

Creative Flutist Daily Practice & Technique Levels

Mind

Prepare your mind, body and spirit for **now** and for what you intend to accomplish. **How** are you going to **teach yourself**? Use this time to **organize** yourself and your playing. Look at **lesson notes** and write in your journal. It is also a time to check in and practice your **performance confidence plan** too. **Clear** your mind and **remove** distractions.

Movement

Include a **variety of movement** throughout your playing, that includes **your whole body**. Move different parts of your body to **stretch and open**. The key is to find the **balance, poise and the power** of your body and then have your flute become one with your body. **“Choreograph”** the music you are playing. Try dancing while you listen to the music without your flute too. I recommend that you do **core work-outs** of some kind each day that **strengthen, lengthen and activate your connection to your muscles**.

Breathing

Most importantly **be aware** of your breath and **how** you are using it. **Play** with your breath so you feel the movement and power of your breathing. Use your breathing knowledge and ideas to **open and connect** to your Breath! “Ahhh” Ho =Oh, “How” and “Hawaii” breathing, straws, bags, gathering and lengthening breath, yogi breath, Ha Ha’s, jump up to engage and active core, winding, blowing on your hand...

Tone

Part 1



- 1/2 step Long Tones starting on middle g, leading to a fermata and diminuendo. Play to low b then go back to middle g and up to highest note, C4-D4. Use your ear and your tuner to create the most beautiful and consistent sound. Get to know every note and how it sounds and feel to play them on all levels.
- Beautiful Notes & Creating Your Sound
- Tone & Tuner #1 or #2
- Harmonics #1 or a series of Harmonics
- 4 Styles of Vibrato (one set in 3 octaves a day) or J. Baxtresser Vibrato Exercises
- Interval Intimacy (2 keys a day in both octaves) & Sound & Wind Bernold
- Limber Lips or Moyse De La Sonorite, Triplets & C. Jennings Roller Coaster

Part 2

Beautiful Melodies : *24 Petite Studies* by Moyse or Tone Development that is assigned to you in my Book, my Bach Sonata/ Mozart slow movement packet, *Tone Development Through Interpretation* by Moyse and *The Sound & the Wind* by Philippe Bernold.

See *Creative Practice Ideas and Exercises for the Whole Musician ~Flute* for more ideas and Tone & Technique exercises on my website. www.jenniferkeeneey.com

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Technique



Level 1:

- Major Scales & Harmonic minor Scales, 2 Octaves
- Chromatic full range
- Arpeggios Major, minor
- Finger Patterns, #2 (whole steps) in my Book, Creative Practice Ideas & Exercises.

Level 2:

- Major, melodic & harmonic minor Scales, full range
- Chromatic in 6's a la Taffanel and Gaubert #5
- Arpeggios Major, minor, augmented diminished
- Finger Patterns, #1 (1/2 steps) and #2 (whole steps)
- Reichert - Daily Studies

Level 3:

- Major, minor Scales, full range & every other day Taffanel and Gaubert # 4
- Chromatic in 6's a la Taffanel and Gaubert
- Pentatonic Scales
- Arpeggios a la Taffanel and Gaubert #10-14
- Finger Patterns, #3 (major & minor 3rds) and #1 and #2
- Major and minor Thirds
- Trevor Wye - Advanced Practice

Level 4:

- Major, minor Scales, full range every other day Taffanel and Gaubert # 4
- Pentatonic Scales, Whole Tone & Octatonic Scales
- Arpeggios a la Taffanel and Gaubert #10-14
- Chromatic in 6's a la Taffanel every other day Gilbert Chromatics
- Finger Patterns, #3, #2, #1
- Major and minor Thirds
- Moyse - Advanced Studies/Scales

Etudes & Excerpts

Remember Etude means study. What are you studying in these musical pieces, Etudes and Excerpts? (Excerpts, start with Jeanne Baxtresser Book 1 & 2)? Learn a new assigned Etude in a Major and Minor Key each week. There is a list of Etudes to study on my website. Please select an Etude Book with your teacher and enjoy! See my PDF on Top 10 Things to consider.

Repertoire

Solos, Sonatas and Concertos as assigned, are in **3 Stages:**

Learning: The getting to know you stage of practice. Learning the style, notes, rhythms, phrasing. music... studying the whole score and listen to it and other pieces like it.

Playing: You are knowing the style, notes, rhythms, phrasing. music, studying the whole score and listen to it and other pieces like it, able to play the whole piece (with pianist) and are finding your own voice, authenticity, artistry, for your music making.

Performing: All the above plus you are able to perform the piece and are including your performance confidence plans into your practice. You may also be learning the piece by heart, memorizing it to be able to have an even more engaging performance.

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7 Plans & Levels To Organize Your Tone & Technique Practice:

Begin with #1's or have your teacher find the best level for you. Practice it for at least a week before moving on to the next #'s. If you are advanced practice a # every day. Happy Practicing!



TONE

- #1:** Simple Vibrato - Lovely Long Tones - Flute Flow Studies - Flute Flexibility
- #2:** Simple Vibrato - Beautiful Notes - Magic Carpet Harmonics - Interval Intimacy
- #3:** Tone & Tuner I - Creating Your Sound - Interval Intimacy or Limber Lips
- #4:** Tone & Tuner II - 4 Styles of Vibrato - Harmonics I, Melodies
- #5:** Creative Flutist Long Tones - Lovely Long Tones - Harmonics II, Melodies
- #6:** VARP Long Tones - Creating Your Sound - Roller Coaster, Melodies
- #7:** Lovely Long Tones - 4 Styles of Vibrato - CJ Power Warm Ups, Melodies

TECHNIQUE

- #1:** 5 Note Major Scales - 2 Octave Major Scales - Major Arpeggios - Chromatic 3 Octaves
- #2:** 5 Note Minor Scales - 2 Octave Harmonic Minor Scales - Minor Arpeggios - Full Chromatic
- #3:** Precision & Flow - Full Range Major Scales - Full range Major Arpeggios- Chrom. T & G #5
- #4:** Finger Exercises Whole step - Full Range M & m Scales - Chrom. T & G #5
- #5:** Finger Exercises M & m 3rds - Full Range M & m Scales - Chrom. T & G #5
- #6:** Full Range M & m Scales & 3rds - Chrom. T & G #5 & 10
- #7:** Creative Flutist Scales A'la T & G #4, plus M & m 3rds - Gilbert Chrom. - T & G #12