

CREATIVE FLUTIST DAILY LONG TONES

7 To Do's Everytime!

1. Hear it, before you play.
2. Sense/Feel, what you are about to play.
3. Subdivide, the pulse one bar before you play, everytime. Tap your foot or move your body to pulse.
4. Prepare Physical Body, release muscle tension, prepare and connect to whole body & instrument.
5. Breathe in time, breathing as part of your pulse, subdivision, and phrasing.
6. Play, long tones with a flowing, steady, supported, expressive airstream... this supports a supple embouchure.
7. Listen, with your 4 ears: physical, mental, emotional, spiritual, to the sound you are making.

Practice on a **different note every day**, in the middle, lower and upper register.

Use your **Ear 1st** then check in with your Tuner & Metronome.

Be accurate with your Inner Singing Sub-division, Vibrato, Vowels & Dynamic Design.

You can also play this with subdivided articulations, flutter tongue and sing and play.

quarter note = 60 and up

tap tap Vibrato sub-divide into one of these rhythms 3's, 4's, 5's breathe oo ah oh ah oo

p *f* *p*

Remember every note has a beginning - middle and end to master and flow into the next sound or rest.

4 tap tap subdivide breathe oo ah oh tap tap subdivide breathe oh ah oo *

p *f* *f* *p*

repeat down the octave & up the octave.

Practice this every day and we will know how to control, contour and have choice over our breathing, air and sound. The "how" we practice every day, is what really changes us the most. This kind of discipline, engagement and care creates ease, artistry and freedom in our playing and music making.

*As your breath endurance increases go from 8 counts to 12, 16 or 20, 24, 28, 32 counts at quarter note = 60