

Desire, dedication determination discipline & delight

Remember, each time you pick up your instrument it is to learn something and to delight in making music. Also, do not try and fix things, but play with them 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 Card for the day. Read them and decide how you want to include them in your practice sessions today.
- 2. Stretching** - this week start with Circle it FF2#3, while feeling that you can stretch to the sky and that your feet are still connected to the ground. Remember to Breathe!
- 3. Breathing** - Breathing Bag, FF1 #3, take out the card and do one of the numbers each day. If there is one that is challenging for you, do that each day.
- 4. Tone** - This week, Bending a note, C in the staff. Play with it, learn something about how flexible and supple you can be. Tone and Tuner one day and Octave plus 1/2 step the next day. How engaged can you be in your own listening? How curious can you be about how to beautifully shape each note and phrase? How alive and colorful is your sound? Is your whole body and flute vibrating on each note? Are you being artistic with your Vibrato?
- 5. 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!
- 6. Articulation** - Choose 1 to 2 scales each day to do the following articulation practice. Please see hand out until you have it by heart.
- 7. 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. Enjoy this refining and sensitive listening!
- 8. All Major Scales**, 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. If too much b's one day and #'s the next.
- 9. Major Thirds**, play in the Circle of 5ths this week and 2 octaves Tonic to Tonic, by heart. Vary your articulations and dynamics. **Whole Steps** - Please see Handout until you have it by heart. Whole steps done in the assigned rhythms are good for your technique and rhythm. Do one of these every other day.
- 10. Arpeggios** - The Articulate Flutist by Kujala, one key a day. C, F, G, Bb, D, Eb, & A. If this is too much then try and do 3 pages a day, or 1 key every other day.
- 11. Etudes** - Andersen, Op. 33, #1 C Maj. & # 2 a min.
- 12. Your Solos and Ensembles** - ...and, your Listening assignments from lessons and ...