Band Beginnings Method Book

Flute

Name _____ School_____

Teacher _____ Room _____

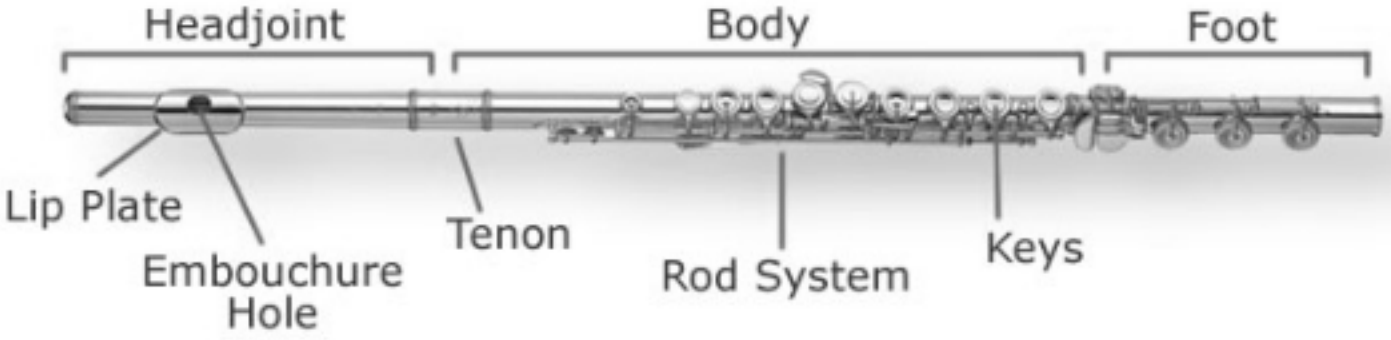
Supply Checklist

- ☐ Instrument (or a note from home if you can't bring it)
- ☐ 1. Luggage Tag on the case (name, address, phone, classroom teacher, school)
- ☐ 2. Music Binder (a three-ring binder)(1-inch hard cover is best)
- ☐ 4. Pencil
- ☐ 5. Music Stand at home (highly recommended)

Instrument Supplies

- ☐ Cleaning Rod
- ☐ Long, thin cloth
- ☐ Soft cloth

Parts of the Flute



FORMING THE FLUTE EMBOUCHURE - STEP-BY-STEP

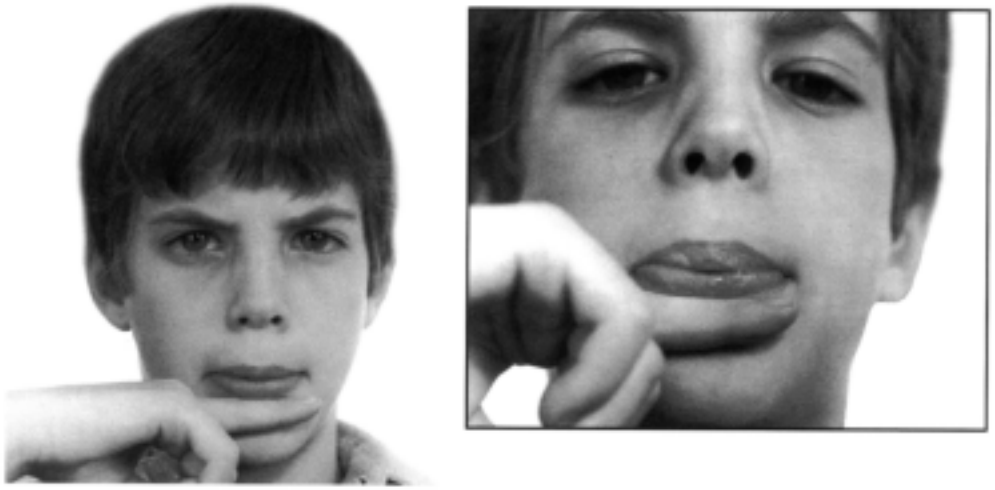
The word embouchure (ahm-bu-shure) refers to the position and use of the lips and facial muscles to produce a tone on a wind instrument.

Step 1: Bring your lips together by pronouncing the syllable "em."

Step 2: Firm the corners of your mouth to produce a slight frown.

Step 3: Place the first finger of your right hand under your lower lip.

Step 4: Push your lower lip back and forth to make certain it is totally relaxed.



Step 5: Blow your lips apart with the syllable "pooh."

Note: The opening between your lips should be shaped like an oval.

PLACING THE HEAD-JOINT ON THE LIPS

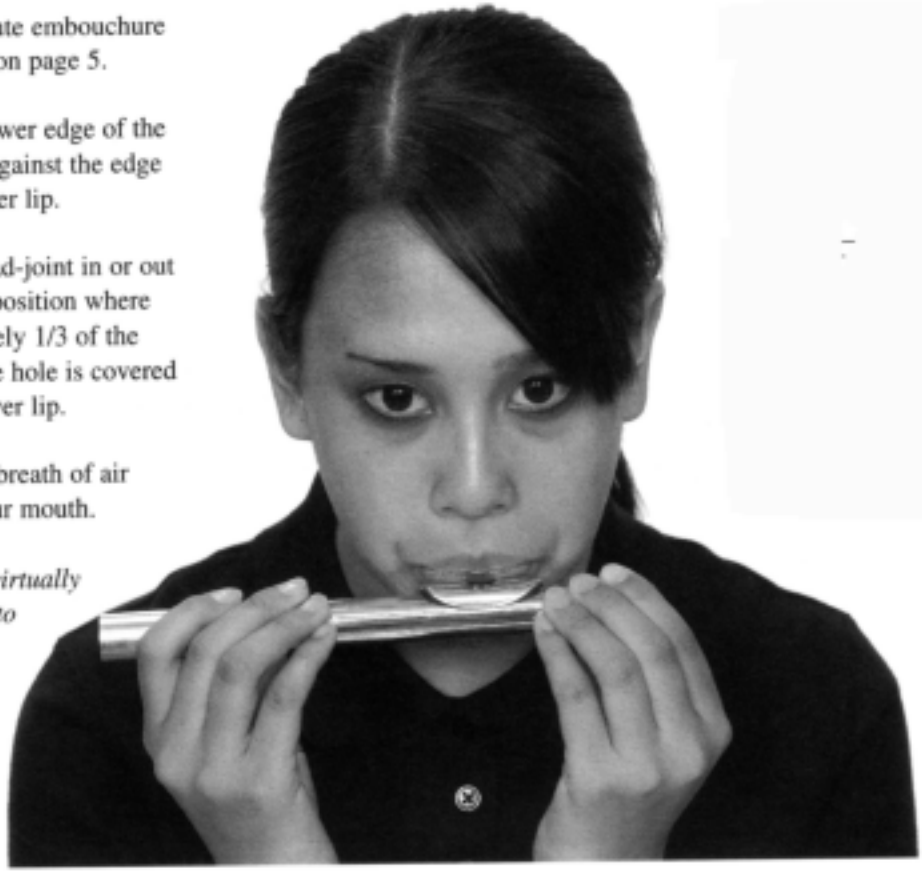
Step 1: Form the flute embouchure as outlined on page 5.

Step 2: Place the lower edge of the head-joint against the edge of your lower lip.

Step 3: Roll the head-joint in or out to find the position where approximately 1/3 of the embouchure hole is covered by your lower lip.

Step 4: Take a full breath of air through your mouth.

Note: It is virtually impossible to take a full breath of air in through your nose.

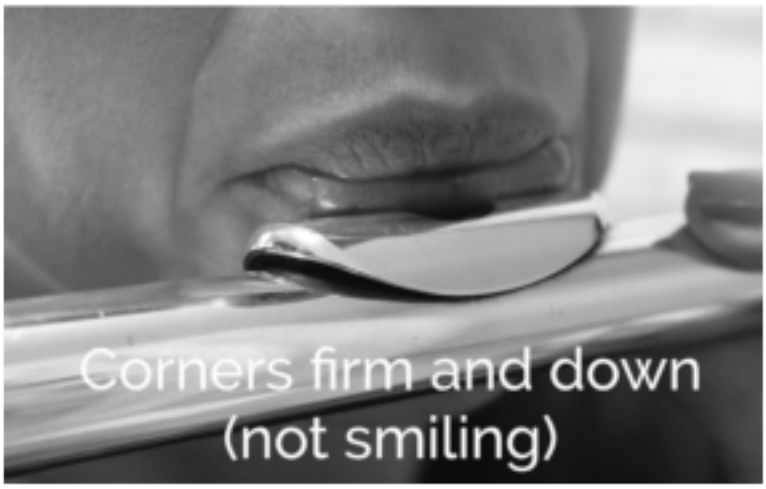


Step 5: Bring your lips gently together and blow a small stream of air at the top edge of the embouchure hole.

Note: Roll the head-joint in or out to find a position that produces a full and centered tone.

PLAYING THE HEAD-JOINT (END CLOSED)

Embouchure Checklist



Flute Embouchure
Student Reference Guide

DO:

- ♫ Say "pooh"
- ♫ Keep the head joint parallel to the floor.
- ♫ Keep the bottom edge of embouchure hole directly under the pink part of the lip.
- ♫ Make sure the corners of the lips are NOT smiling.
- ♫ Keep the bottom lip relaxed and flexible (not spread tight and thin).
- ♫ Use fast, spinning air.
- ♫ Make a small aperture. Keep the lips together and let the air escape.
- ♫ Keep your head up and sit with good posture.
- ♫ Maintain space between the back teeth.
- ♫ Practice with a mirror.

DON'T:

- ♫ Don't make a smiling face. The corners of the lip should be down.
- ♫ Don't make a huge aperture (think of blowing fast, laser beam air).
- ♫ Don't roll the head joint too far in or too far out (you should see about half of the embouchure hole when playing).
- ♫ Don't use weak air. Remember that the flute takes more air than the tuba!
- ♫ Don't forget to practice!

Assembling the Flute

Unlike other musical instruments which you can pick up and start playing immediately, the flute needs to be assembled before you use it and disassembled when not in use. Most flute players know how to do this but not all know how to do it correctly so as not to damage the instrument. Often, it is the keys of the foot joint that is damaged during assembly. Here are some helpful tips on the proper way to assemble your flute. Note that this is a step by step guide, so follow the directions in order.

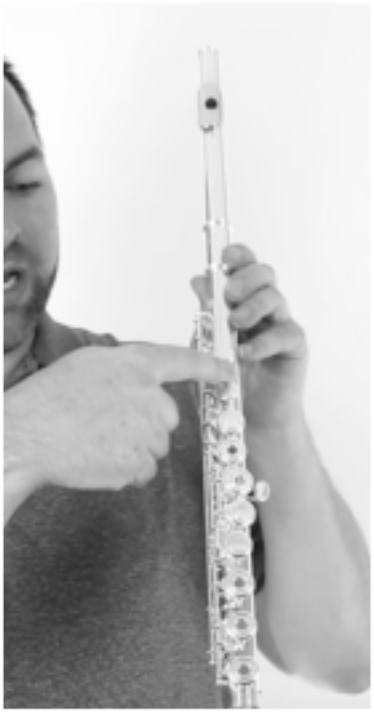
Pick up the body of the flute by the edges and not by the keys.

