

Keeney Studio - Creative Practice Levels

Here is a list of some Breathing, Tone and Technical Exercises for your practice:

Please Use 25 Practice Ideas and 7 Level of Learning - Keeney

Breathing:

Creative Practice Recipes Cards - Use all on Breathing- Keeney

Finger Breath

Breath Builder/ Flow Master

Breathing Bag

Circle Breath

Energizing Breath

Yoga Breath

Contrary Motion Breath

Tone:

Creative Practice Recipes Cards - Use all on Tone and Creative Practice Ideas - Keeney

Tone and Tuner - Keeney

Interval Intimacy - Keeney

Intonation - Tipton/Dorough

Vibrato Variations- Keeney

Low Register Exercise - Baron/Keeney

Long & Luscious - Keeney

Octave Warm ups - Keeney

Arpeggio Warm ups - Keeney

Roller Coaster - Jennings/ Moyses

Daily Warm -Ups, #2 - 4 - Galway

Octave plus 1/2 step - Garner-Santa

Daily Exercises - Reichert (also in the Trevor Wye Book, Complete Daily Exercises)

Expanded Interval Warm up - Ransom Wilson

Tone Book - Trevor Wye

De La Sonrite - Moyses

24 Melodies - Moyses

Tone Development Through Interpretation

Tone Development Through Extended Techniques

Technique:

Creative Practice Recipes Cards - Use all on Technique and Creative Practice Ideas - Keeney

Flute Theory Work Out - Garner-Santa - (All Scales, Triads, arpeggios, Triads)

Complete Daily Exercises - Trevor Wye (Has all the above plus T & G., Reichert, Maquarre, finger exercises....)

Finger Exercises - I, II, III - Keeney

Articulation Exercise - Single Double & Triple - Keeney

Taffanel and Gaubert- Big Daily Exercises

Scale Game - Debost

Flute Warm Ups- Paula Robison (Trilled scales and Radiating Arpeggios)

28 Days of Practice - Paul Edmond Davies (I like the upper and lower neighbor scales on T & G)

Chord Progressions - Roger Stevens

Practice Levels 1 - 5

M - means to be memorized

Level 1

Breathing -

Finger Breaths - Card # 21 , set I

Breathing Bag - Card # 3 - set I

Breath Builder/ Flow Master - Card # 23 - set I

Yoga Breath - Card # 3 - set III

Tone -

Tone and Tuner (including harmonics) - Keeney

De la Sonrite - Moyse

Octave and 1/2 step Warm up - Garner Santa

Interval Intimacy, Card #11 , set I- Keeney

Low Register Exercise - Baron

Vibrato Variations exercise - see Cards #10, set I and #22, set II

Intonation Exercises - Wye

Technique - Assigned Etude Books

5 Note exercises (major and minor) - Taffanel and Gaubert in Wye book too.

M - Major, Minor. & Chromatic scales - in Flute Theory Workout- Garner Santa

M - Major and Minor Arpeggios - full range of flute from tonic (high c and c#)

Finger Exercises - I, II, & III - Keeney

Single Double and Triple articulation Exercise - Keeney

M - Major and Minor Thirds - Full range of flute from Tonic.

Practice Levels

M - means to be memorized

Level 2 ~

Also includes all of level 1

Breathing ~

More advanced exercises on the Breathing Bag and Flow Master

3 Part Breath

Energizing Breath

Contrary Motion

Tone ~

De la Sonrite - Moyse

Roller Coaster - Jennings/ Moyse

Tone - in Complete Daily Exercises - Wye

Reichert/Wye - Complete Daily Exercises (pg. 52)

Warm ups # 2-4 - Galway

Intonation - Tipton/Dorough

Moyse - 24 Tone Studies

Technique ~ Assigned Etude Books

M - Taffanel and Gaubert #4 - (also in Complete Daily Exercises- Wye)

Whole Tone, & Octatonic Scales - Garner Santa

M - Extended Scales and Thirds - Complete Daily Exercises- Wye

Broken Scales #1 - Complete Daily Exercises- Wye

Broken Thirds #1 - Complete Daily Exercises- Wye

Trilled Major and Minor Scales - Paula Robison

M - Diminished and Augmented Arpeggios - full range, from Tonic (to high d)

Radiating Arpeggios - Paula Robison