

FLUTE SKILLS CHECKLIST

ASSEMBLY

- 🍌 Open case with the “lid-side up,” either on a table or on the floor (not your lap)—be careful!
- 🍌 Build flute from the top down, starting with the head joint. Gently twist it into the main body of the instrument, holding the area with no keys.
- 🍌 The blow hole lines up with keys on the main body. Some flutes have little etched lines to help with positioning the head joint.
- 🍌 Head joint is pulled out slightly (not pushed all the way in). This will be adjusted for tuning.
- 🍌 The foot joint rod lines up with keys on the main body. Think of an arrow aimed at a bullseye.
- 🍌 Always disassemble in reverse order (bottom to top). Remove the foot joint first, etc.

CARE

- 🍌 Wipe flute with a soft cloth after each use (remove finger oils).
- 🍌 Swab inside of flute with cleaning rod and a thin strip of cloth after each use.

NEVER: submerge any part of the flute in water, set flute on a music stand, store extra items in the case that might press against the flute and cause damage, play flute right after eating/drinking/chewing gum (rinse your mouth with water before playing).

POSTURE

- 🍌 Legs should straddle the left corner of your chair.
- 🍌 Arms relaxed and held out slightly from torso (do not rest your arm on the back of your chair).
- 🍌 Sit up straight on the front 6-8 inches of the chair, chin up.
- 🍌 Flute angle is 90° or perpendicular to the center of your face.

HAND POSITIONS

- 🍌 Four balancing points: 1) chin/lip; 2) “Shelf” on base of left index finger; 3) right thumb; 4) right pinky.
- 🍌 Curved hands with “pads” of fingers on the keys (no “flat” fingers, no finger “tips”). Shape your hands like you are holding an orange.
- 🍌 Pinkies must rest on (never under) correct keys (Left: A-flat key—shaped like a “foot”; Right: E-flat key).
- 🍌 Right thumb on its side, flute rests on the last ½ inch of the thumb. Thumb is positioned “between” the index and middle finger (thumb between the “peace sign”).
- 🍌 Flute rests on the base of the Left Hand index finger. Create a little “shelf”.
- 🍌 Fingers 1-3 on each hand rest lightly on the keys (closed-hole flutes) or “hover” just above the keys (open-hole flutes). Find correct finger locations 5 times (Etch-a-Sketch concept).

TONE PRODUCTION

- 🍌 Relaxed “pouty lip”—no puckering or smiling. Cover about 1/3 of the blow hole with your lower lip.
- 🍌 50% of your air goes into the flute, and 50% of your air goes across the top of the flute.
- 🍌 Good, clear “TOO” sound on head joint only, then on assembled flute (any note).
- 🍌 Mirror check: make sure condensation on the embouchure plate is **CENTERED**.

(TONE PRODUCTION, continued)

- 🍌 Produce both a **HIGH** tone and a **LOW** tone on the head joint only (with end covered, uncovered), using the following principles:
 - HIGH NOTES: “TOO”; cold, fast air; aim the airstream higher.
 - LOW NOTES: “TEE”; warm, slow air; aim the airstream lower.
- 🍌 Hold a tone for 5 seconds or longer (any note). Inhale “HOW”, exhale “TOO”.
- 🍌 Hold a tone for 8 seconds or longer (any note).
- 🍌 Demonstrate the “key-tap” technique to produce a low D, D-flat and C.
- 🍌 Pass the “chin test” by playing a series of 10 or more eighth notes (head joint only) while touching your chin with your free hand. **GOAL**: ZERO chin movement.

SCALES (found on page 42 of the Standard of Excellence book)

CONCERT B-FLAT MAJOR SCALE

- 🍌 Notes 1-5, half notes ↑ and ↓.
- 🍌 Notes 1-8, half notes ↑ and ↓.
- 🍌 Notes 1-8, quarter notes (as written) ↑ and ↓.
- 🍌 **Arpeggio**, quarter notes.
- 🍌 **Thirds**, quarter notes.
- 🍌 **MASTER LEVEL**: Full scale with arpeggios and thirds (both lines), 100 bpm or faster.

CONCERT E-FLAT MAJOR SCALE

- 🍌 Notes 1-8, half notes ↑ and ↓.
- 🍌 Notes 1-8, quarter notes (as written) ↑ and ↓.
- 🍌 **Arpeggio**, quarter notes.
- 🍌 **Thirds**, quarter notes.
- 🍌 **MASTER LEVEL**: Full scale with arpeggios and thirds (both lines), 100 bpm or faster.

CONCERT F MAJOR SCALE

- 🍌 Notes 1-8, quarter notes (as written) ↑ and ↓.
- 🍌 **Arpeggio**, quarter notes.
- 🍌 **Thirds**, quarter notes.
- 🍌 **MASTER LEVEL**: Full scale with arpeggios and thirds (both lines), 100 bpm or faster.

CONCERT A-FLAT MAJOR SCALE

- 🍌 Notes 1-8, quarter notes (as written) ↑ and ↓.
- 🍌 **Arpeggio**, quarter notes.
- 🍌 **Thirds**, quarter notes.
- 🍌 **MASTER LEVEL**: Full scale with arpeggios and thirds (both lines), 100 bpm or faster.

CONCERT B-FLAT CHROMATIC SCALE (not the chromatic scale shown on page 42)

- 🍌 Half notes ↑ and ↓.
- 🍌 **MASTER LEVEL**: Quarter notes ↑ and ↓ at 100 bpm or faster.