

Our First Flute Lesson

The purpose of this page is to show you what we learned today in our lesson and to provide a daily reminder to the students. All points are explained in the order they were introduced to your child. They are also listed on page 2 in their lesson book. We are asking the students to practice this lesson **15 minutes a day** for at least 5 days in the next week. Please mark your practice times in the front of your lesson book on the **PRACTICE RECORD** (inside of front cover).

1. **POSTURE:** Good **TONE** is the result of good posture.
What to look for?
 - * *The student should sit on the front edge of their chair with both feet on the floor.*
 - * *The back should be straight with the head up.*

2. **BREATHING:** To produce a good **TONE** we must supply the instrument with a full breath.
 - * *Good Posture: Sit up straight with your feet flat on the floor.*
 - * *Take air in only from the mouth. You should feel cool air as you inhale....listen for the open throat "AHH" sound.*
 - * *Don't lift the shoulders, allow the air to flow down to the stomach expanding it. It may feel like you are sipping air through a straw.*
 - * *Control the release of the air. If you need to exhale faster use your stomach muscles. This is what we call Breathe Control.*

3. **FOOT TAP:** To play together as a group we must all agree on a steady beat. Anytime you play tap your foot. Try to keep the foot tap consistent

4. **ASSEMBLE THE INSTRUMENT:** see page 3 of your book.

5. **GETTING THE FIRST SOUND:** (Please see attached paper) .

6. **TONGUING: NOW WE PLAY!!!!!!!**
We use our tongue to start every note. Think of saying the word "too". The throat should ever be used to start a sound.
 - * *The tip of the tongue is placed in the roof of the mouth just behind the front teeth.*
 - * *Form the embouchure and blow air as you release the tongue.*

FIRST LESSON ASSIGNMENT:

Practice getting a good sound by breathing correctly, using a good foot tap, forming a good embouchure and tonguing correctly. Now review the DVD startup and practice the **MOUTHPIECE WORKOUT** (page 2) & "The First Note" #1 (page 4) Remember to practice 15 minutes a day and write down your practice times in the front of your book.