

## **Flute Handout Senior Clinic**

### **Breathing Exercise**

In: 1 - 2 - 3 - 4 - 5 - 6 - 7

Out: 8

In: 1 - 2 - 3 - 4 - 5 - 6

Out: 7 - 8

In: 1 - 2 - 3 - 4 - 5

Out: 6 - 7 - 8

In: 1 - 2 - 3 - 4

Out: 5 - 6 - 7 - 8

In: 1 - 2 - 3

Out: 4 - 5 - 6 - 7 - 8

In: 1 - 2

Out: 3 - 4 - 5 - 6 - 7 - 8

In: 1

Out: 2 - 3 - 4 - 5 - 6 - 7 - 8

Always practice dynamics with a tuner as the flute tends to change pitch slightly depending on how we put air into it. Playing quietly means less air but still just as fast. To achieve this, keep a smaller embouchure while maintaining air speed.

### **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!

# Major Scales in Thirds

C major



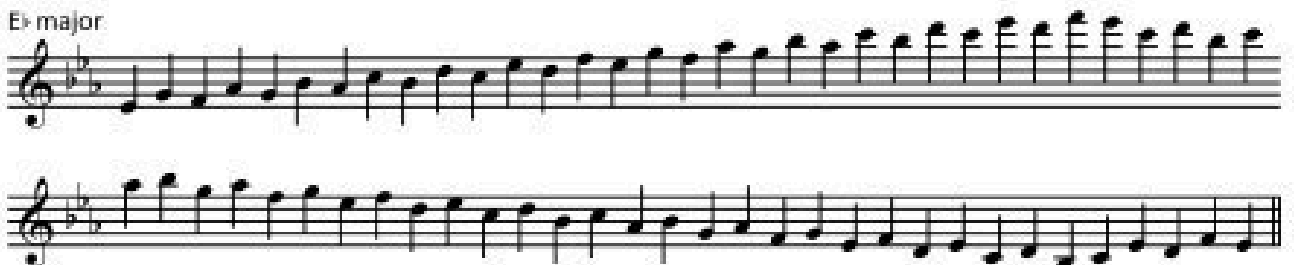
F major



Bb major



Eb major



Ab major

