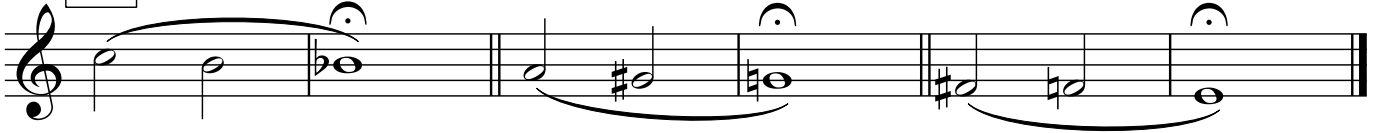


FLUTE FIT IN 10.

(Start with exercise A and build up to J)

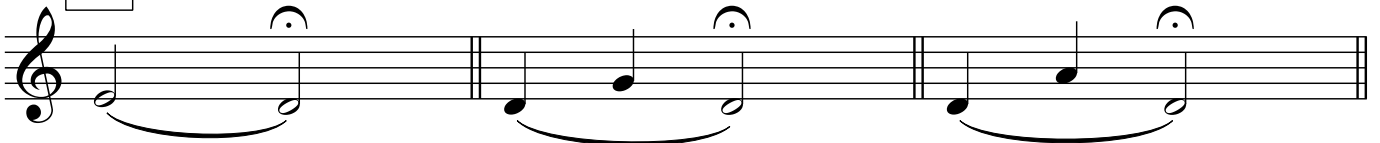
Tongue only the first note in each group of three notes - slur the second and third notes.
 Play the three notes in one breath.
 Play the third note for as long as you can - this is a PAUSE.

A



B

Try raising the three fingers of your right hand together.



Raise your first finger on your left hand, as you play high D.
 Adjust your lips down, or up as the pitch changes.



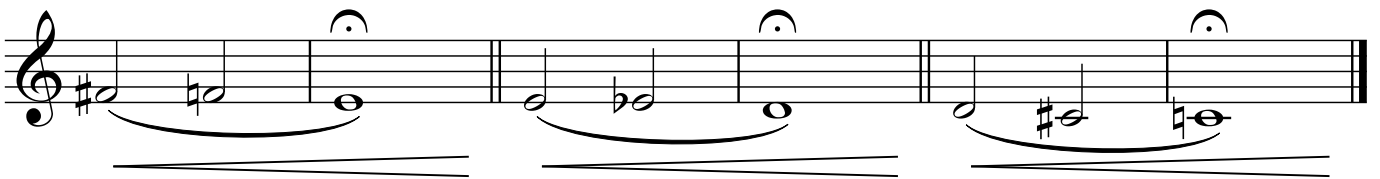
Bb = A#; Ab = G#; Gb = F#
 Eb = D#; Db = C#

C

Try to CRESCENDO through the three note phrases.



Increase air as you CRESCENDO - try to push from your diaphragm muscle.



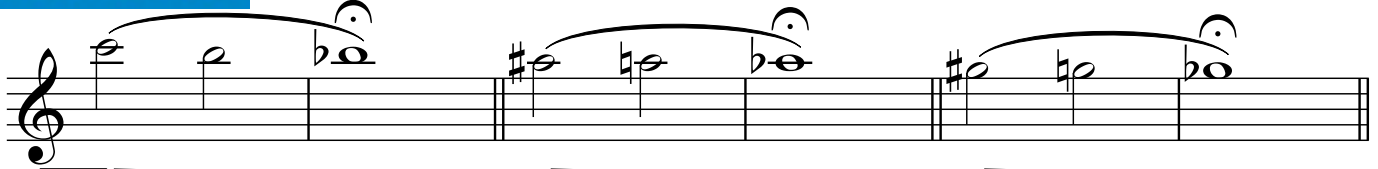
D

Going higher = adjust your lips (embouchure) and direct the air flow up.



FLUTE FIT IN 10.