Firmly hold the edge of the body of the flute on your left hand. Be sure that you are not touching or squeezing any of the keys. Your left hand will be sort of your anchor, it must not move from it's original position.

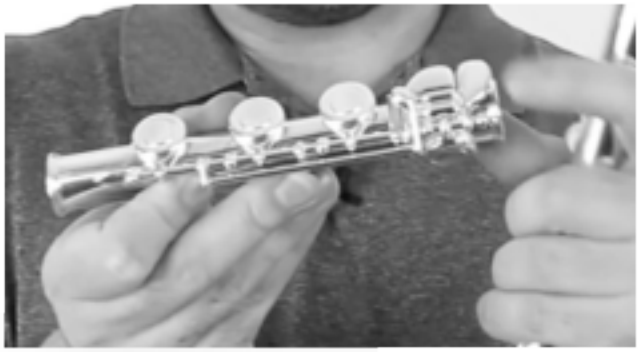
The right hand will do most of the work.

With your right hand, pick up the head joint and insert the edge into the body of the flute. Do not push it in too far, there must be about a quarter inch of the head joint showing which you can use for tuning.

Now, line up the lip-plate or embouchure hole with the keys.



With your right hand, pick up the foot joint on the edges. Let the foot joint slide down your palm, the two large keys must be clamped on the edge of your palm. Your thumb must not be around the bottom of the piece to avoid bending the keys when you twist on the foot joint.



Now, insert the foot joint to the edge of the body of the flute. You must line up the foot joint so that the rod is centered with the tone holes of the body joint of the flute.

Holding the Flute

Left Hand Position

Place your thumb on the thumb key on the bottom of the flute. Notice there are two thumb keys.

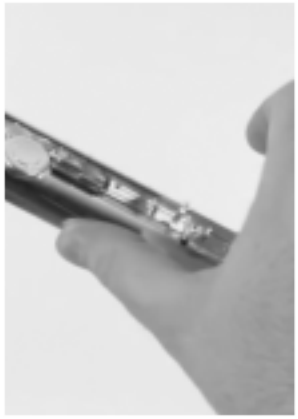
The flute rests on the inside knuckle of your index finger on your left hand. Place your index finger on the SECOND key.

Skip a key and place your next 2 fingers on the keys.

Your pinkie will rest above the long flat key.

Holding the Flute
Right Hand Position

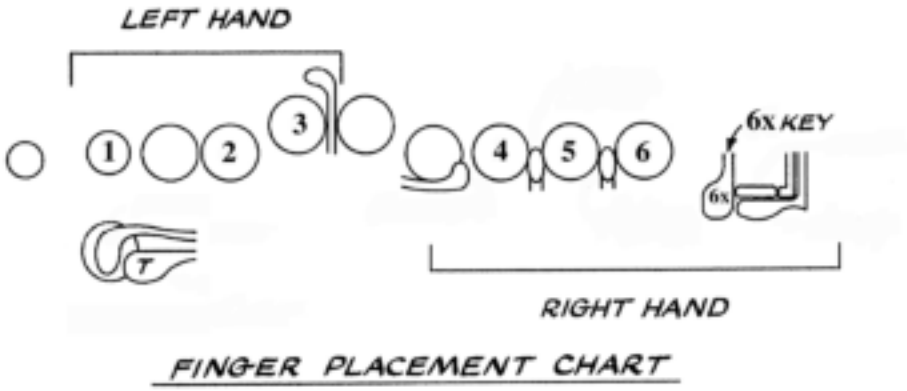
Position your thumb on the bottom of the flute under the space between your first and second fingers



Place your three fingers on the last three keys of the body.

Your right pinkie will sit on the first key of the foot.

Flute Map



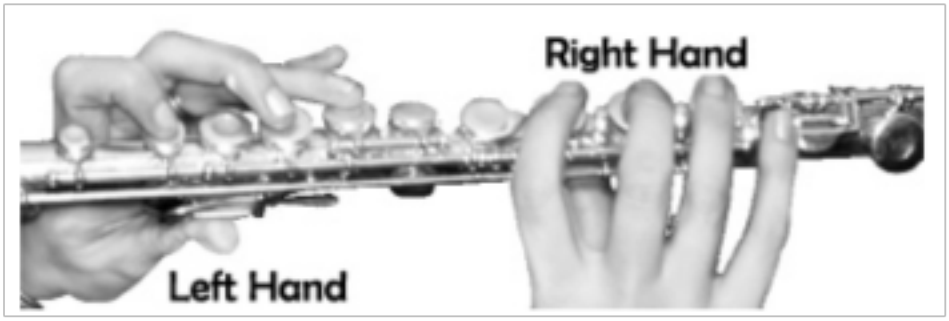
FINGER PLACEMENT CHART

This is how you place your fingers on the flute:

You will also place your Right Thumb on the Thumb key (T) on the backside of the flute. Your Left Thumb will support the bottom of the flute. As for the other fingers:

Key 1: Left Index Finger
Key 2: Left Middle Finger
Key 3: Left Ring Finger
Key 4: Right Index Finger
Key 5: Right Middle Finger
Key 6: Right Ring Finger
Key 6x: Right Pinkey

When placing your hand on the flute, create a "C" shape with your hand so that your thumbs will support the weight of the flute. Once you get used to holding the flute, balance will come from three places: your mouth on the embouchure hole, your right thumb, and your right pinkey



Flute Maintenance

Before You Play:

Do not consume sugary candy, gum or sodas. This is the biggest cause of sticky keys.

Always lay your case flat on the floor or on your lap before opening and closing your flute case.

Proper instrument assembly is essential to good care of your flute. Remove your flute from the case by the ends, being careful not to squeeze the rods along the side of the instrument. The keys are delicate and you don't want to bend them.

After You Play:

Always swab out your instrument after playing. Keeping your flute dry is the best thing you can do to take care of it. Listen to your teacher for very specific instructions on how to swab your flute.

Cotton handkerchiefs absorb moisture well. Do not use flannel or felt swabs- they do not absorb moisture but instead, spread it around.

To remove moisture from your flute:

1. Take a corner of your swab pull it through the slit of your cleaning rod. Twist part of the cloth around the top of the rod.

2. Carefully push it through each of the three parts of your flute (head joint, body and foot joint). Twist the rod as you swab, so that the actual rod does not make contact with the inside of your flute.

3. After swabbing, carefully wipe the outside of the flute with a clean, soft cloth to remove any oils or perspiration.

Storage:

Always leave your flute placed properly in its case when it is not being used. Never leave it on the ground, a chair or a music stand. Always keep it in your hands or in its case.

Never store your flute in extreme hot or cold temperatures. While running errands, never leave your instrument in the car. Extreme temperatures can damage the delicate parts on your instrument.

Do not put music and other items in your case unless there is a space or compartment designed for it. Loose items can damage your instrument.

When carrying your instrument, double check that the latches are closed securely. It is a good idea to carry the LID of the case against your leg.

Weekly Maintenance:

Wash your swab in warm water and a mild detergent once a week (or at least once a month depending on use). Let it dry completely.

Using a soft, clean cloth, carefully wipe keys one at a time, being careful not to snag any springs.

Monthly Maintenance:

Always check to make sure that screws at the ends of the rods are not sticking out.

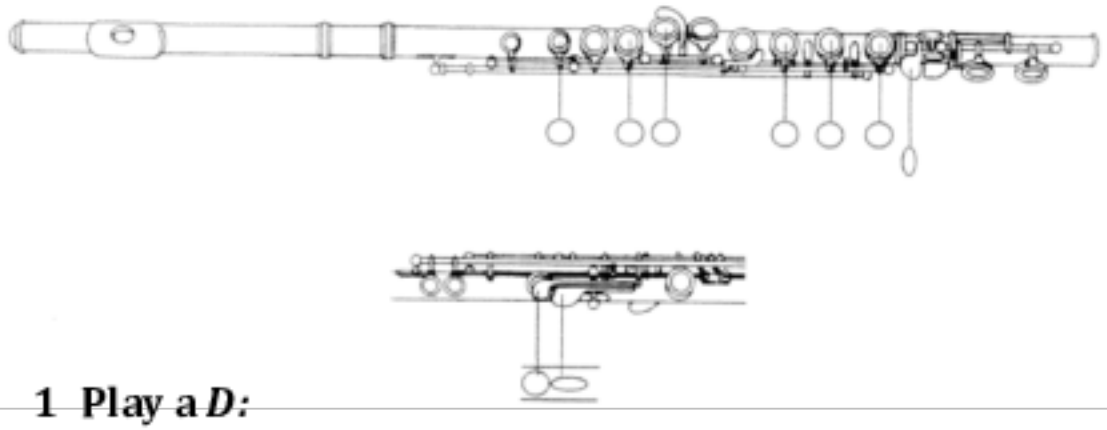
Check rods and keys for dust and dirt. Use a natural bristle brush (water color brush or makeup brush) to carefully remove dirt when needed.

Check to make sure that pads are in good condition and that corks and felt bumpers are in place. If they are missing, you will hear a metal on metal sound when you play your instrument. This should never be heard on an instrument that is playing properly. If this happens, take the instrument to your local music store.

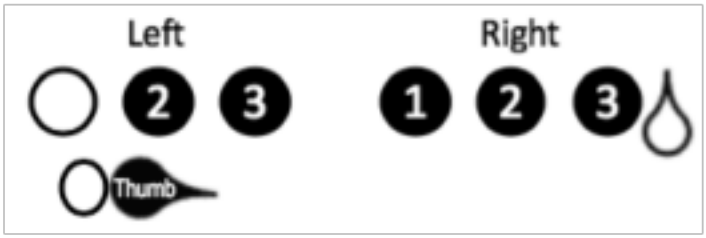
Annual Maintenance:

If you own your instrument, summer is a great time to take your flute to a local music store for an annual check-up. Yes, musical instruments need “check-ups” too! The store will do minor repairs such as replacing worn pads and tightening loose screws. If you are renting, this maintenance is usually covered in the rental program.

Band Beginnings- Flute
Level One: Our First Three Notes



1 Play a *D:*



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2 Play a *C*:

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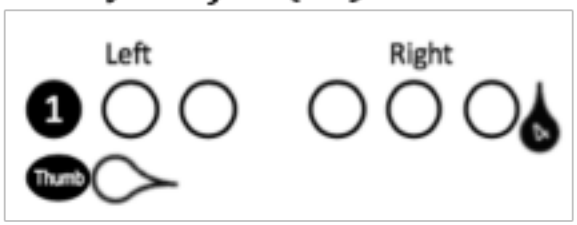
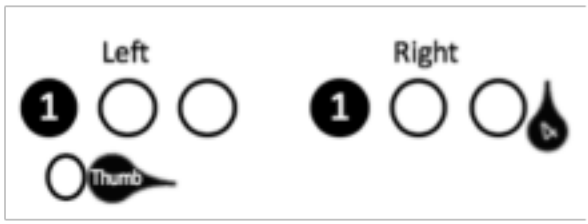
3 Play a *B-flat (Bb):*



OR



4. Our First Song- Hot Cross Buns

(Hold Notes Through the Dashes)

D - C - Bb - - -

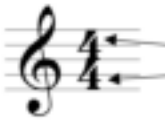
D - C - Bb - - -

Bb Bb Bb Bb C C C C

D - C - Bb - - -

Time Signatures - $\frac{4}{4}$

Time signatures appear at the beginning of a piece of music music. They are made up of two numbers.



