



# The Ultimate Flute Warm- Up Guide

A Fresh Take on Taffanel &  
Gaubert's Daily Exercises

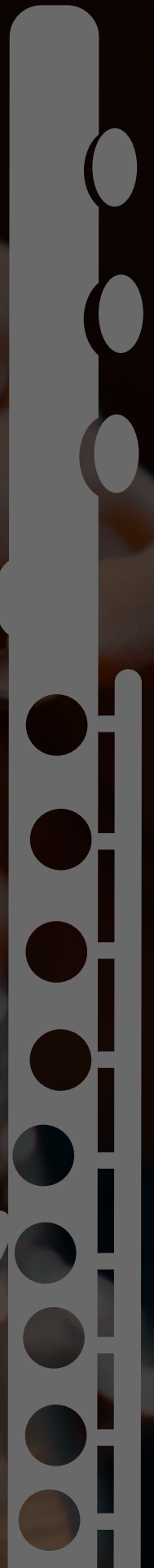


# Introduction

The flute exercises you're about to encounter are the work of **Claude-Paul Taffanel** and **Philippe Gaubert**, two iconic figures of flute performance and pedagogy.

Paul Taffanel (1844–1908) was an exceptional French flutist, conductor, and professor. After showing great abilities in his early years, he went on to study at the Paris Conservatoire and lead a vibrant 30-year career as a soloist and orchestra member.

Taffanel's unique playing style, characterized by a delicate, consistent vibrato, was the catalyst for the founding of the French Flute School. He also was an ardent promoter of Baroque music (notably that of Johann Sebastian Bach), making him a leading figure in France's early music revival. In his professorship at the Paris Conservatoire, he became a major composer, writer, and mentor to a new generation of respected French flutists.







Phillipe Gaubert (1879–1941), one of Taffanel's students, emerged as an influential flutist, conductor, and composer in his own right. Gaubert went on to achieve acclaim as a performer with the Paris Opéra, of which he was later appointed Principal Conductor. He took on the same role for the Orchestre de la Société des Concerts du Conservatoire.

Taffanel and Gaubert's greatest joint legacy is the technique workbook that bears their names: the 17 Grands exercices journaliers de mécanisme or 17 Daily Exercises. Conceived of by Taffanel and finished after his passing by Gaubert and another student, Louis Fleury, the exercises are standard study material for flutists to this day.

**The workbook you're reading now is a fresh, up-to-date take on 4 of the 17 exercises, complete with expert advice and tips for getting the most out of them.** These exercises are foundational for getting you up to speed on scales, arpeggios, stamina, breath control, and a more open tone.

Make these exercises a part of your daily routine — remember, consistency is key — and you'll build technique that will serve you for a lifetime of playing. Happy practicing!



## EXERCISE NO. 1

# Flexibility & Sound

You may recognize these broken arpeggios from Taffanel and Gaubert No. 11. Instead of trying to play this exercise quickly, slow it down to create awareness in the flexibility of your embouchure. Play this exercise no faster than quarter note = 60.

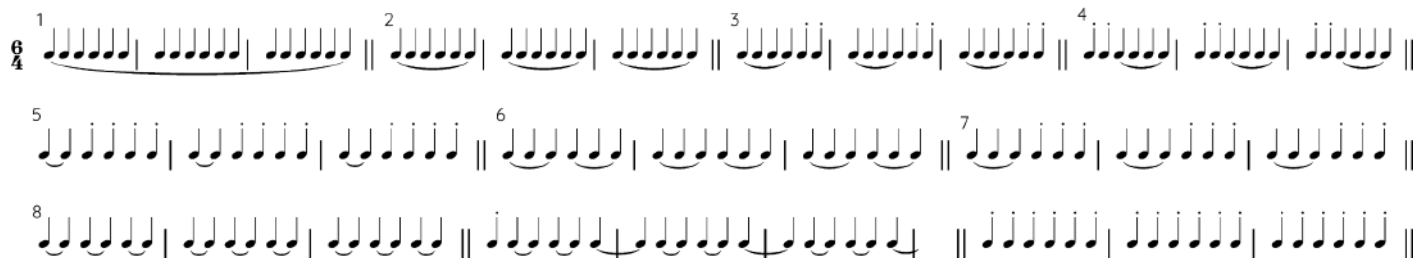
Before starting this exercise, be sure to feel relaxed and grounded in your posture, and take a full and expanded inhale. As you play through these notes, keep your air speed consistent.

