

Flute

# Double Tonguing Endurance Exercise

Lanz 2024

**2**

*Transpose from C Major to any other major or minor key*

*bounce your notes; don't chop them off with your tongue*

*keep your tongue light and your notes legato*

T K

**3**

T K T

**4**

T K T K

*how even are your articulations?*

**5**

T K T K T

*maintain your legato as you add notes*

**6**

T K T K T K

*how effortless can you play?*

**7**

T K T K T K T

*release tension to let articulations flow*

*start gathering air for the 8s*

**8**

T K T K T K T K

*keep it light & minimize the movement your tongue makes*