The top number indicates the number of beats per measure.
The bottom number indicates which note will get one beat.

In $\frac{4}{4}$ time there are four beats in each measure.

A **quarter note** (♩) = 1 beat
A **half note** (𝅗𝅥) = 2 beats
A **whole note** (𝅝) = 4 beats

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5. A *Whole Note* receives 4 Beats

---

6. A *Half Note* receives 2 Beats

or

---

7. A *Quarter Note* receives 1 Beat

or

Level One- Mini Boss Quiz

8. What kind of note gets 1 beat? _____

Answer

Draw four 1 beat notes in the space below:

---

9. What kind of note receives 2 beats? _____

Answer

Draw four two beat notes in the space below:

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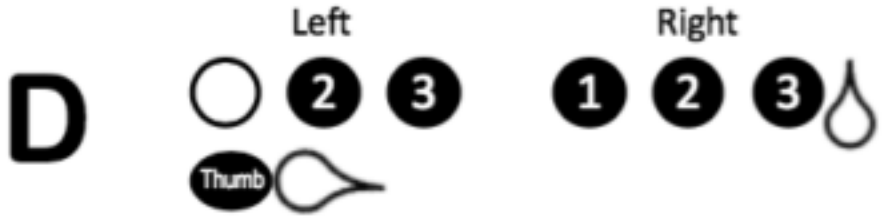
10. What kind of note receives 4 beats? _____

Answer

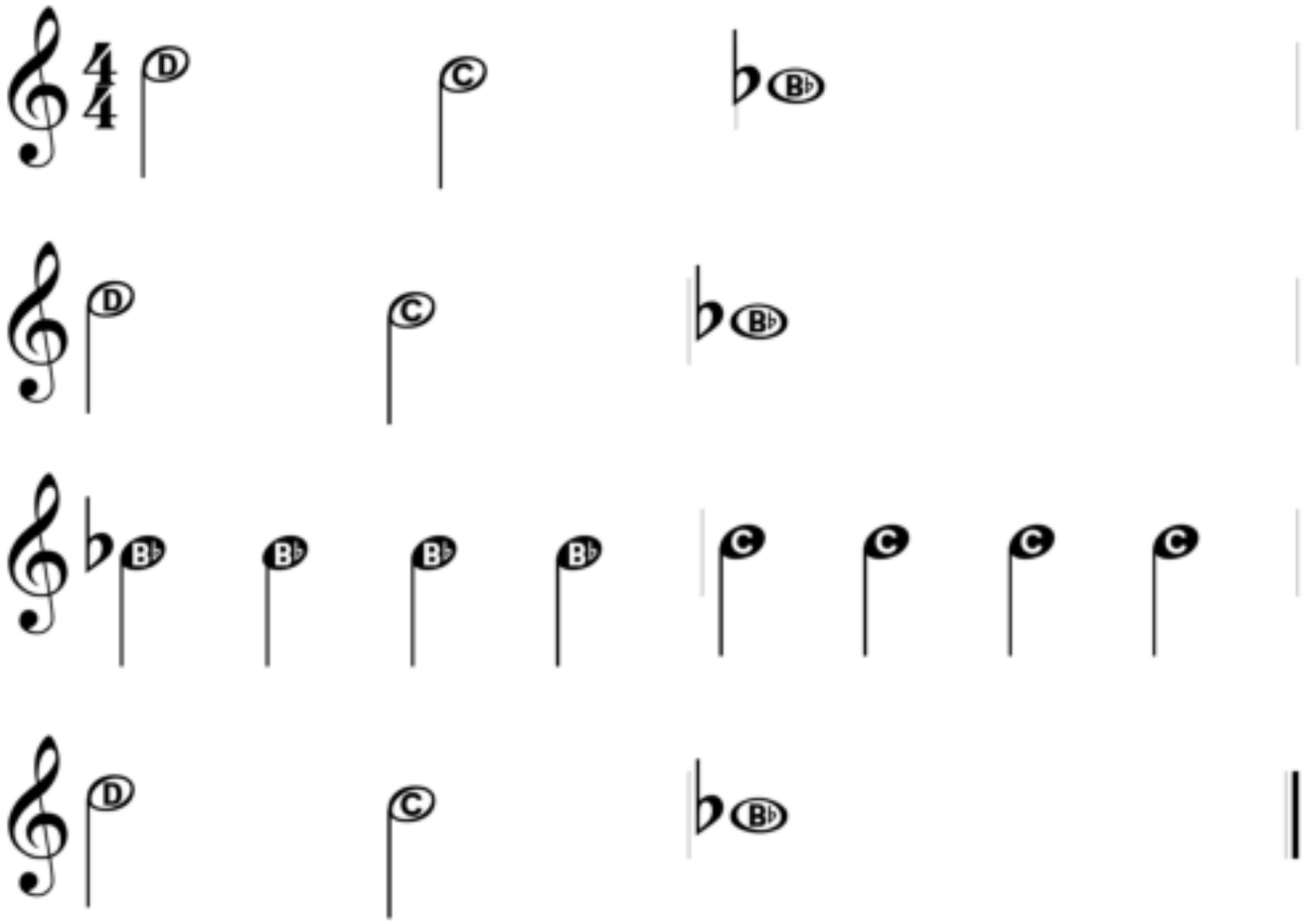
Draw four 4 beat notes in the space below:

Our First Three Notes

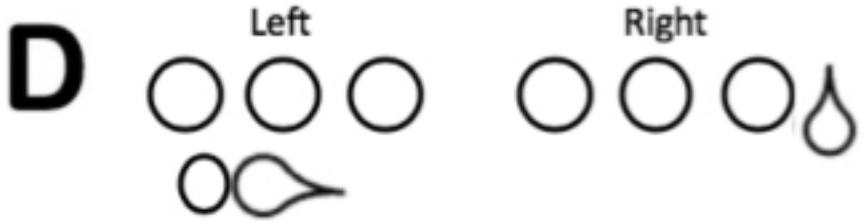


OR

11. Hot Cross Buns

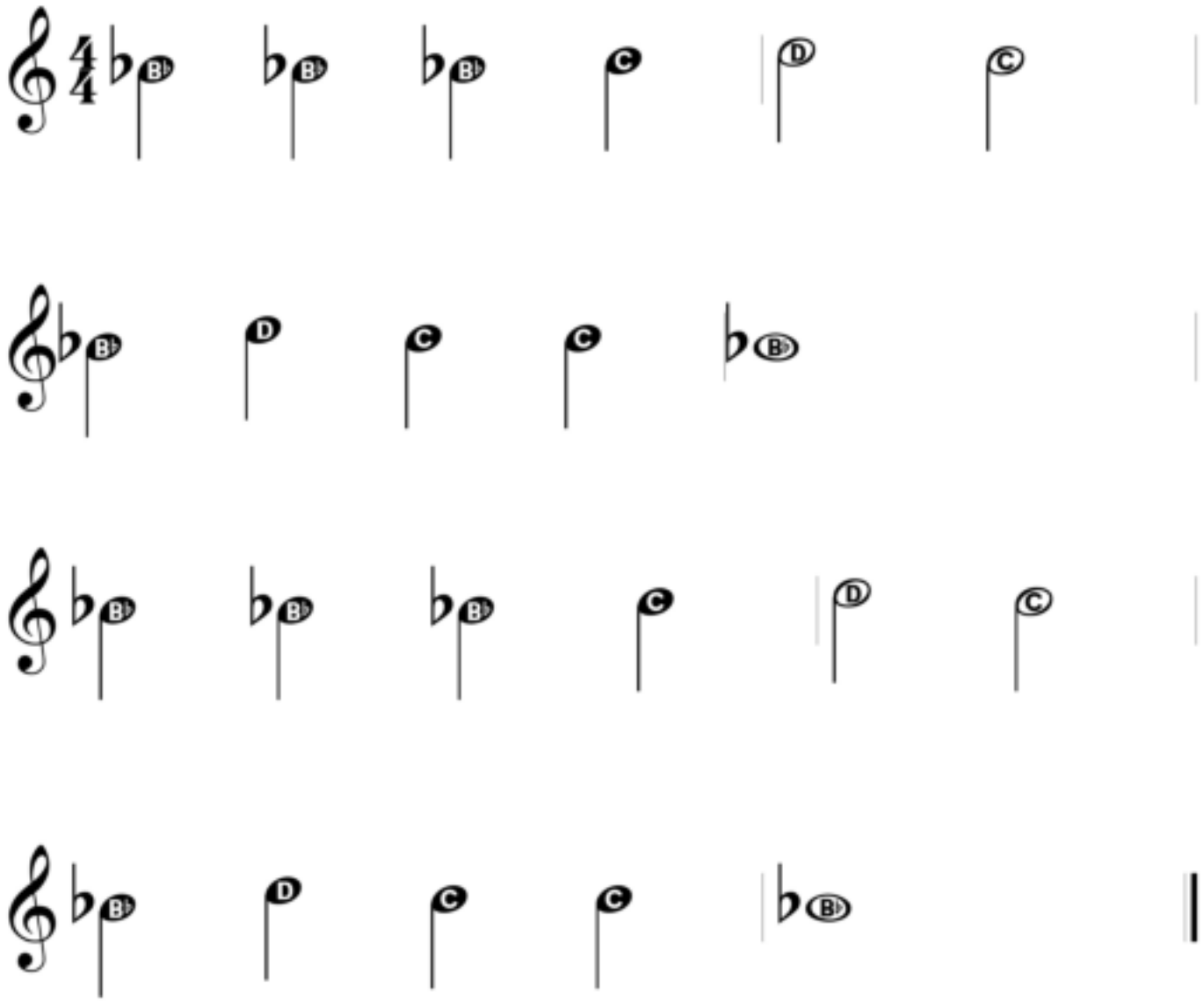


Our First Three Notes Review
(shade in the correct fingers)

