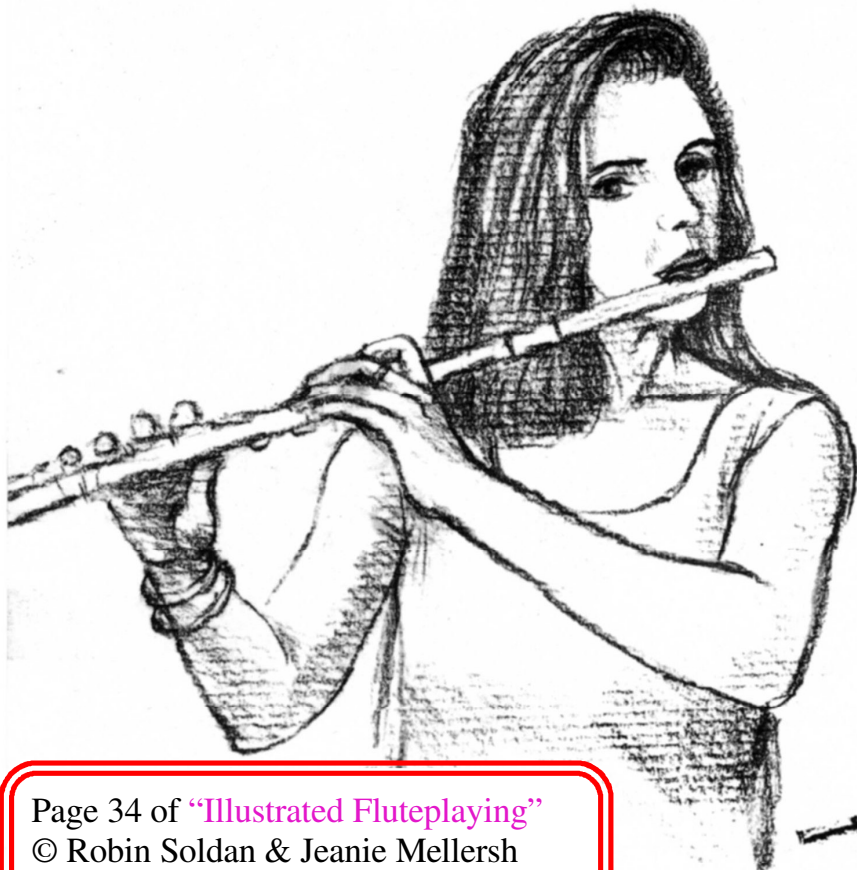


# Shoulders & Elbows



## Correct

*Always drop the shoulders when you play. Dropped shoulders usually indicate correct breathing and go with a good posture.*



## Incorrect

*Shoulders raised, head craning forward, neck aches, and bad tuning results!*

*Raised shoulders are often the result of starting to play the flute very young (under 10), when the length and the weight of the instrument causes the child to rest the flute onto the left shoulder. This can become a habit that causes a lot of problems later on. There are flutes with a bent headjoint, designed for very young flute players, which help to eliminate this problem. (See page 74.) Many young players now start on inexpensive plastic fifes which are short, light, and easy to learn to blow.*



## Incorrect

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*A relaxed shoulder position.*



*Keep your elbows **away** from your body (to allow correct breathing and hand positions), but not too high or the angle of the flute on the mouth will alter and affect tone and tuning.*



*Elbows too high.*



*Elbows too close to body.*

*Try not to be an **elbow waggler**. Keep your elbows **still** while you play. If you move your elbows up (especially the left one) as you go up the register; you create more tuning problems (see page 71) and you are likely to play with a thinner tone at the top.*

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