

# Pinocchio Warm Up

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This exercise is based off of the famous study by Marcel Moyse, l'art de la sonorite with a big twist. We start this exercise by playing a beautiful B natural, and release all the points of tension in your body: Posture | Shoulders | Neck | Jaw | Tongue | Lips

Now for the fun part! We will work our way down the page, adding length to the tube of the flute while we descend the chromatic scale. Set your metronome around 70 BPM and play the second line, keeping your focus on remaining relaxed with an open sound. Every note should be slurred.

Continue to work your way down the page as your flute gets longer and longer just like Pinocchio's nose. Really push your breath to the very end. As soon as you get to a line where you are unable to make it ALL the way to the end, you can increase the metronome speed by a few BPM.

Follow this process until you get to the very bottom of the flute! This exercise is fantastic for creating an open sound, warming up the breath, and expanding lung capacity.