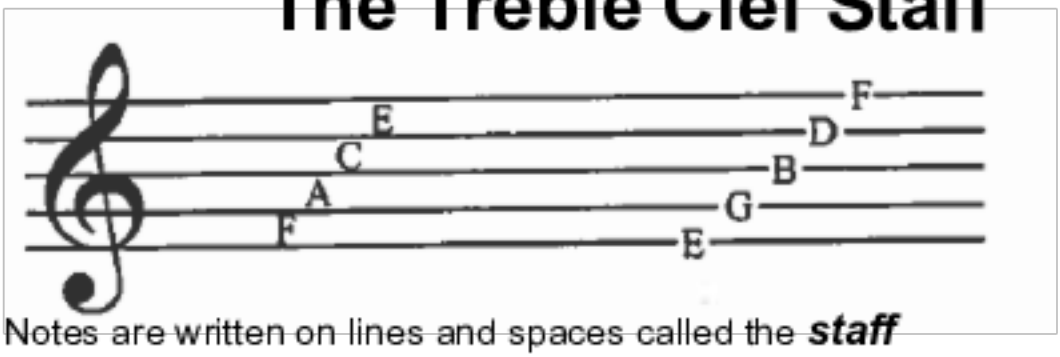


OR

12. Au Claire de la Lune



The Treble Clef Staff



Notes are written on lines and spaces called the ***staff***

13. How many lines do you count in the staff? _____

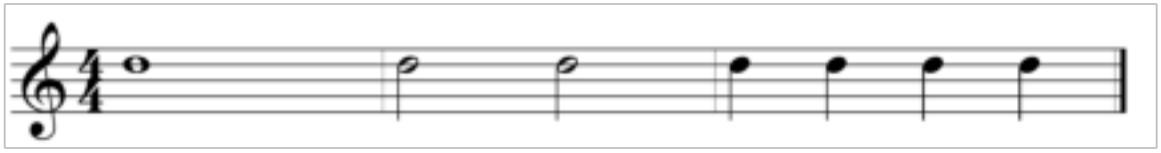
14. What are their letter names? _____

15. How many spaces do you count in the staff? _____

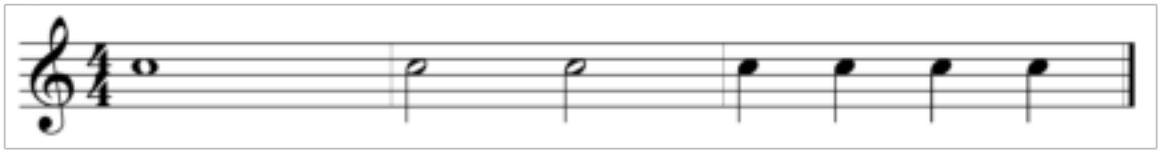
16. What are their letter names? _____

Our First Three Flute Notes

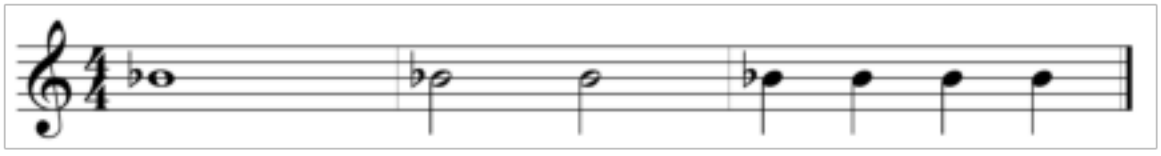
17. The Note D is written on the 4th line. All of these notes are D.



18. The note C is written on the third space of the staff. All of these notes are C

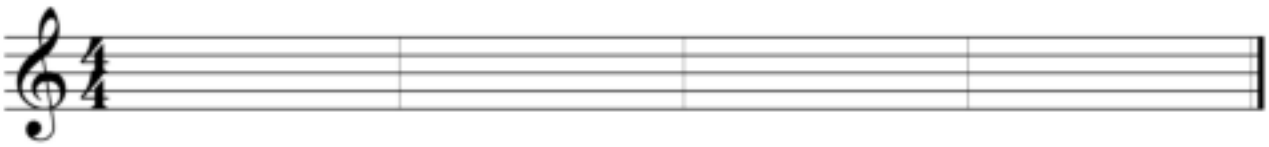


19. The note B-Flat is written on the third line of the staff. All of these notes are B-Flat.

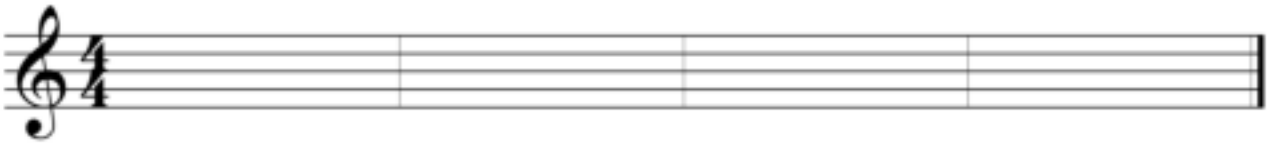


Write D, C, B-flat

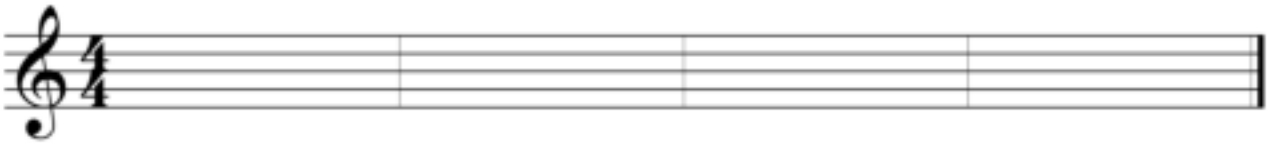
20. On the staff below, draw **12 quarter notes on the note D.** Put 4 in each measure.



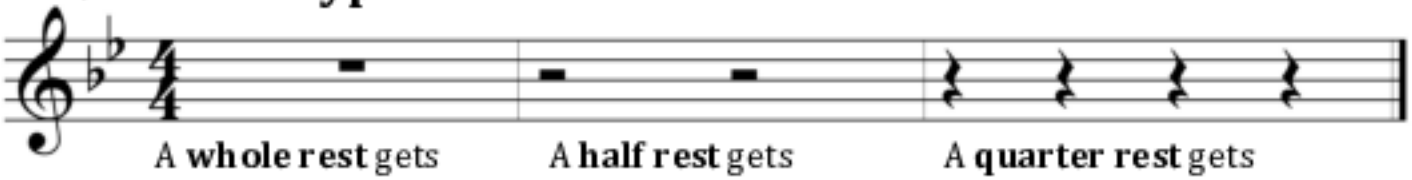
21. On the staff below, draw **8 half notes on the note C.** Put 2 in each measure.



