

## Guide for Creative Practice - Using Flute Flash - Set 1 & 2

The journey of a thousand miles, begins with one step. ~ Lao Tzu

Date begin ~

Date end ~

Mon	Tues	Wed	Thurs	Fri	Sat
FF1 - #1 Prep. FF2 - #7 T & T	FF1 - #2 Breath... FF2 - #13 D.T.	FF1 - #3 B. Bag FF2 - #19 - Met. M.	FF1 - #4 Stretching FF2 - #25 - 7 Keys	FF1 - #5 Squat it FF2 - #2 E. Breath	FF1 - #6 M. Faces FF2 - #8 Long & L.
FF1 - #7 T. on T FF2 - #14 M Arps	FF1 - #8 Prep. FF2 - #20 L,S,F	FF1 - #9 Harmonics FF2 - #26 Checklist	FF1 - #10 Vibrato FF - #3 Circle it	FF1 - #11 Interval Int. FF2 - #9 Sing & Play	FF1 - #12 Improv. FF2 - #15 minor arps
FF1 - #13 T. Tech. FF2 - #21 BL-FL	FF1 - #14, 5 n. Maj. FF2 - #27 Dyn. D.	FF1 - #15, 5 n. min's FF2 - #4, 7 ingred.	FF1 - #16 M. scales b's FF2 - #10, 5 Art's	FF1 - #17 M. Scales #'s FF2 - #16, 5 n. Var.	FF1 - #18 C. Chrom. FF2 - #22 Pr. & Flow
FF1 - #19 Observ. FF2 - #28 heart	FF1 - #20 Add a FF2 - #5, 5 ingred	FF1 - #21 Finger B. FF2 - #11 C. Colors	FF1 - #22 Buzzing FF2 - #17 Har. min b's	FF1 - #23 Breath Buil. FF2 - #23 Creating J.I.	FF1 - #24 - L & S FF2 - #29 Record it
FF1 - #25 Music Is FF2 - #6 D.G.B.	FF1 - #26 P-sing FF2 - #12 Art of L.	FF1 - #27 Love n's FF2 - #17 Har. min #	FF1 - #28 Where to B. FF2 - #24 Scales are...	FF1 - #29 Music B's FF2 - #30 B. Baroque	FF1 - #30 M. Styles FF2 - #1 Intention

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**Notes:**