Practice this at first without vibrato. The goal is to achieve a consistent sound with smooth transitions from note to note, with no breaks in the sound.

Things to notice:

- How do upward and downward intervals feel different?
- What kind of air speed is required as you move throughout different octave ranges?

*To be practiced with each of the following articulations:*



















## EXERCISE NO. 2

# Diaphragm Kicks

This exercise visits all keys in both major and minor contexts. It's a great way to practice scales in all registers, and also to get the air flowing!

Play these notes using diaphragm kicks (or breath attacks) only. In other words, you will not articulate using your tongue. Be sure not to stop the air between notes, but rather sustain a sound throughout.

To achieve this, you'll start each note with a "HUH" – using the diaphragm (the muscle under the lungs) to kick out air from the lungs. If this doesn't feel easy to do as you play, check to see if there is any throat tension getting in the way of your air column. Try the "HUH" a few times away from the flute and then start to add it back in.

Doing just a few keys of this exercise per day will greatly improve your stamina and air support.

*To be practiced with each of the following articulations:*









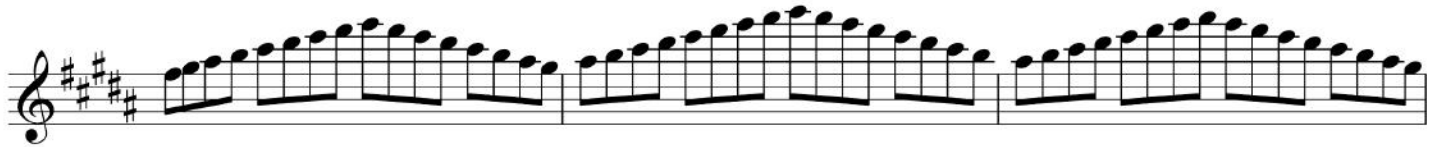
MINOR



MINOR







MINOR



MINOR









## EXERCISE NO. 3

# Articulation

### Single Tongue

This exercise is a great way to practice the speed of the single tongue. Always practice this with a metronome, and gradually try to reach higher and higher tempos.

