

## Colorado, All- State Flute Etude #1

### A Major, Op.66 #16 by Ernesto Kohler

#### **Tone To Do's:**

Tone & Tuner **p.37**

Creating Your Sound **p.42**

A, E Major Major Scales **p. 50**

Use A Major & E Major Scales for **flexibility & flow:**

AB AC# AD AE AF# AG# AA etc...

ED# EF# EG# EA EB EC# ED# EE. etc...

#### **Technique To Do's:**

**Scales:** A, E, B, C# Major & F# minor harmonic **p.50 & 54**  
& Chromatic, full range

**Vary articulations:** slurred 8 at a time & 2 slur 2 tongued

**Arpeggios:** A, C# Major & F# & D# Minor **p.51-54**

**Thirds:** A Major & **p.57**

#### **Metronome Motivation:**

Make a **plan** and **chart** it out for steady pulse and building your tempo. **16th, 8th's and quarter notes**

**Goal Tempo is Quarter = 96-112**

#### **Tuner:**

Use your Tuner to **look** and check by putting a **fermata** on a note in your phrase. Check those C#'s!!!

Also use tuner as a **drone** so you **listen**, and your ear adjusts to play in harmony with your drone.

#### **Practice To Do's for Etude:**

See page 2 in your Etude packet and use the ideas in your daily practice!

## Colorado, All- State Flute Etude #2

### Eb Major, Op.33 #19 by Joachim Andersen

#### **Tone To Do's:**

Beautiful Notes, vibrato, < > **p.36**

Harmonics **p.41** Magic Carpet **p.43**

Use Eb Major & G Minor scales for **flexibility & flow:**

EbF EbG EbAb EbBb EbC EbD EbEb. etc...

GA GBb GC GD GEb GF GG etc...

#### **Technique To Do's:**

**Scales:** Eb & Bb Major - C & G Minor (see T & G hand out in practice parts) & Chromatic p. 49 & 55-56

**Arpeggios:** Bb, Eb, D Major - D & G minor **p.51-55**

#### **Metronome Motivation:**

Make a plan and chart it out for heartbeat, pulse and the expression and flow of this beautiful Etude. Use rhythm phrases, singing subdivisions, saying expressively aloud to practice. Continue to sing subdivisions expressively in your head and heart as you play and perform.

#### **Tuner:**

Same as #1- use it as fermata to look at intonation & as a drone, to listen.

Play as a Duet using drones with a friend too :-)

#### **Practice To Do's for Etude:**

See page 2 in your Etude packet and use the ideas in your daily practice!

## Colorado, All- State Flute Etude #1

### Ideal Practice Plan:

Breathing/Body

Tone

Tech

2 Etudes

Solo

Band/Orch Music

### 45 minute Practice Plan:

Tone/B&B

Tech

Etudes/Solo

Band/Orch Music

### Lunch/ half hour:

Breathing/Tone//Tech

Etudes/Solo (specific parts)

## Colorado, All- State Flute Etude #2

### Ideal Practice Plan:

Breathing/Body

Tone

Tech

2 Etudes

Solo

Band/Orch Music

### 45 minute Practice Plan:

Tone/B&B

Tech

Etudes/Solo

Band/Orch Music

### Lunch/ half hour:

Breathing/Tone//Tech

Etudes/Solo (specific parts)

## Colorado, All- State Flute Etude #1

### **Worry & Anxiety**

You **can** do a lot to help your worries and anxiety! Here are a few ideas to try.

**Practice** being mindful, grateful, kind to yourself... and take some actions to get out of your head and into your amazing life!!!

**Here are some proven ideas to help and some information about studies on this too.**

### **What percent of worries come true?**

Well, as it turns out, that in-all-likelihood-totally-made-up 90% number isn't so far off.

On average, **91.39%** of participants' worries **did NOT** come true (i.e. only 8.61% of their worries DID come true). And for 7 participants – or about one out of every four participants – NONE of their worries came true.

### **How to Stop Worrying?**

#### **Journal**

Here is an app to use: **Worry Watch Anxiety Journal**

Track your worries for 10 days and see how that helps!  
The students in the study above did it and realized that 91.39% of their worries did **not** come true!

### **7 Ideas to stop work and anxiety**

1. Build your mindfulness muscles: Accept, label, redirect attention. Practice daily.
2. Find your canaries: The most dangerous emotions are the ones you don't know are affecting you. When you can say, "Yeah, this is what happens when the worries start" you'll not only be relieved, you'll also be able to do something constructive about it.

## Colorado, All- State Flute Etude #2

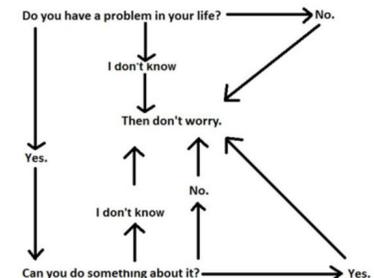
3. Avoid avoiding: Avoiding is bad. You're telling your brain this is something to be afraid of and giving your worries more power.
4. Identify: Worries love the surprise attack. Know your canaries and don't let anxiety hijack you.
5. Engage: Throw yourself into experiences and give them your full attention. Get out of your head and into the world.
6. Tend to your emotions: Investigate, accept and label. The worries will dissipate. This is an excellent skill to build.
7. Use "opposite action": As long as the scary thing won't kill you, do the scary thing and it'll stop being scary.
- 8.

### **How To Ease Anxiety**

#### **'54321' Mindfulness Trick:**

Name:

- 5 things you see,
- 4 things you can hear,
- 3 things you can feel,
- 2 things you can smell, and
- 1 thing you can taste.



Seems simple, but it does force your mind back to the present, which is almost always a way more calming (and real) place to be than whatever nightmare future your brain was getting you all worked up about. Keep Calm and Clear the Clutter of your mind ...

**Practice Focusing & Believing in Yourself!**