



Tecnical Daily Exercises for piccolo

2004, November

Breathing exercise



Do this exercise for at least 10 minutes daily. Lie flat prone on the floor. Place both hands under your stomach, just below the ribcage, with the right hand under the left hand. Relax and let the body feel heavy. Let the larynx descend, as if you are yawning. Hold the mouth open, but with the facial muscles relaxed. Inhale slowly through the nose and

exhale slowly through the mouth. Without straining, breathe to full capacity, allowing the diaphragm to rise. After about five minutes of steady inhaling and exhaling, inhale to full capacity but hold for a few seconds, then exhale completely and hold empty for a few seconds, before inhaling.

Support

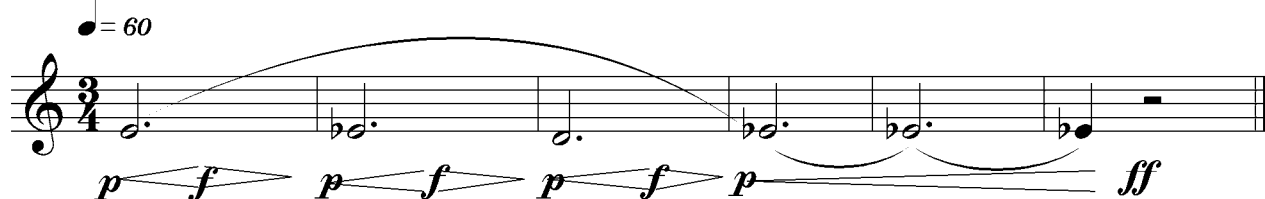
Moyse: Sonorité, es. 2 pag 11



Play every bar of the exercise with this scheme. Produce each sound by using the abdominal muscles - without the tongue. Do not do this by "coughing". Leave the throat open and relaxed

Low notes and flexibility

Moyse: Sonorité, es. 6 pag. 12



Play every bar of the exercise with this scheme. Listen carefully to your intonation!