

Phyllis Louke – **Tips and Tricks for Successfully Playing and Traveling with Low Flutes.** Support options for bass flute; traveling with low flutes, placement of low flute sections in a flute choir; tips for clearer articulation on contra, bass, or alto flutes; a list of regular flute choir pieces with fun low parts, airline travel with a low flute, are B keys necessary on bass flutes?

Low Flute Workshop

Tips and Tricks for Successfully Playing (and Traveling with) Low Flutes

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This workshop will include:

1. Recommended support options for Bass Flute
2. Transport Options for Low Flutes for travel/air travel
 - a. Compact case solutions (alto case fits inside zipper compartment of Altieri (or similar) case cover
 - b. Put multiple instruments in custom Wiseman Cases
 - i. Can be custom configured for multiple instruments and instrument stands
 1. Some carbon fiber music stands (except the desk) can be stored in the body of the contra
3. Reading Music from an iPad – options for music stands; some have clips to hold the iPad. Look for light weight stands
4. A list of Regular Flute Choir Pieces with Fun Low Flute Parts
5. Alto: Flute: Straight or Curved Head? Things to consider
 - a. Length of arms/comfort level with a straight head vs. curved head
 - b. Ergonomic considerations: Keep neck straight with body aligned, don't let neck and head tip to the right
 - c. There are contraptions that help support the end of alto or bass flutes
 - i. Can rig up a wire stand with a towel or some sort of padding (towel or?) in one of the angles of the stand to support
 - ii. PVC plumbing pipe attached to some type of platform (wood or ?) flat on the ground using a fitting that attaches securely to the platform. Get a u-shaped fitting of the appropriate diameter to rest the end of the bass or alto in to help support the weight of the instrument
6. Bass Flute supports:
 - a. Knee support
 - b. Support telescoping (adjustable length) plastic with rubber end that will reach to the floor
7. Contra supports and stands (various materials and configurations)
 - a. **Flute Center of NY (Wood Wind Design Contrabass Flute Stand)**
 - i. <https://flutecenter.com/collections/flute-stands> (includes contrabass, bass, and alto carbon fiber stands)

- ii. <https://flutecenter.com/products/wood-wind-design-contrabass-flute-stand>
- b. **Carolyn Nussbaum Music** <https://www.flute4u.com/Instrument-Stands/>)
- i. **Bass Flute** Knee support stand: <https://www.flute4u.com/Instrument-Stands/Bass-Flute-Support-Stand.html>
 - ii. **Hercules Alto Flute** Stand: <https://www.flute4u.com/Instrument-Stands/Hercules-DS562BB-Alto-Flute-Stand.html>
 - iii. **Pearl Contrabass Flute** Stand: <https://www.flute4u.com/Instrument-Stands/pearl-contrabass-flute-stand>
 - iv. **WoodWind Design: Contrabass Flute Stand** (carbon fiber) from Netherlands (<2 lbs) <https://www.flute4u.com/Instrument-Stands/WoodWindDesign-Contrabass-Bass-Flute-Stand.html>
- c. **Flute World** <https://www.fluteworld.com/product-category/performance-aids/instrument-stands/>
- i. Altieri bass and alto pegs and Altieri peg board (holds multiple instruments)
 - ii. **WoodWindDesign Contrabass Flute Stand** (carbon fiber <2 lbs; can be stored inside the instrument) <https://www.fluteworld.com/product/woodwinddesign-contrabass-flute-stand/>
- d. **Flute Specialists** <https://www.flutespecialists.com/product-category/accessories/instrument-stands/>
- i. Individual pegs for K&M Quad Stand <https://www.flutespecialists.com/product/individual-pegs-for-km-quad-base-stand/>
 - ii. Instrument Stands https://www.flutespecialists.com/product-category/accessories/?_acc=instrument-stands (Alto Flute Support Stand and Bass Support Stand) – supports the end of the footjoint to help carry the weight of the instrument and adjustable for standing or sitting. Either telescopes from the floor to support the weight of the end of the instrument with a U-shaped fitting and a rubber fitting to not slip on the floor. Adjustable length. OR to be used as a knee support stand
 - iii. Created by JHM Productions, this new support stand for your bass flute is designed to be used in two different ways: either resting on your leg with a curved base for stability or connecting to a bass on the floor. This stand was created to help support the weight of your instrument during any performance or practice session while being easy to pack and light weight for carrying.
8. **Swabs:** There are many types of swabs for the low flutes in a variety of configurations. For bass and contra and curved head alto, it's nice to have a swab that has some flexibility in the cord that can be dropped into sections of the flute, preferably with a weight well-covered in soft fabric to negotiate the curve of the tubing so that all the tubing can be dried

after playing and before putting in the case.

- a. Flute World (and probably other flute shops have something similar for bass and/or contra: https://www.fluteworld.com/product/flexible-bass-flute-swab/?srsltid=AfmBOorP03mpYS17_RJiXV2mOnP4DugjvmqyQF3HNltRm2nyFC44SMhT)
 - b. For contras and sometimes basses, consider looking at saxophone swabs or swabs with flexible tubing) that can negotiate curved headjoint pieces attached to soft and absorbent flannel fabric, which can dry things well. I have a saxophone swab for my contra that has a soft piece of fabric that covers a little round brush in the same diameter as my contra that does a great job of drying as I pull it through. I also have a flannel cloth attached to a stick encased in fabric trim that's great for swabbing the headjoint. The stick helps push the fabric all the way to the end of the headjoint piece. Flannel or absorbent Fabric with a length of soft trim with an encased weight is great for the straight and curved sections of the flute.
 - c. https://www.schmittmusic.com/products/bg-france-a30a-body-swab-bass-flute-alto-sax-bass-clarinet?variant=49970872418597&country=US¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&srsltid=AfmBOopZVXAef40beqaaBp14sHtBvFNtwsFfqEbDvGnGEZwHoMww59kSZ68&com_cvv=8fb3d522dc163aeadb66e08cd7450cbbdddc64c6cf2e8891f6d48747c6d56d2c
 - d. Flute World: https://www.fluteworld.com/product/flexible-bass-flute-swab/?srsltid=AfmBOorP03mpYS17_RJiXV2mOnP4DugjvmqyQF3HNltRm2nyFC44SMhT
9. Tips for Airplane Travel with a low flute; always carry on your instrument. An alto flute might fit in a carryon suitcase or a backpack. Don't ever check your instrument, check your suitcase instead.
 10. To B or not to B? Necessity of low B keys for bass flute and tips for help them to sound
 - a. It depends on the type of music you'll be playing the most. If you're regularly playing contemporary solo music where you frequently encounter low B's, it's probably a good idea. If you're playing in a flute choir that plays repertoire where you regularly encounter low B's, it's also a good idea.
 - b. As a low flutist who also is a composer, I try to avoid having too many low B's in my music. I find that playing too many is taxing hard on my right pinky.
 11. Where best to put Low Flutes in a Flute Choir
 12. Finding clearer articulation on a contra, or any bass flute (or literally *any* flute)