

Table of Contents

I. INTRODUCTION.....	15
II. MOTIVATION FOR THE UNCONVINCED	21
a. Using Extended Techniques to Diagnose and Reframe	
Technical Issues	21
1. Shyness	21
2. Weak Articulation.....	22
3. Tight Embouchure	22
4. Tight Chest.....	23
5. Upper Octave	23
b. Using Extended Techniques to Promote Flow	26
III. A WORK ETHIC AGAINST MEDIOCRITY	29
IV. MENTAL PREPARATION – CONSCIOUS PREPARATION	33
a. Reading and Listening	33
b. Notation	34
c. Microtonality	41
d. Rhythm	44
V. PHYSICAL PREPARATION – BODY CONSCIOUS PREPARATION.....	49
a. Stamina in Modern Music	49
b. Periodization – A Model from Sport Science.....	51
VI. BUILDING STAMINA THROUGH EXTENDED TECHNIQUES	63
a. Embouchure Strength and Flexibility	63
1. Whistle Tones	63
2. Glissando	65
3. Vocalizing While Playing	68
4. Multiphonics	71
5. Altered Fingerings and Harmonics.....	74
6. Fourth Octave	78
7. Trumpet Embouchure.....	78
b. Extending Articulation	80
1. Flutter Tongue	80
2. Tongue Ram	84
3. Pizzicato	85
c. New Uses of Air	87
1. Air Sounds	87
2. Jet Whistle	88

3. Circular Breathing	89
4. Inhaling While Playing	90
VII. PERIODIZATION OF HEINZ HOLLIGER'S <i>(T)AIR(E)</i>	91
a. Breathing Challenges	91
1. Breathing Work by Multi-Lateral Training	94
b. Building Embouchure Muscles.....	95
c. Fingerings and Other Techniques.....	96
VIII. A PERIODIZED DAILY STUDIES PROGRAM	99
IX. IN CONCLUSION	103
X. BIBLIOGRAPHY	105
XI. LITERATURE RECOMMENDATIONS BY SUBJECT	111
a. Resources for Modern Flute Music and Extended Techniques.....	111
b. Resources on Microtonality.....	112
c. Resources on Music Pedagogy and Performance Research.....	112
d. Resources on Periodization and Physical Conditioning.....	113
e. Resources on Music Theory and Aesthetics	115
XII. GRADED REPERTOIRE LIST	116