pilafian and Patrick Sheridan  
Mary Louise Poor  
Exercise classes too numerous to mention