22. On the staff below, draw **4 whole notes on the note B-flat.** Put 1 in each measure.



23. Three Types of Rests

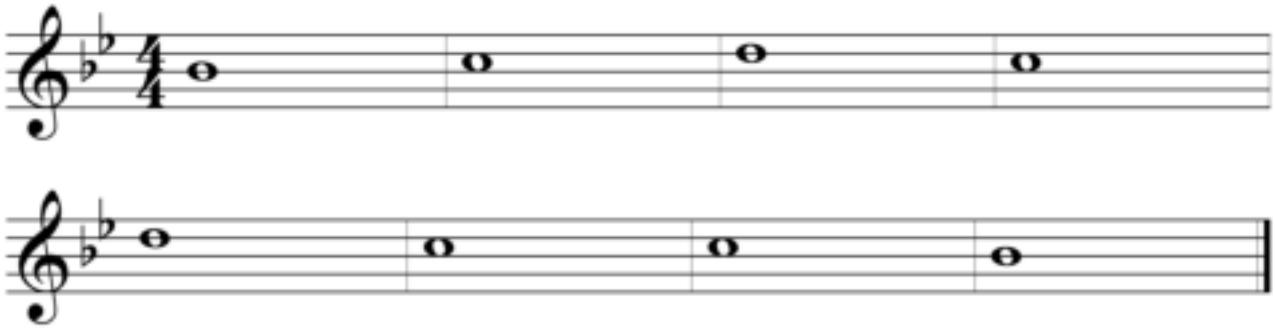


A **whole rest** gets gets 4 beats of silence

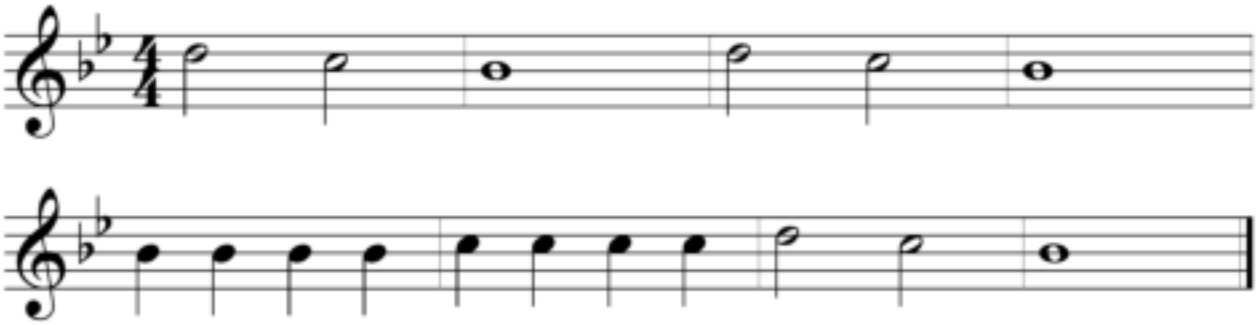
A **half rest** gets 2 beats of silence

A **quarter rest** gets 1 beat of silence

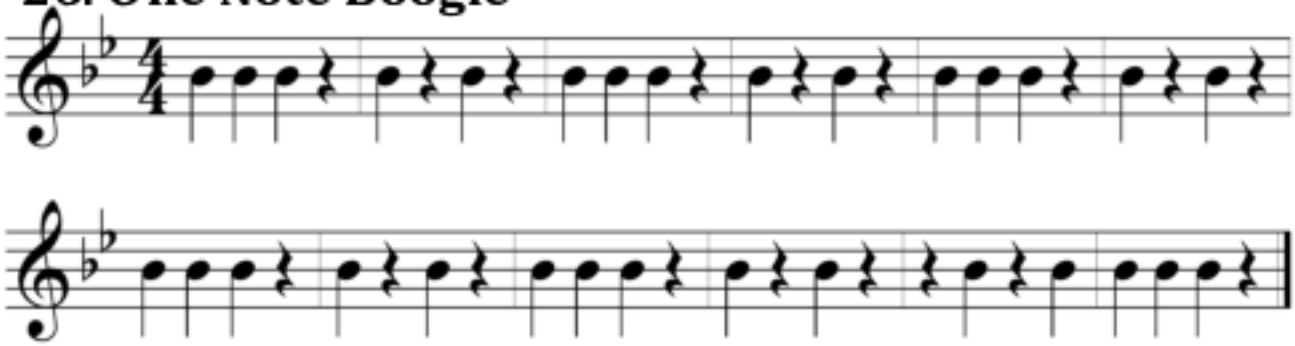
24. Three Note Review



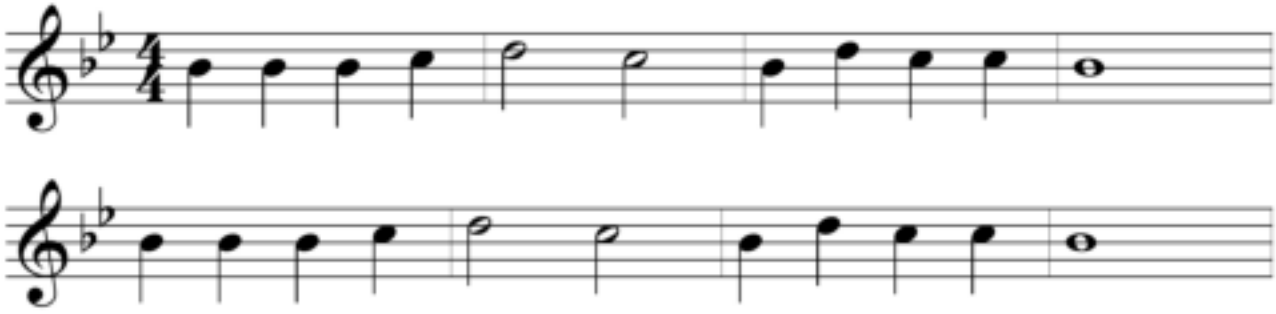
25. Hot Cross Buns



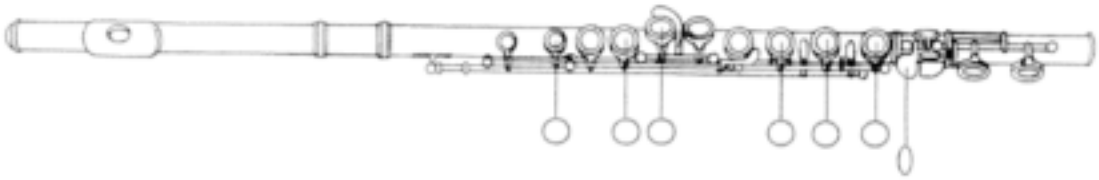
26. One Note Boogie

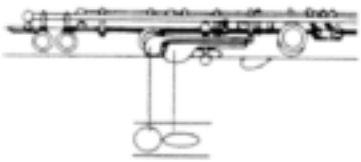


27. Au Claire de la Lune

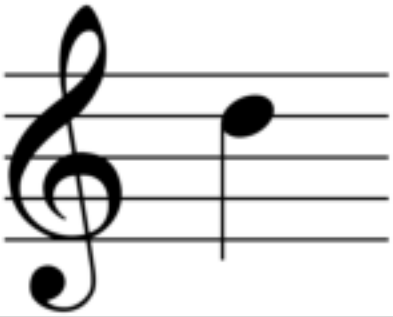


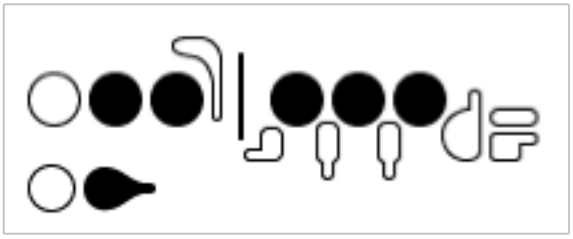
Reference Page



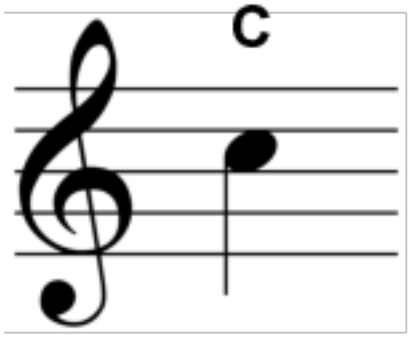


D

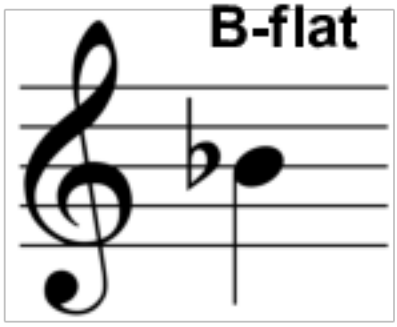




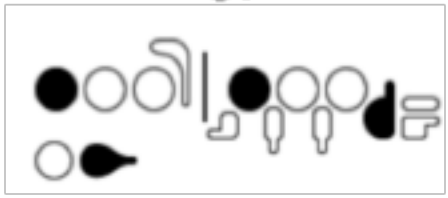
C



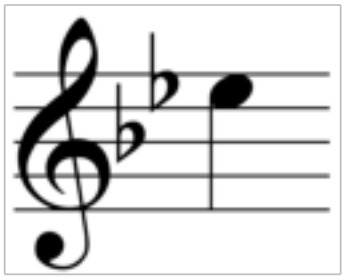
B-flat

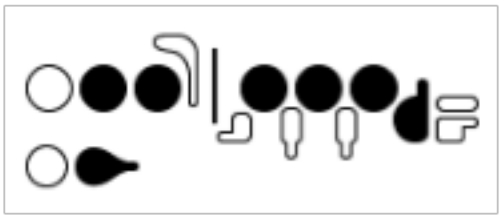


or



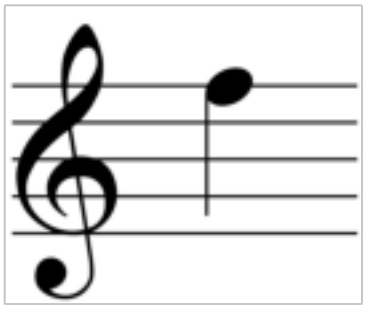
28. New Note- E-flat

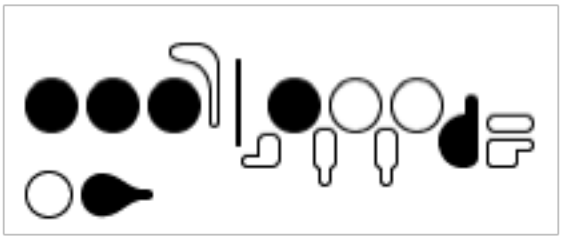




The note E-flat is written on the fourth line of the staff

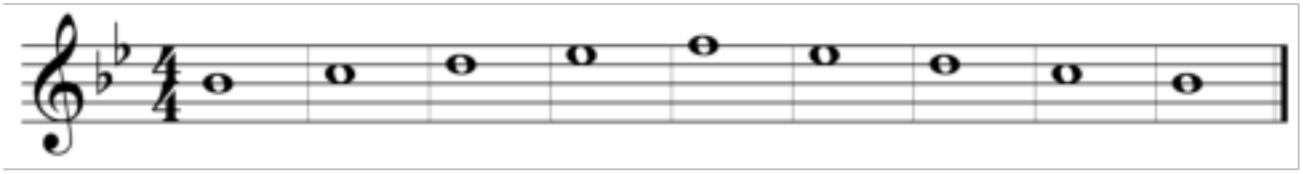
29. New Note- F



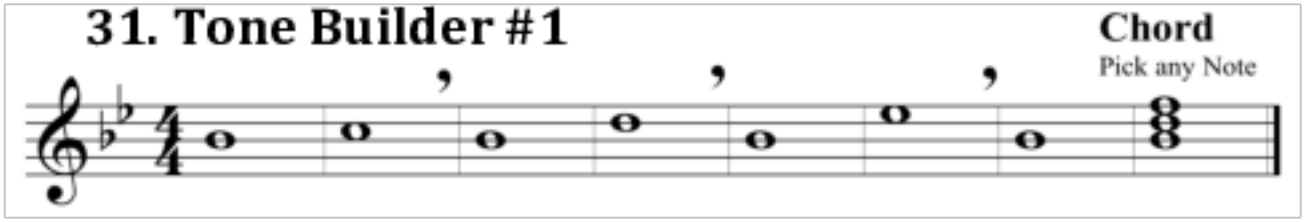


The note F is written on the fifth line of the staff

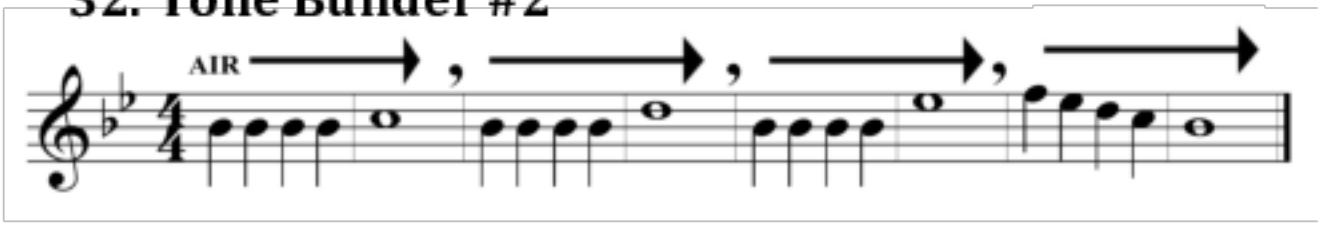
30. Five Note Scale



31. Tone Builder #1



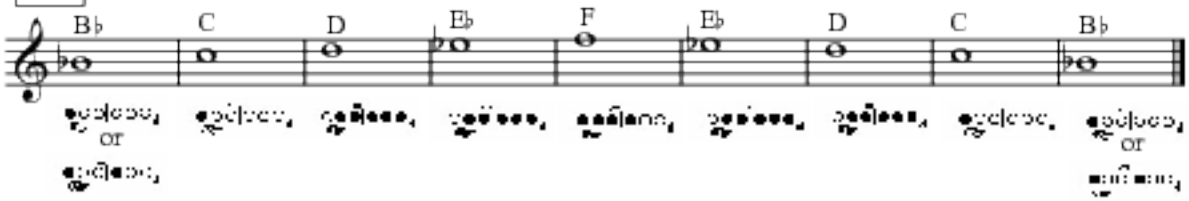
32. Tone Builder #2



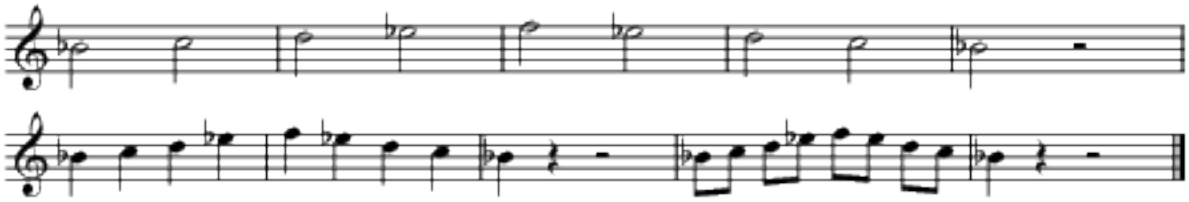
Flute

Band Warm-up

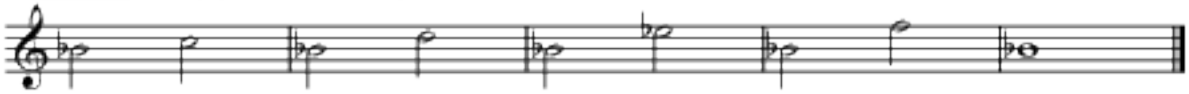
#1 The FIVE NOTE SCALE



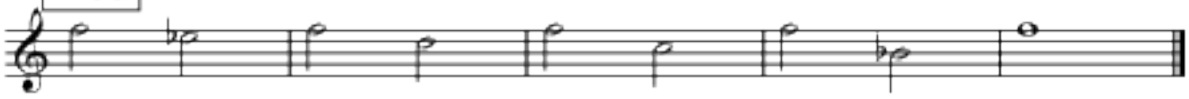
#2 Tongue each note...and see how many notes you can go without taking a breath!