### Double Tongue

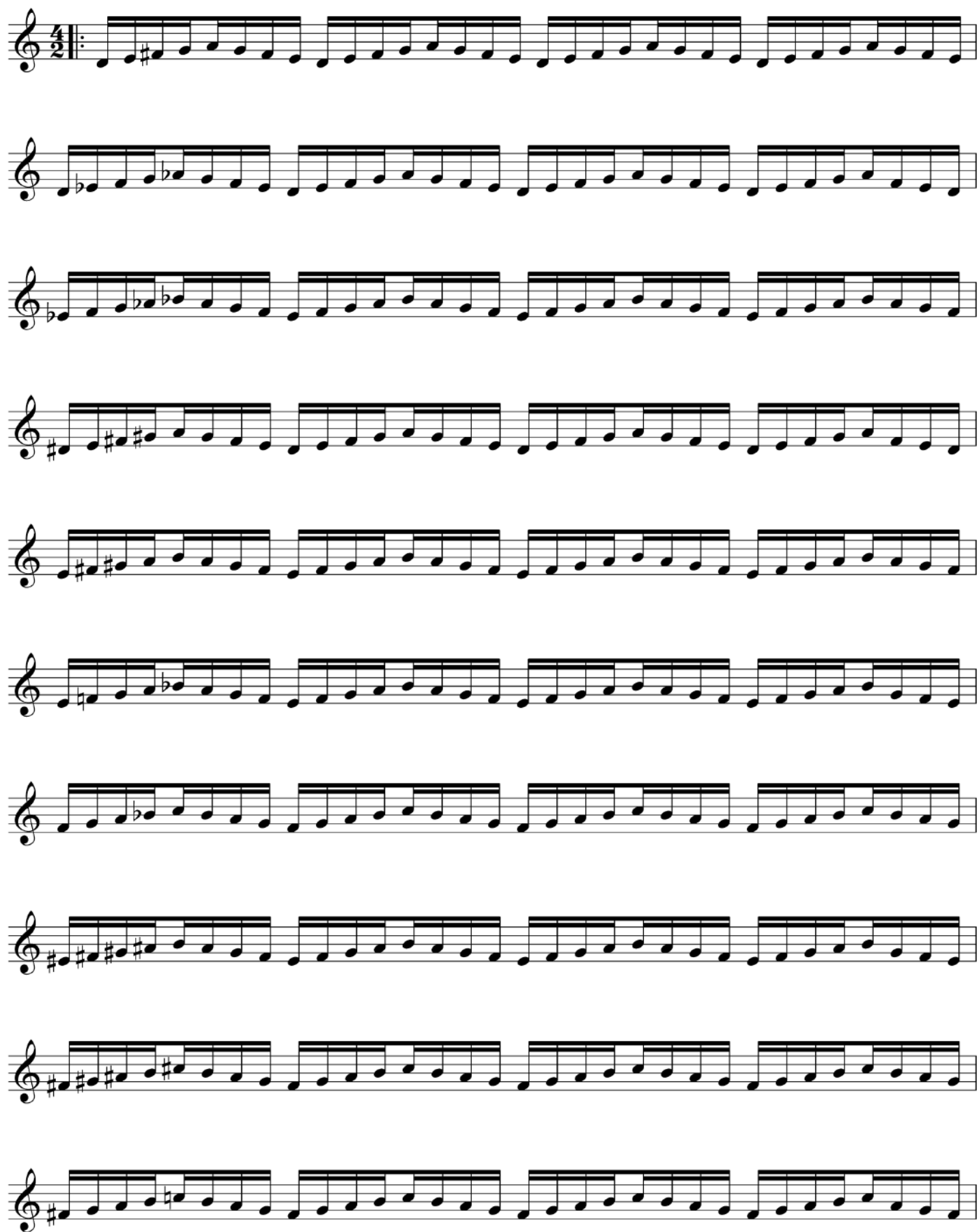
There are several ways to use this exercise to practice your double tongue. First, if you're just starting out, double each note until the speed feels comfortable, and then play the exercise as written. Do the same exercise with the double tonguing syllables inverted.

For example, instead of "DU GU, DU GU, DU GU, DU GU," play, "GU DU, GU DU, GU DU, GU DU," first doubling each note and then playing it as written. There's no need to over-practice double tonguing, as the tongue can get fatigued.

Be sure to keep the air flow strong throughout your single and double tonguing practice.

*To be practiced with each of the following articulations:*









## EXERCISE NO. 4

# Sound Opening Exercise

Using Taffanel and Gaubert No. 12, we will practice opening up the sound by singing and playing this exercise.

Start by singing the starting pitch and hold that pitch while you play the arpeggio written. You'll be singing a drone (the root of the arpeggio) while you play the rest of the arpeggio in each measure. Do this 2-4 measures at a time. Then, play those measures again without singing.

Your focus in this exercise should be on your air and your physicality. Notice any differences in how open the sound is before and after singing and playing. Do this exercise for only a few minutes daily — there's no need to do the entirety of the exercise every day.

*To be practiced with each of the following articulations:*













# Conclusion

These 4 exercises might seem simple, but they're powerful tools for strengthening your fundamental flute technique.

Continue to practice them every day, keep paying attention to how they feel and sound — and you'll build a solid foundation for playing on a higher level.

Ready to go further? Check out tonebase, the #1 online learning platform and community for the flute.

Learn more at [tonebase.co/flute](https://tonebase.co/flute).

