

High Range Extension and Flexibility

These octave slurs feel so good when you're feeling particularly stiff and want to loosen up notes above the staff. Think quarter = 60 or slower with plenty of rubato; you can relax the tempo even more on the triplets.

Take your time on the fermatas, hit as many partials as you want as you slur up the octave (optional glissando), and zoom your focus in on your aperture. Visualize it closing in around a very thin stir-stick straw, floating the thread of thin, rushing, fast support through it, keeping it small, relaxed, and vibrant.

The musical score consists of eight staves, each containing two measures of music. The first measure of each staff features a half note with a fermata, followed by a slur leading to a triplet of eighth notes. The second measure features a half note with a fermata, followed by a slur leading to a triplet of eighth notes. The key signature changes every two staves: C major, G major, D major, A major, E major, B major, F# major, and C# major. The first two staves include the instruction "(optional gliss)" under the first half note. The eighth staff includes the instruction "T 1 2" under the first half note. The triplets are marked with a "3" above them.

Note: We ALL have our high range limitations. Whatever your face is capable of today, you can work with it! Just build on where you are. That's all you ever have to do. Add about 10% extra effort each day - no more, keep it easy - to go just a little bit higher. If today you can only get a high Ab, that's great. Maybe tomorrow, be curious and go for a high A. Keep it playful and light-hearted. If you can comfortably get a high A for 3 days in a row, then the next day, see about a Bb, and so on. Take the horn off your face at the double bar lines to reset, realign, and allow circulation. Small, easy, manageable changes every day are the best way to build!