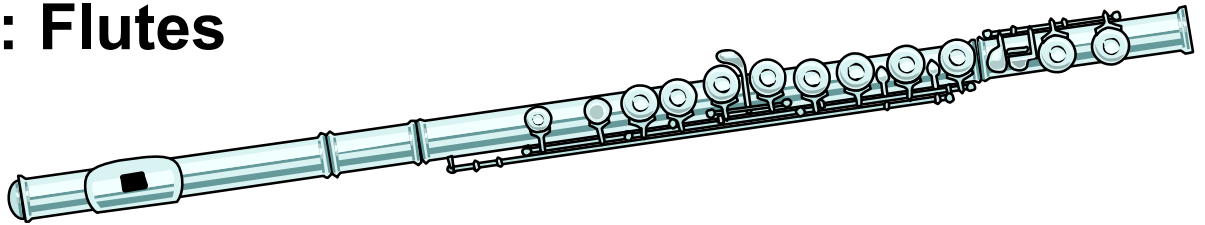


# Week 1: Flutes



**Here we go! Congratulations, you are on your way to becoming a flutist (or flautist)!**

**You should practice on the headjoint ONLY the first week. You only will be playing on the headjoint the first week to make sure you are properly developing the muscles in your face and lips to get a good sound on the flute. Play for at least 10 minutes each day.**

**First, do you have a special place to play your instrument without any distractions? Do you have a chair that supports great posture while you play? Is there a mirror nearby so that you can see yourself playing with great posture and a wonderful embouchure?**

## **Great Posture**

Sit on the front half of your chair with your back straight and your feet flat on the floor.

## **Wonderful Embouchure**

Set your mouth as if you are going to say, "Poo."

The opening between your lips (aperture) should be very small.

You should "freeze" the corners of your mouth while you play.

1. See how many times in a row you can play a sound on the headjoint.
2. See how many times in a row you can play a sound on the headjoint while tonguing: use the word "too."
3. See how many good high sounds you can play on the headjoint in a row while tonguing.
4. See how many good low sounds you can play on the headjoint in a row while tonguing.
5. How many times in a row can you play a pitch on your headjoint after bringing the headjoint up from your lap?
6. How many seconds can you hold a high sound (pitch)?
7. How many seconds can you hold a low sound (pitch)?
8. How many times can you go back and forth between a high pitch and a low pitch on the headjoint? Use your tongue.
9. Can you name all of the parts of your flute as you point to each part?