

JEFF ZOOK'S 10 Minute Whistle Tone Warm Up

Use this exercise to start your day or restart your sound/embouchure at any time during your practice day!

Whistle Tones are produced by a tiny stream of air hitting the embouchure wall of your lip plate. They sound like tea kettle whistling and with continued work can become quite loud.

If you can't make the sound you are most likely blowing too hard and your lips are too close together.

Try holding each tone for 9 seconds and then take a breath. Repeat as directed.

When done, reward yourself by playing a REAL low G! You'll be amazed at the sound!

Ten Minute Whistle Tone Warm Up

Play each 2 bar set 10 x's

Whistle tones:

$\text{♩} = 60$

The musical notation consists of four staves in 5/4 time. Each staff contains two 2-bar sets of whistle tones, with a repeat sign at the end of each set. The notes are as follows:

- Staff 1: C_4 (open), D_4 (1st line), E_4 (1st space), F_4 (1st line), G_4 (1st space), A_4 (2nd line), B_4 (2nd space), C_5 (3rd line), D_5 (3rd space), E_5 (4th line), F_5 (4th space), G_5 (5th line).
- Staff 2: C_4 (open), D_4 (1st line), E_4 (1st space), F_4 (1st line), G_4 (1st space), A_4 (2nd line), B_4 (2nd space), C_5 (3rd line), D_5 (3rd space), E_5 (4th line), F_5 (4th space), G_5 (5th line).
- Staff 3: C_4 (open), D_4 (1st line), E_4 (1st space), F_4 (1st line), G_4 (1st space), A_4 (2nd line), B_4 (2nd space), C_5 (3rd line), D_5 (3rd space), E_5 (4th line), F_5 (4th space), G_5 (5th line).
- Staff 4: C_4 (open), D_4 (1st line), E_4 (1st space), F_4 (1st line), G_4 (1st space), A_4 (2nd line), B_4 (2nd space), C_5 (3rd line), D_5 (3rd space), E_5 (4th line), F_5 (4th space), G_5 (5th line).

Each note is beamed together and has a checkmark above it. The exercise concludes with a single note on the 4th line of the 4th staff, labeled "Reward! Play a real G!" with a circled G below it.