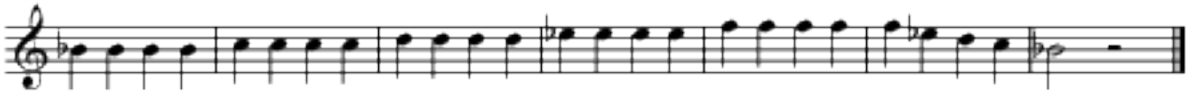
#3a Keep your air steady for the entire exercise!



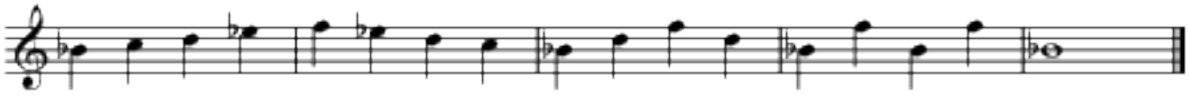
#3b



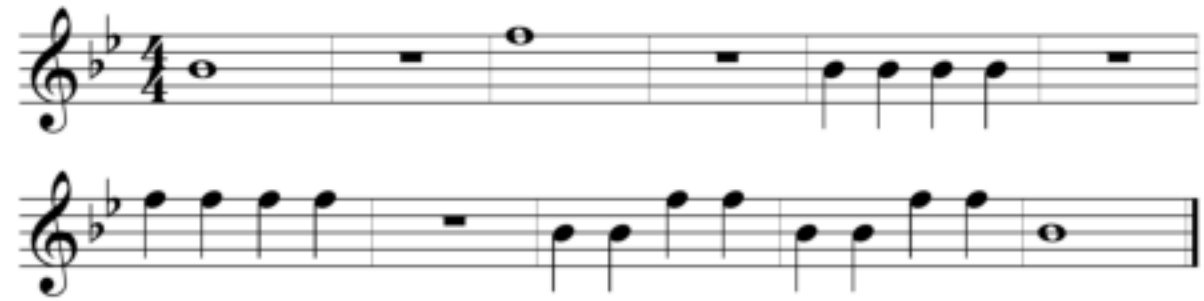
#4 Articulate each note with your tongue...but be sure to keep your air stream going!



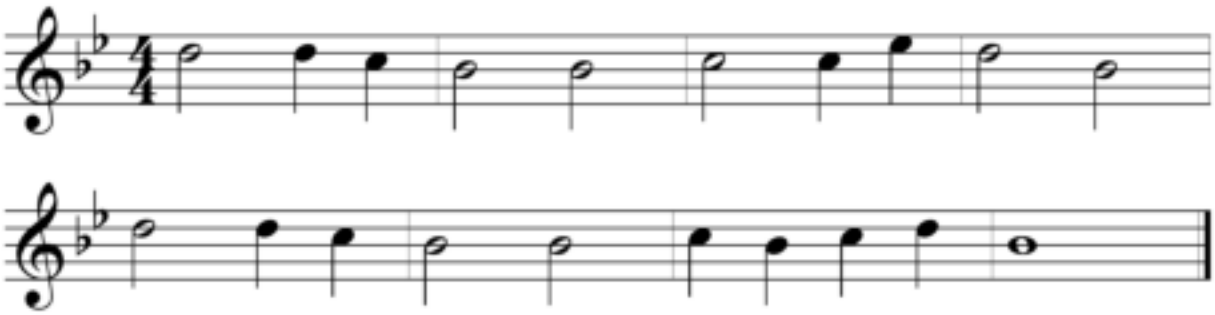
#5 Keep fingers curved and close at all times!



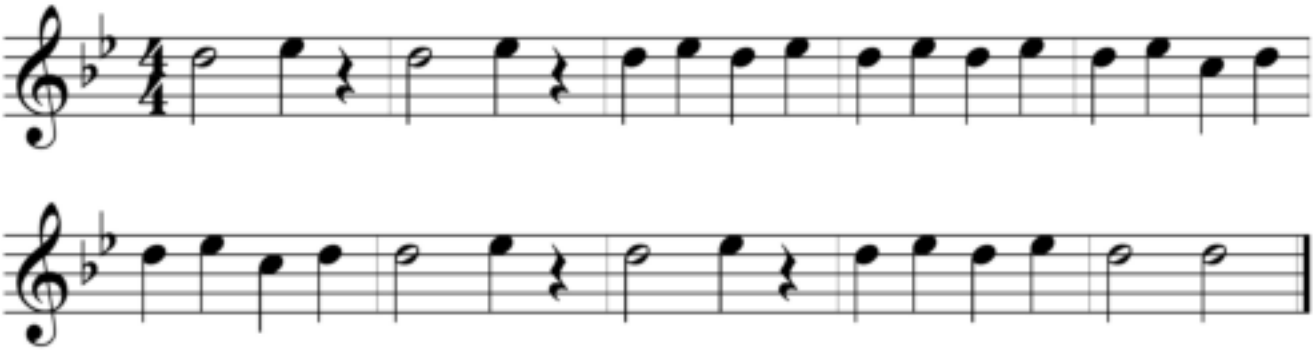
32. Low- Rest- High-Rest



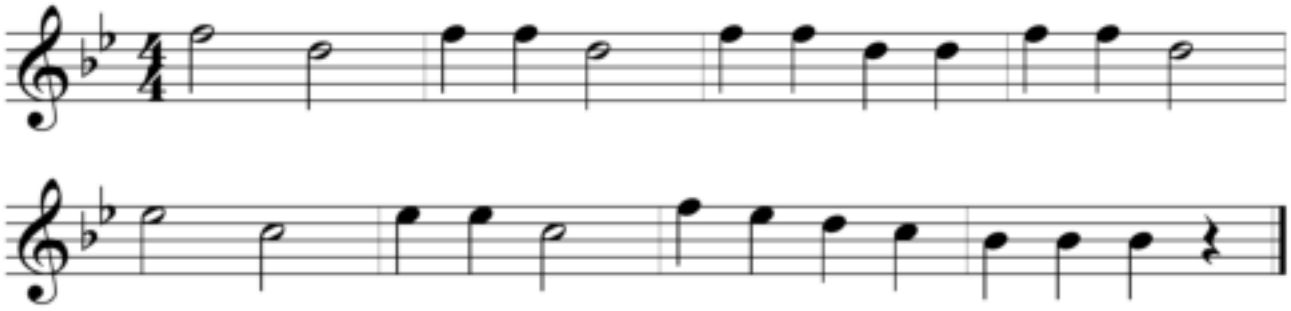
33. Aunt Rhodie



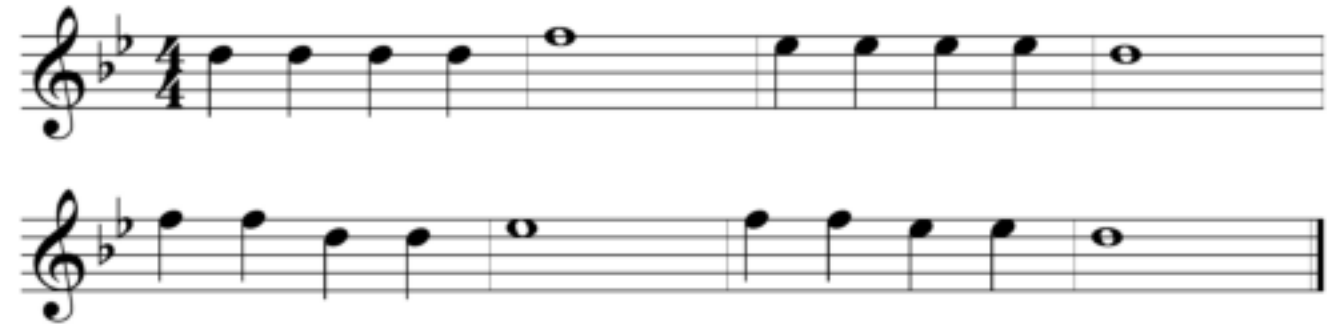
34. Theme from "Jaws"



