

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 Tree, FF3 #2, you can stretch to the sky, with your feet connected to the ground. Breathe fully, deeply with awareness of your breath. Are you Balanced and Connected with your body and breath as you do this stretch?
- 3. Breathing** - Yoga Breathing 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. Yoga Breath is :
Quarter = 60 - 4 exhale, 4 hold, 4 inhale, 4 hold and repeat increasing the numbers.
- 4. Tone** - This week, Bending a note, E in the staff. Play with it, learn something about how flexible and supple you can be. Sing and Play, FF #9 one day and Roller Coaster, variation on De la Sonrite - Moyses, select 2 letters to do each day and in two different keys and registers, the next day. Please be aware of your body and movement. Try moving more horizontally on the Roller Coaster, not up and down... You want smooth and easy flow of notes. Please see FF#21, breath line- flute line.
- 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 1 to 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, in Circle of 5ths**, 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 this is too much, flats's one day and #'s the next.

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How is your top register from 3rd Octave A through 4th octave C, C# and D coming along? Take 2 days a week to just work on the top register of your Major 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.

8. Major Thirds, play in the Circle of 4ths this week and 2 octaves Tonic to Tonic, by heart. Vary your articulations and dynamics. Here too, play them thinking in a particular Style.

Play as in the Mozart G Major Concerto, 1st Mvt., slurring 2 at a time or 2 slurred plus 6 tongued. Play them as a Bach Sonata, 1 = 3 slurred or 3 = 1 slurred...

Whole Steps - Please see Handout until you have it by heart. Did you memorize them this week? Learn them by heart this week! You can do it! Whole steps done in the assigned rhythms are good for your technique and rhythm. Do one of these every other day.

9. Arpeggios - Use my hand out for Arpeggios and Focus on All the Major Arpeggios this week. Put your tuner on the tonic or even better use your tuning CD for each key. Learn the Major Arp's by heart if you do not know them already now is your chance!

10. Etudes - Andersen, Op. 33, #3 G Maj. &# 4 e min.

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.

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

Notes: For 2 days this week practice without Vibrato... What did you learn by doing this?

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...