

Woodsfield Elementary Band

BEGINNER FLUTE NOTES

Practice going over these steps for a while as a beginner. Memorize how it feels. While it is good to go over these things, do not put too much thought toward them while you are playing music. It can get in the way! If you are having difficulty while playing, refer to this list to figure out where the problem may be. Have fun getting to know your new instrument!

LEFT HAND: 1. Wrist - Wrist bends slightly inward

2. First Finger

-First finger draws backwards

-Flute rests on the first finger (bottom joint).

-THIS IS ONE OF YOUR "ANCHOR POINTS." (#1)

3. Other fingers: -Keep fingers in a "C"

-Keep thumb straight!

RIGHT HAND:

1. Thumb: -Flute rests on the THUMB.

-Thumb goes between first and second finger

-THIS IS ONE OF YOUR ANCHOR POINTS (#2)

2. Other Fingers - Keep fingers in a "C"

3. Wrist - Wrist bends slightly downward

PLAYING POSITION: Sit with proper posture!

1. STRAIGHT/RELAXED SPINE from back of head down to tailbone.

2. Flute should slant slightly downward to the right.

3. Adjust waist and head to meet the flute:

-Slightly turn at the waist to the Right.

-Head leans slightly to the right.

4. Lips and Chin

-Create your embouchure: FLUTE SHOULD BE PARALLEL TO THE LIPS

-KEEP CHIN UP! THIS IS A **VERY IMPORTANT** ANCHOR POINT (#3)

5. Elbows (IMPORTANT!) - Keep elbows from touching your sides. **STAY RELAXED!!**

THE THREE FLUTE "ANCHOR POINTS":

-The weight of the instrument should be balanced or "anchored" in these 3 places:

-CHIN

-LH First Finger (bottom joint)

-RH Thumb

EMBOUCHURE:

1. Make a gentle "mmm" on your lips.

2. Lower lip rests against the embouchure plate. (keep it anchored on chin)

3. Lower lip covers about 1/3 of the embouchure hole.

4. Bring the corners of your mouth straight back and relax your lower lip.

5. Create a small oval hole between your lips for the air. Keep it a "FLAT" OVAL!

6. **BLOW AIR DOWNWARD** as if you are blowing air into a bottle ("ffff").

-Upper lip should stick out slightly more than the bottom lip (directs air down)

-**Not too fast!** Air stream should be **gentle yet steady and somewhat quick**

8. Please review the CORRECTIONS below for more specific ideas about your air.

MAKING CORRECTIONS:

-Keep your lips flat. Puckered lips will not allow for the correct oval-shaped hole.

-Make sure your upper and lower teeth are spaced slightly apart.

-NOTE: High notes cover slightly more of the embouchure hole and use slightly faster air.

Low sounds are the opposite: they cover slightly less of the hole and use slightly slower air.

-If your sound is **TOO HIGH:** Too much of the hole may be covered. SLIGHTLY ROLE OUT THE FLUTE and SLIGHTLY SLOW DOWN YOUR AIR.

-If your sound is **TOO LOW:** SLIGHTLY ROLE IN THE FLUTE and SLIGHTLY SPEED UP YOUR AIR.