**A Year of Flute Lessons 2021**

Week 1: Setting up a Dedicated Practice Space

 Comfort, good sound, ease of access to music and materials

Metronome, tuner, pencil tray, safe place to put the flute down, Manhasset stand, Filing system for music, pencils, optional colored pencils or pens. iPad and ForScore

Week 2: Breathing

Marking breaths

Planning and practicing breaths the same way as you would notes

Week 3: Breathing

 [Katarina: How to breathe from your diaphragm](https://www.youtube.com/watch?v=2PnzaCn-Lis)

 [Katarina: 2 Easy Breathing exercises](https://www.youtube.com/watch?v=E4QBYb43fOk) Hissing breath at 4:40

 [Katarina: How to Breathe from your diaphragm while singing](https://www.youtube.com/watch?v=2PnzaCn-Lis)

 [Jay Miller Voice Training: Silent Inhale](https://www.youtube.com/watch?v=1ntx7g_HMAU)

 [Katarina: Throat Tightness - Exercises](https://www.youtube.com/watch?v=X027eSzn1f8)

 [Katarina: How to Sing Without Straining – Silent Inhale](https://www.youtube.com/watch?v=jSLLmFzoHto)

 [Eric Arcineaux Professional Vocal Warm-up](https://www.youtube.com/watch?v=Q5hS7eukUbQ) – welcome the weirdness!

Week 4: Phrasing

[Building Musical Phrases – Two-Minute Theory](https://www.youtube.com/watch?v=50fOnEkIcOY)

[Musical Phrases Mr. Beeken](https://www.youtube.com/watch?v=ZXd01qy38e0) – music like language

[Musical Phrasing Explained](https://www.youtube.com/watch?v=9J_8YjZeWkQ) – David Hartley (language again)

[5 Basic Steps for Musical Phrasing](https://www.youtube.com/watch?v=-SEl9sTIW-8) – Cally’s Clarinet Channel

Week 5: Airstream - Quality

 Sustaining, quality of airstream, compare to bowing, picturing

Week 6: Airstream - Manipulating and Changing

Week 7: Pitch – Tendencies on the flute

[Mimi Stillman Intonation Part 1](https://www.youtube.com/watch?v=emWb_umHT80) 2:05 long tones w tuner

[Emmanuel Pahud](https://www.youtube.com/watch?v=z8X4AtE5c2k) talks about intonation

[Nancy Gamso Flute Intonation](https://www.youtube.com/watch?v=P6eQDsR81cQ)

Pitch tendencies:

Low notes tend flat

Quiet notes tend flat

High notes tend sharp

Loud notes tend sharp

C# 2 and 3 tend very sharp

E2 tends flat

E3 tends sharp

D3 tends flat

Some pitch-assist fingerings:

Lowest octave - no need for pitch-assist (there aren't any that really bring the pitch up)

C5 (octave above middle C) - add R123

C#5 - +R123 (optL23)

E6 - +R3 on 2nd trill key (brings pitch up)

C6 and C#6 - same as lower octave

Eb6 - L4 off (lowers pitch, but not great)

E6 - R4 off (lowers pitch, standard fix)

F6 - +R3 (lowers pitch)

F#6 - use R2 instead of R3 (actually a better fingering, should be used when tempo allows)

Ab6 - +R23 (R4 off lowers pitch further)

A6 - +R3

Bb6 - +L3 (opt. +R4)

B6 - use LT13 R1 on 1st trill, R2, on 2nd trill, R3 (normal) (also, a better fingering than standard; use when possible)

C7 - +R23

C#7 - +R23

Week 8: Pitch – How pitch relates to dynamics (f–p exercise with tuner)

Week 9: Pitch – How to correct pitch (sharp-flat exercise with tuner)

Week 10: Pitch – memorizing in tune (playing w/ drone, singing along with yourself, etc)