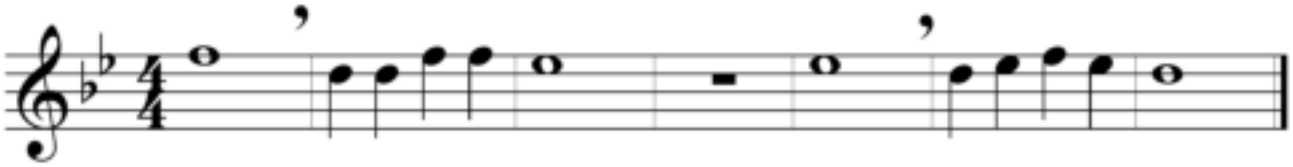
35. Rain, Rain Go Away



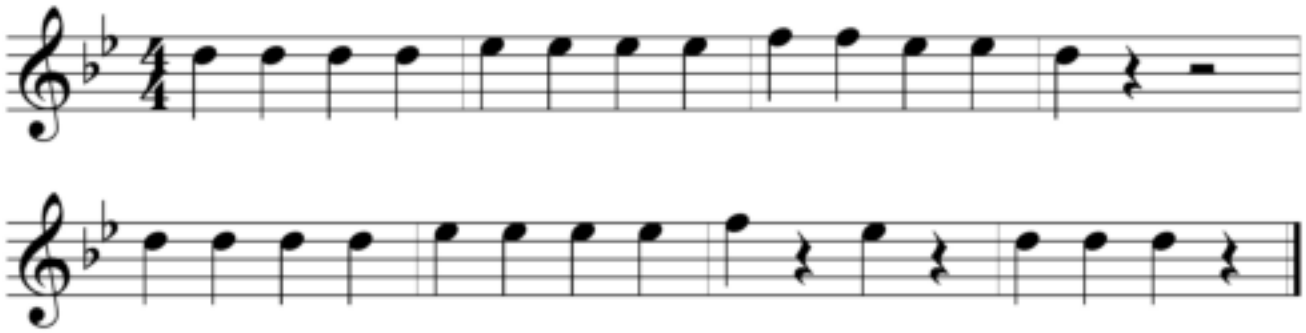
36. Take Five



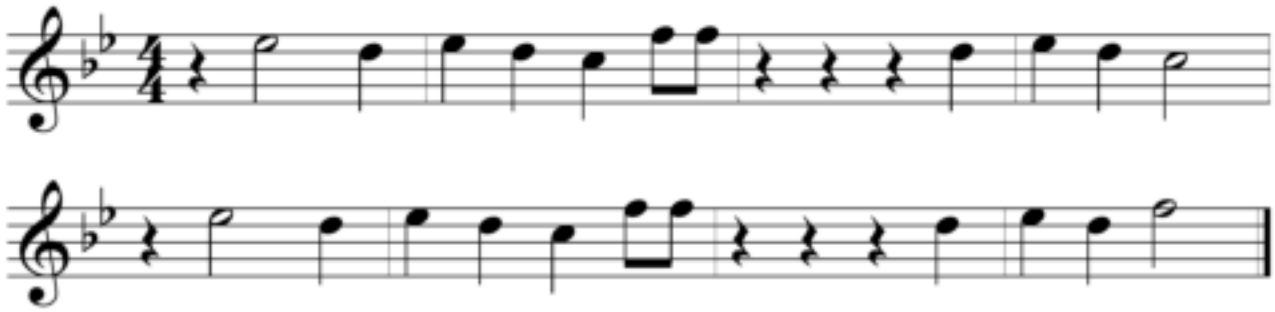
37. Three Note Samba



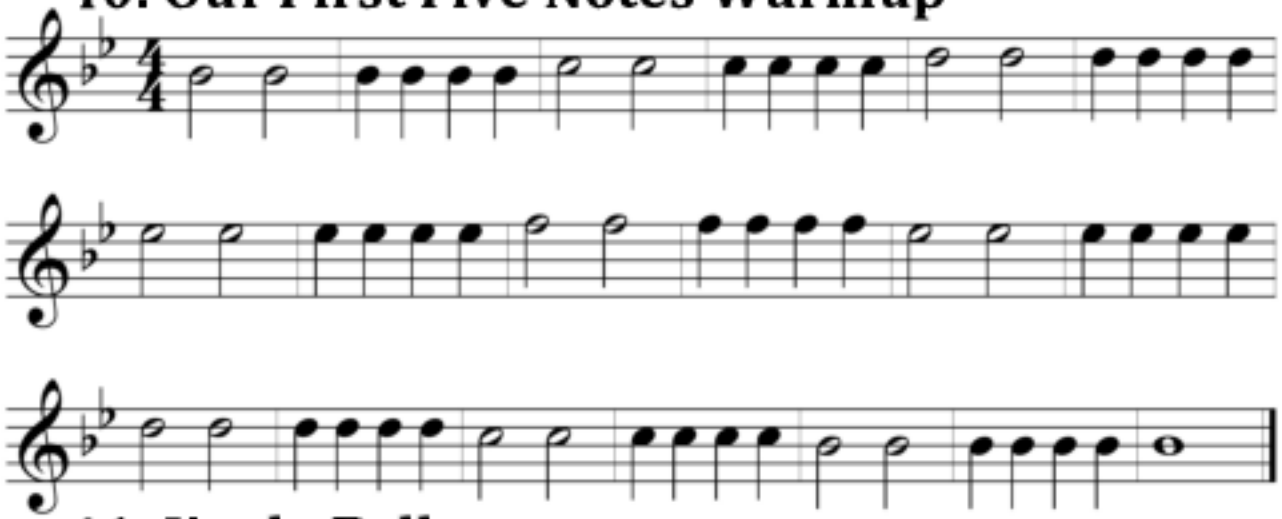
38. El Toro



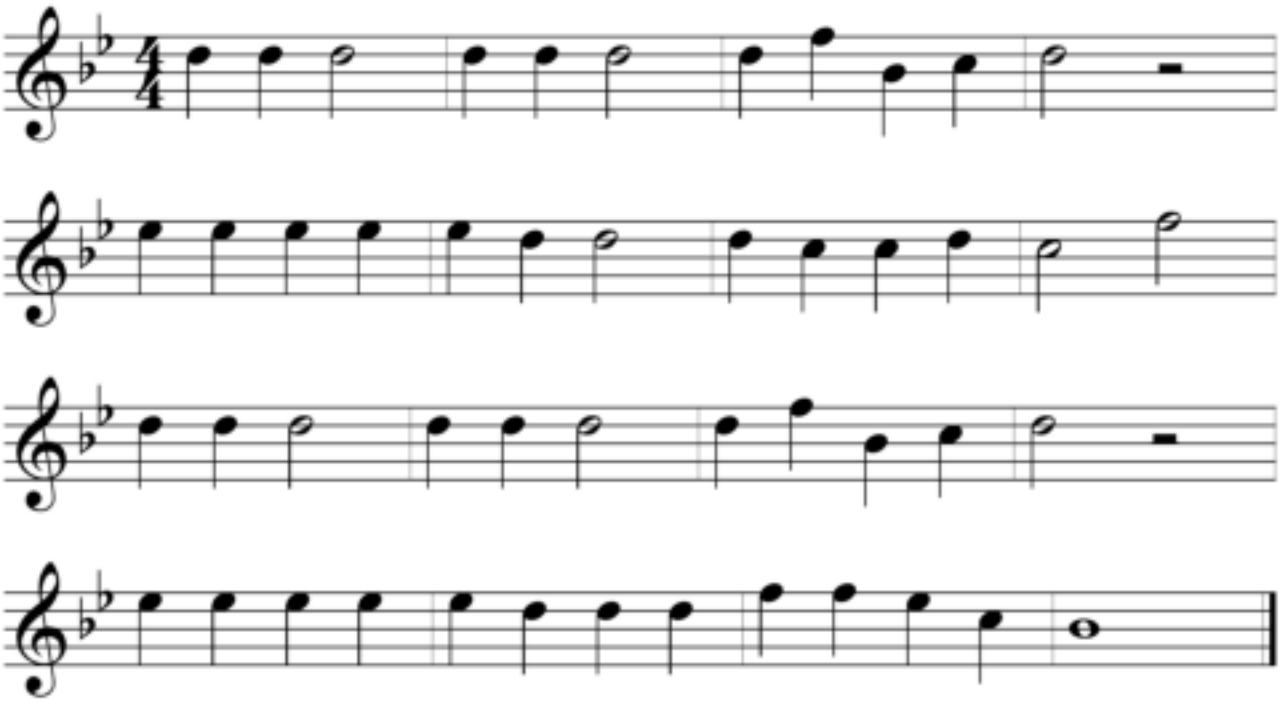
39. Celebration



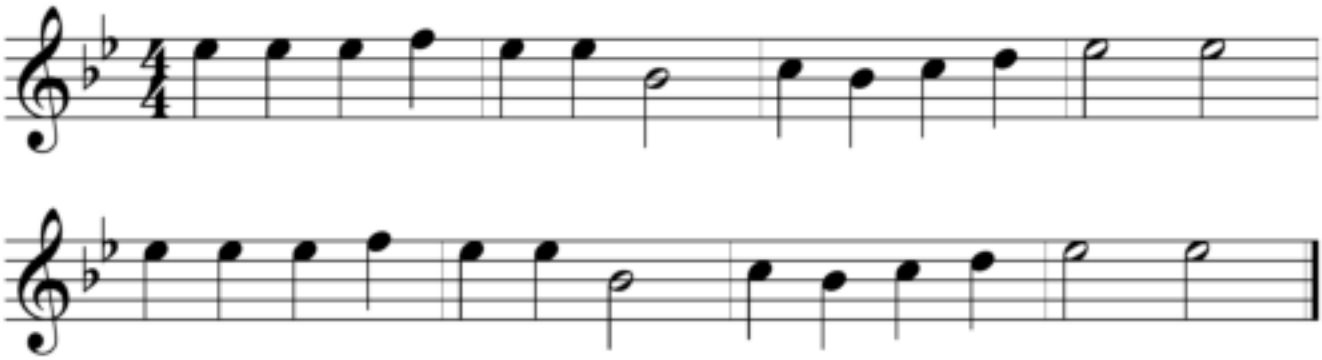
40. Our First Five Notes Warmup



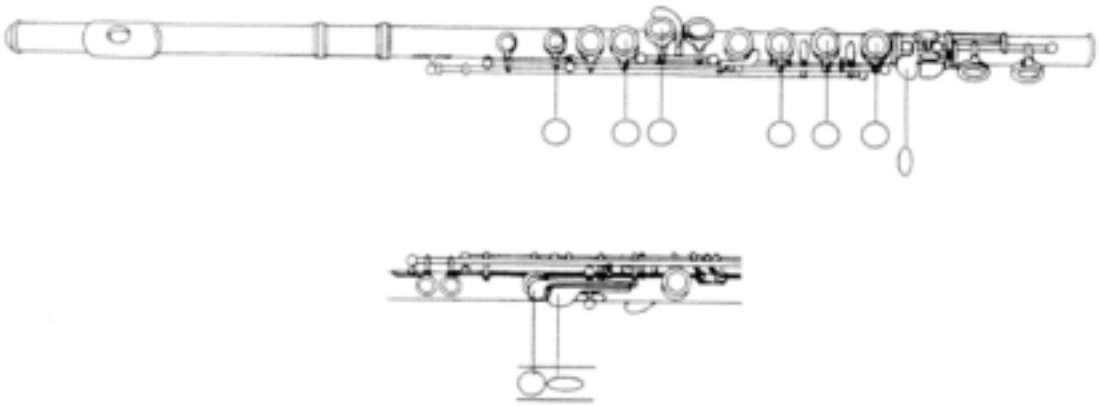
41. Jingle Bells

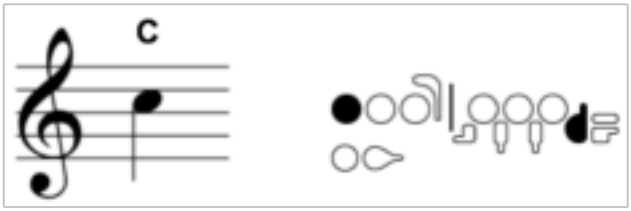


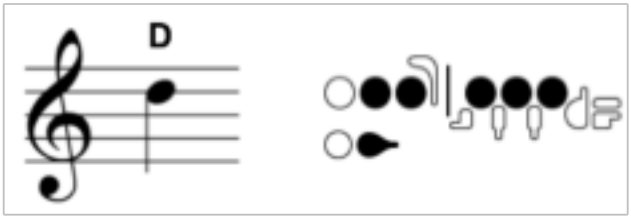
42. Good King Wenceslas

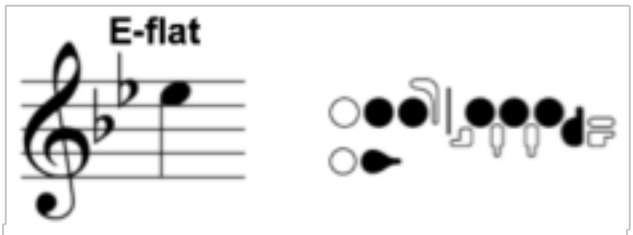


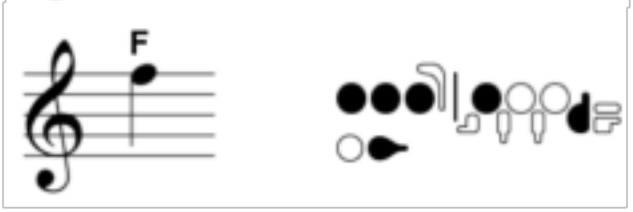
Reference Page





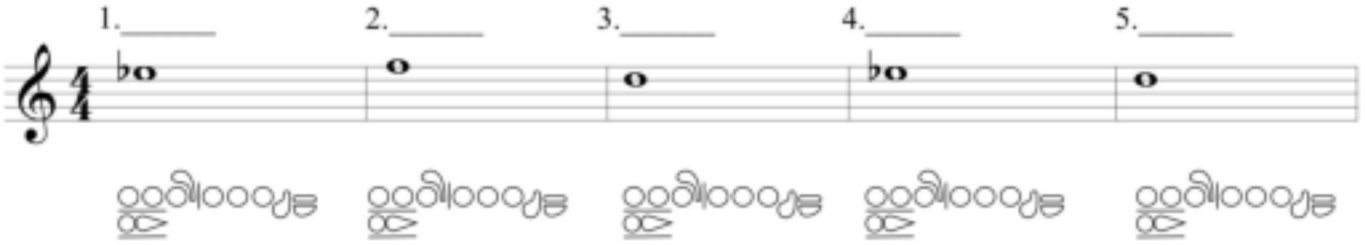


