

## Flute Handout Junior Clinic

Start with long tones in your daily practice. Keep your mouth as open as possible and focus your airstream into the flute. Experiment with direction, speed, and embouchure until you create a strong and supported sound. Your breath should be supported by muscles in your abdomen. Make sure you start each note with a full breath. Good air support is the key to success!



Use this exercise to practice slurs and staccatos. Keep a strong and steady airstream through the exercise and use a crisp tongue to create a short staccato.



### C Major Scale



### F Major Scale



### Bb Major Scale



### Eb Major Scale



### Ab Major Scale



### Chromatic scale



### How to craft a daily practice routine/ tips for motivation

- Make sure that your daily practice has each of these three building blocks: Tone, technique, and repertoire.
- Start each practice session with a SMART goal (specific, measurable, achievable, relevant, and time bound).
- Picking up the flute is better than not picking up the flute.
- Add something fun into your practice sessions
- Listen to professional recordings of your pieces
- Record yourself in practice sessions
- Find small ways to reward yourself for achieving goals
- Create larger goals that you can achieve by completing smaller goals
- Have fun while playing the flute!