Week 11: Vibrato – Developing various speeds of vibrato

Week 12: Vibrato – Developing various depths of vibrato

Week 13: Vibrato – Wavy vibrato vs. Spinning vibrato – when to use each

Week 14: Practice Habits - How often, How long How to Be a Good Learner

 Books: The Art of Learning, Peak: The Science of Expertise

[How to Practice Effectively](https://www.youtube.com/watch?v=f2O6mQkFiiw)

[Bulletproof Musician – How Much Should I Practice?](https://bulletproofmusician.com/how-many-hours-a-day-should-you-practice/?hilite=%27long%27%2C%27should%27%2C%27practice%27)

Week 15: Practice Habits - Setting goals and intentions – long and short term

Week 16: Practice Habits - Finding inspiration – recordings, youth symphony, chamber music

Week 17: Practice Techniques - Chunking

Week 18: Practice Techniques – 12 Ways

Week 19: Practice Techniques – Adagio Method

Week 20: Practice Techniques – Rogues Gallery

Week 21: Practice Techniques – Brick by Brick and Blending Back In

Week 22: Practice Techniques – Common Mistakes in Approach to Practice

Week 23: Performance Anxiety – Psychological Approaches ([Power priming](https://bulletproofmusician.com/a-simple-writing-exercise-that-could-help-you-perform-more-confidently/#continue))

Week 24: Performance Anxiety – Preparing the Music weeks and months ahead

Week 25: Performance Anxiety – Visualization

Week 26: Performance Anxiety – Planning the day of performance

Week 27: Stage Presence - Stance / Posture

 How to play memorized music – where to look

Facial expressions, Body use and body language – showing enjoyment and confidence, what to wear, how to address the audience or adjudicator

Week 28: The “Bibles” of Flutists

 Moyse De La Sonorite

 Taffanel-Gaubert Daily Exercises

Week 29: Tonguing and Articulation

Tongue, slurs, releases, accents, marcatos, staccato, tenudo

Jonathan Keeble on articulation: “I feel like I’m hearing a bit too much articulation throughout this moderato. This often happens when we inadvertently use the tongue to drive the air. With flute playing, we want our air’s arc to define the sound. The tongue merely provides front end definition to the sound, but we in America (I think it’s the language) often use too much impact of the tongue and it serves to accent too much. Moving forward, do lots of long tones, and be sure it’s your support, your embouchure, and your air that provide your playing with the energy it needs — not your tongue (unless called for in the music). Also, try using more of a “detache” or “breath kick” articulation — meaning, put lots of diaphragmatic “ha” behind the notes, and give a light articulation of “ti” or “tah” to give these passages even more bounce and energy.”

Week 30: Tonguing and Articulation – how to use the tongue

 [Double-tonguing](https://www.youtube.com/watch?v=zrJRApl_oV8) Nancy Stignitta

 [Double-tonguing Emanuel Pahud](https://www.youtube.com/watch?v=YZCIVEJ1Ea0)

Week 31: Dynamics (Putting them in order, marking them in music)

Week 32: Extended Techniques

Week 33: Theory – Scales – Major and minors (natural, melodic, harmonic)

Week 34: Theory – Scales – Whole tone, chromatic, pentatonic, blues

Week 35: Theory – Intervals (ear training)

Week 36: Theory – Chords (ear training)

Week 37: Theory - patterns

Week 38: Expression – connecting with storytelling

Week 39: Expression – marking in the music

Week 40: Expression – notes -> gestures -> phrases -> sections

Week 41: Memorization – short-term memory for musical understanding

Week 42: Memorization – long-term memory for performance

Week 43: Baroque Music – characteristics, performance practice

Week 44: Classical Music - characteristics, performance practice

Week 45: Romantic Music - characteristics, performance practice

Week 46: Impressionist Music - characteristics, performance practice

Week 47: Contemporary Music - characteristics, performance practice

Week 48: Music from around the world

Week 49: Flute Literature – standard literature

Week 50: Flute Literature – new pieces