(Start with exercise A and build up to J)



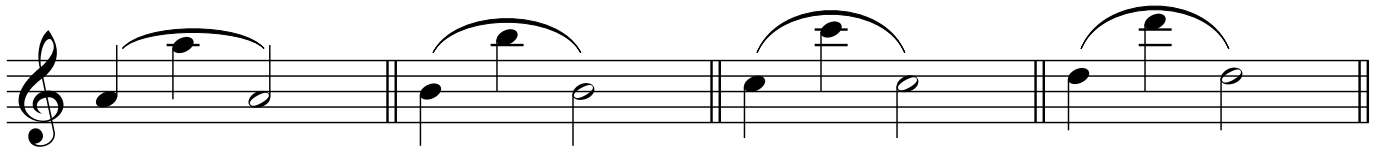
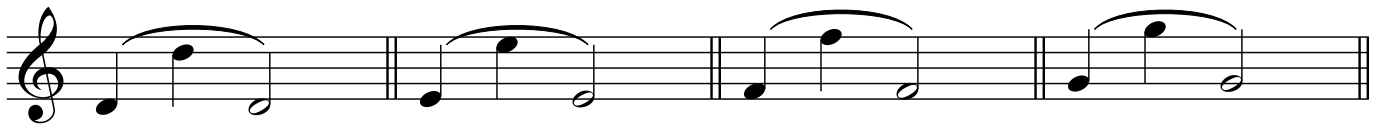
E

DIMINUENDO through the three note phrases - try to control your tone with your lips and your diaphragm.



F

Lip slurs over an octave: use your embouchure to direct the air up and down to change the octave.



Lip slurs over two octaves. Remember to change the fingering in the top octave.

G

No right hand = top D

Take off G key = top E

No thumb key = top G

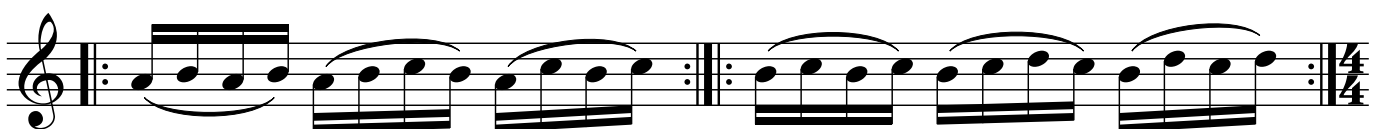
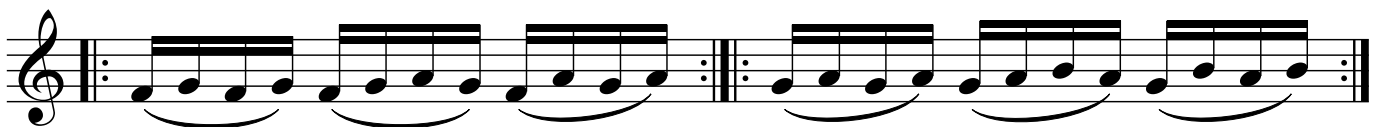


No A key = top F

Finger exercises - start slowly!
 Try playing the notes up an octave when you repeat.



H



FLUTE FIT IN 10.

(Start with exercise A and build up to J)

Finger fluency in C. Try this all staccato, then all legato, then two notes slurred and two notes tongued.



I

** = jump to ** play from low G to low C for grades 1 - 2

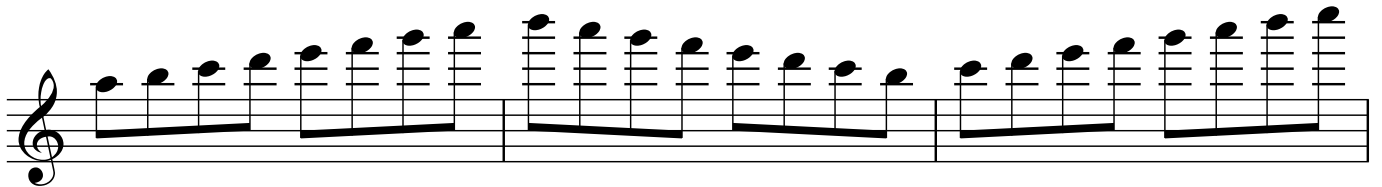


* = miss out 4 bars and jump from G - F and continue to low C, for intermediate players



E

E F G F E



E F G A B A G F E

E F G A B C



B A G F E

HARMONICS = Play low C. Overblow and gradually move lower lip to direct the air stream up. As you keep playing low C, the higher notes should sound.

J

