

VI. FLEXIBILITY

Noodles

These exercises increase flexibility and help to “iron out” inconsistencies in embouchure set and sound quality throughout the registers. Play as slowly as necessary to maintain mouthpiece contact and tone integrity. The exercises below show suggested starting pitches; feel free to start on any note, in order to work out break registers. Breathe through the nose. Play slowly, then twice as fast. Always keep a double- or half-time relationship between tempos.

Noodles Down

$\text{♩} = 30, 60, 120$

The exercise consists of two staves of music. The first staff contains a sequence of eighth notes starting on a middle C, descending stepwise to a G below middle C. The notes are: C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2, C2, B1, A1, G1. The second staff continues the sequence from G1 up to a middle C, with notes: G1, A1, B1, C2, D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4. A large slur encompasses both staves.

Noodles Variation 1

$\text{.} = 30, 60, 120$

The exercise consists of two staves of music. The first staff contains a sequence of eighth notes starting on a middle C, descending stepwise to a G below middle C. The notes are: C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2, C2, B1, A1, G1. The second staff continues the sequence from G1 up to a middle C, with notes: G1, A1, B1, C2, D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4. Slurs are placed under groups of notes in both staves.

Pop-out Noodle

$\text{♩} = 30, 60, 120$

The exercise consists of two staves of music. The first staff contains a sequence of eighth notes starting on a middle C, descending stepwise to a G below middle C. The notes are: C4, B3, A3, G3, F3, E3, D3, C3, B2, A2, G2, F2, E2, D2, C2, B1, A1, G1. The second staff continues the sequence from G1 up to a middle C, with notes: G1, A1, B1, C2, D2, E2, F2, G2, A2, B2, C3, D3, E3, F3, G3, A3, B3, C4. Dynamic markings *p* and *ff* are placed below the notes in both staves.