

Remember, each time you pick up your instrument it is to learn something and to delight in making music.
Do not try to fix things. Instead, play with them:
with awareness, curiosity, creativity, discipline,
in an infinite # of ways, until they come to life!

This is a Guide, to give your practice structure. You supply the freedom inside this structure.

- 1. Creative Practice Recipes-** Take out your Flute Flash Recipe Cards for the day. Read them and decide how you want to include them in your practice sessions today.
- 2. Stretching** - this week start with the FF3 #6 , arms & shoulders. Please see card for details.
- 3. Breathing** - Breath Builder, please see and use FF1 #23 on how to use this and the variations possible on the breath builder
- 4. Tone - Long and Luscious with Vibrato Exercise & Limber Lips** - Please use, FF2 #8 and FF1 #10 for explanation on these exercises. Limber Lips, please see hand out. Select one each day.
- 5. Intonation & Improvisation** - Select a Key that is connected to a piece that you are working on. Turn your tuner sounding the Tonic or the 5th of the key that you are playing. You may also use the Tuning CD. Free your self and enjoy making your own music! Play in different musical styles. **In-ton-ation** - Have your tuner sounding the Tonic (or use your Tuning CD) and use the Interval Intimacy Card, FF1 #11 to get to know how each interval in a Major scale is related to the Tonic. Choose a different scale each day. Listen in great detail. What are you noticing about your listening and what are you learning?
- 6. Articulation** - Choose 2 scales each day to do the following articulation practice. Please see hand out until you have it by heart. keep track of your tempo. Are you able to play this a bit faster this week with less fatigue? Be very observant, stop if you are too tense and do little bits at a time throughout your practice, until you build endurance here too.
- 7. All Major Scales, and Harmonic Minor, (raise the 7th scale degree by 1/2 a step)** the entire range of instrument, by heart. Remember that scales are music, make music! Play in all different musical styles, and vary the dynamic, articulation and rhythm. See FF2 #24. Take 2 days a week to just work on the top register of your Major & Minor scales. Play them slowly for tone and balance and then in different articulations and rhythms, 2 notes at a time, 3 notes at a time etc. in faster tempi. Play your Major and Minor arpeggios at the end of each scale.
- 8. Finger Exercises II & III - Whole Steps & Major/Minor Thirds** - Please see Handouts until you have it by heart. Whole steps done in the assigned rhythms are good for your technique and rhythm. Do one of these each day.

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9. Arpeggios, Major & Minor - Play your Major and Minor arpeggios at the end of each scale you play in #7. If you do not know your Minor arpeggios (1 b3 5 1), learn them this week.

10. Etudes - Andersen, Op. 33, #5 D Major & #6 b minor

11. Studying & Listening- This is a very important part of your practicing. Study your music, not just your flute part the whole score and listen to your music and lesson recordings. One time, just listen to the Piano part. One time, just listen to a phrase at a time. How does the flutist, string player, singer use their vibrato? Another time, how are they creating dynamic shapes and line? Another time, listen for how the flute and piano join, looking at the score... Another, can you hear the harmony and how it changes, grows? How does this relate to your musical line? Another time, listen just to the rhythm of a phrase, where is their rubato, time taken and specifically where and how are they doing this? Another time, listen for tone and tone colors... Expand your circle of listening. Open your ears to hear more and more at a time. Very important to enable yourself to hear at a more detailed, refined and subtle level of listening.

12. Your Solos and Ensembles - Enjoy learning your music!

Notes:

Feel free to switch around the order of these. The numbers are suggestions.

Do not get stuck in one way of doing things!

Do a few numbers and then an Etude, more and then work on a Solo etc...