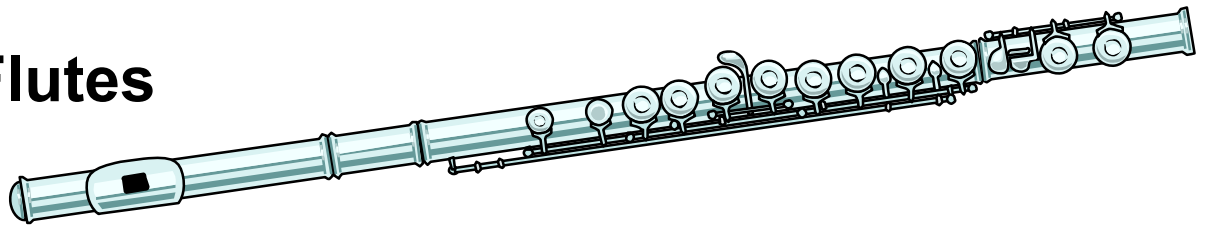


# Week 2: Flutes



**This week we will play the whole flute!!!**

**Practice just holding your flute as often as possible to get used to the way it feels in your hands.**

**Play for at least 10 minutes each day.**

## **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.

## **Tonguing**

You should start each note by using "too." The tip of your tongue will touch behind your top teeth where the teeth meet the gums.

## **Hand Position**

There are 3 main points on your hands that support the flute.

#1 = the bottom section of your left index finger between the base of your index finger and knuckle

#2 = your left thumb will be on the golf club key

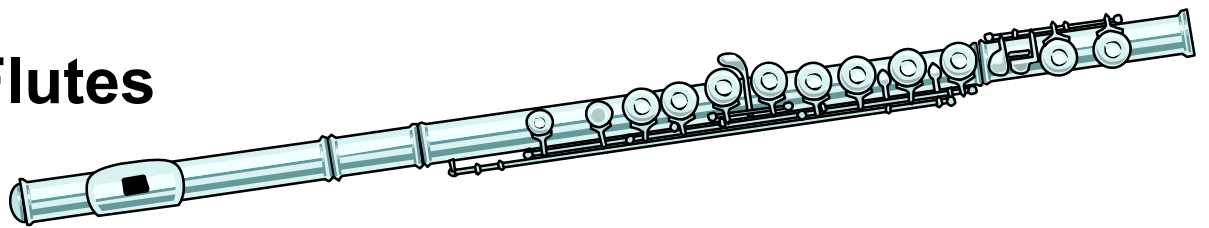
#3 = your right thumb on the back side of the first trill key

Check your fingering chart picture to make sure you are pressing down the correct keys.

Remember on your left (top) hand that your middle finger skips a key.

Remember on your right (bottom) hand that your index, middle, and ring fingers go on the three bottom keys of the middle joint.

# Week 2: Flutes



**This week we will play the whole flute!!!**

**Practice just holding your flute as often as possible to get used to the way it feels in your hands.**

**Play for at least 10 minutes each day.**

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?
10. Practice setting your fingers on your flute. Try to get faster at getting ready while keeping GOOD hand position!
11. Practice playing D:        T 2 3        1 2 3        Don't forget to tongue!
12. Practice playing Eb:     T 2 3        1 2 3 P     Don't forget to tongue!
13. Practice playing F:        T 1 2 3     1 P         Don't forget to tongue!
14. Practice playing E:        T 1 2 3     1 2 P       Don't forget to tongue!
15. Practice playing G:        T 1 2 3     P            Don't forget to tongue!
16. Practice playing A:        T 1 2        P            Don't forget to tongue!
17. Practice playing B:        T 1         P            Don't forget to tongue!