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A graduate of Arizona State University, Paul Swardstrom has been teaching music for almost 20 years. His teaching career has led him to various schools in three different states (Arizona, Illinois, Oregon). He is currently Director of Bands at Sunrise Middle School in Clackamas, Oregon. Paul is a 2009 graduate of the American Band College.

Flute Embouchure First Aid

ABC

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by
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Preparing The Instrument - The Proper Hold Position of the Instrument and Posture

Turn the head slightly to the left - about 30 degrees.



Bring the flute up naturally to the lips.

- Checkpoints:
- Look over the left elbow.
 - The right elbow should be away from the body.
 - The flute should be parallel or only slightly angled toward the floor.
 - The head should tilt with the angle of the flute to keep the embouchure parallel to the lip plate.



The Healthy Flute Embouchure Formation

Say "Whee."



Make the correct shape with your own facial expression. Ask the student to say, "whee." Demonstrate. Verify that the student is making the correct shape with their mouth.

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The Healthy Flute Embouchure Transfer to the Head Joint



Place the head joint in your left hand and cover the open end of the head joint with your right hand.

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The Healthy Flute Embouchure Formation

Say "Too" after saying "whee."



The corners of the lips should stay in the same position as they were in the "whee" position. The "oo" is the important aspect here. The "too" sets the lips in the correct position to produce a sound and gets the air

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The Healthy Flute Embouchure Transfer to the Head Joint



Center the embouchure hole in the center of the lips. Use the tongue to check that the embouchure hole is centered on the lips.



Ask the student to roll the head joint forward. They should stop when they feel the lower lip covering 1/4 to 1/3 of the embouchure hole. The embouchure plate should always be parallel to the lips.

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