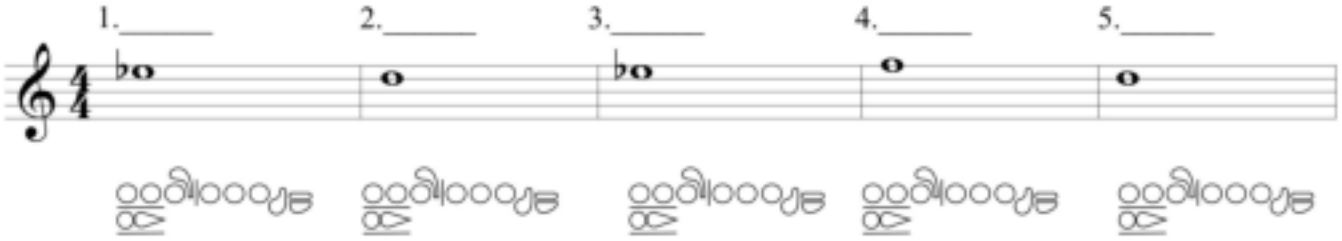




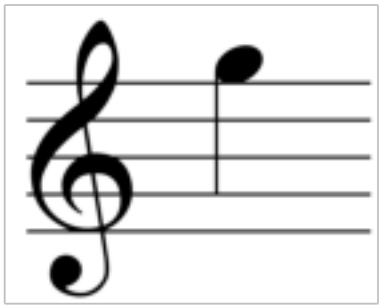
43. Five Note Review

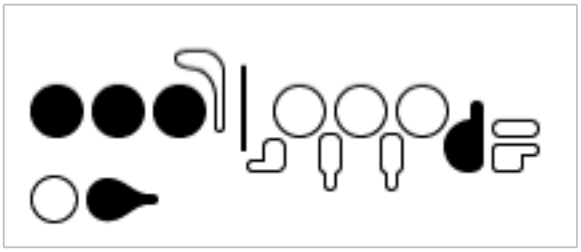
Fill in the fingering and write the note name. Play each note on your flute





44. New Note- G

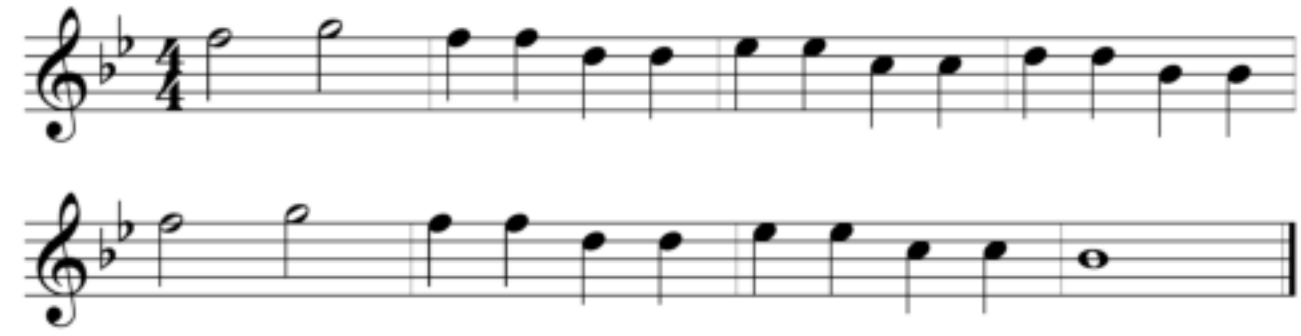




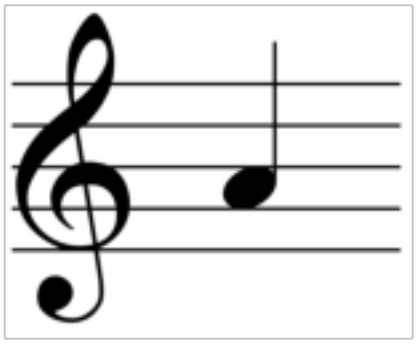
The note G is written on the space above the staff

45. Twinkle, Twinkle Little Star

46. Grand March

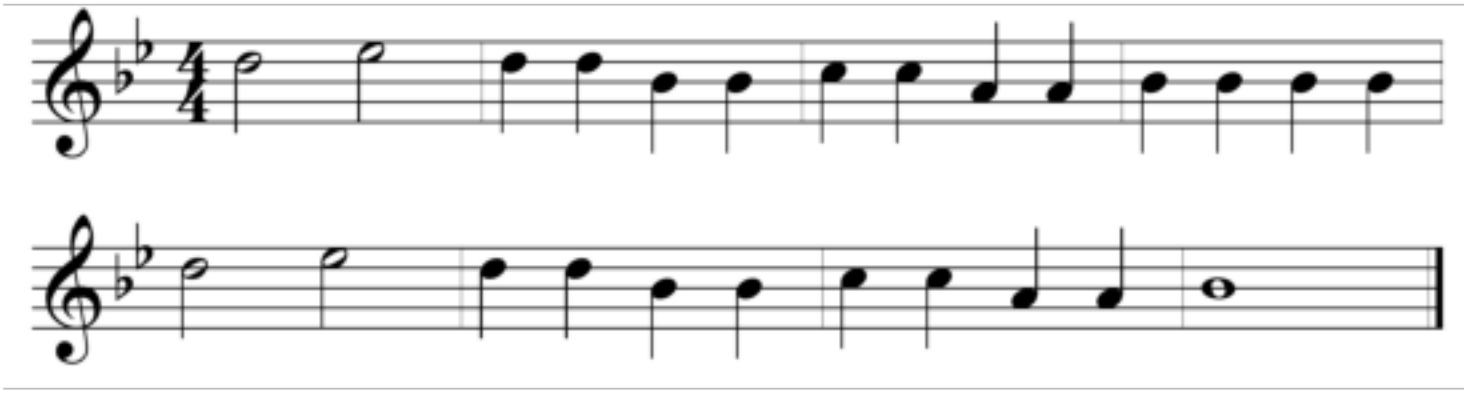


47. New Note- Low A

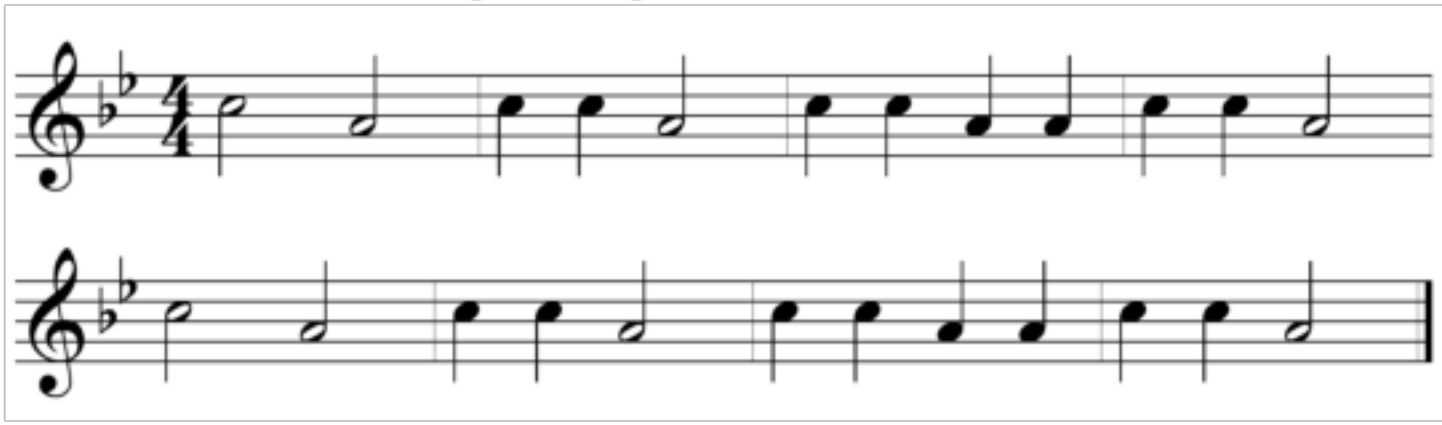


The note A is written on second space of the staff.

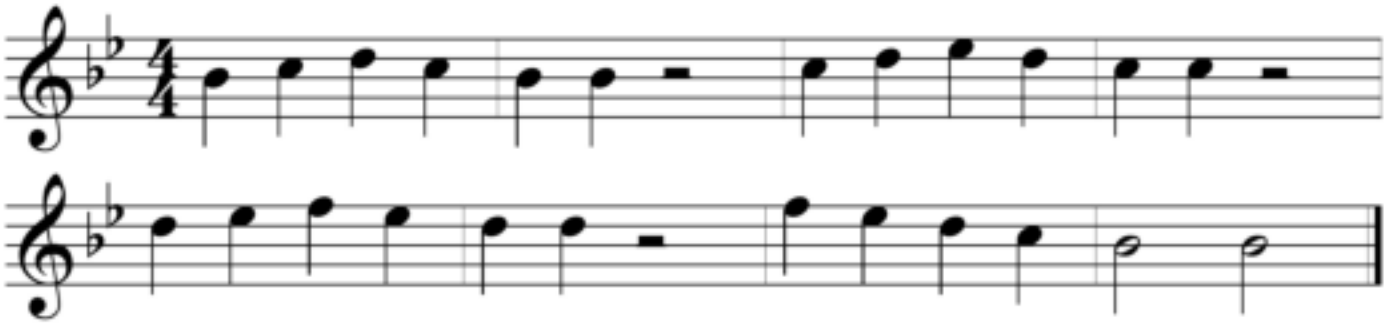
48. Grand March (Harmony)



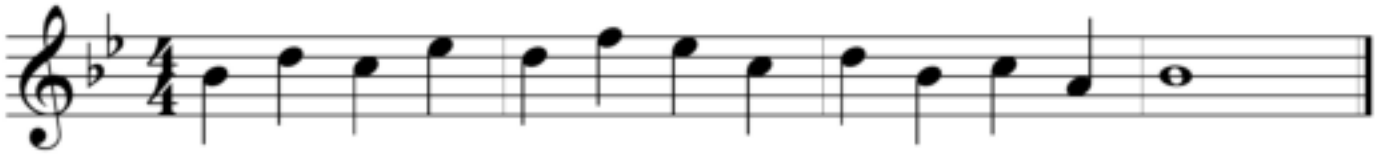
49. Rain Rain, Stay Away



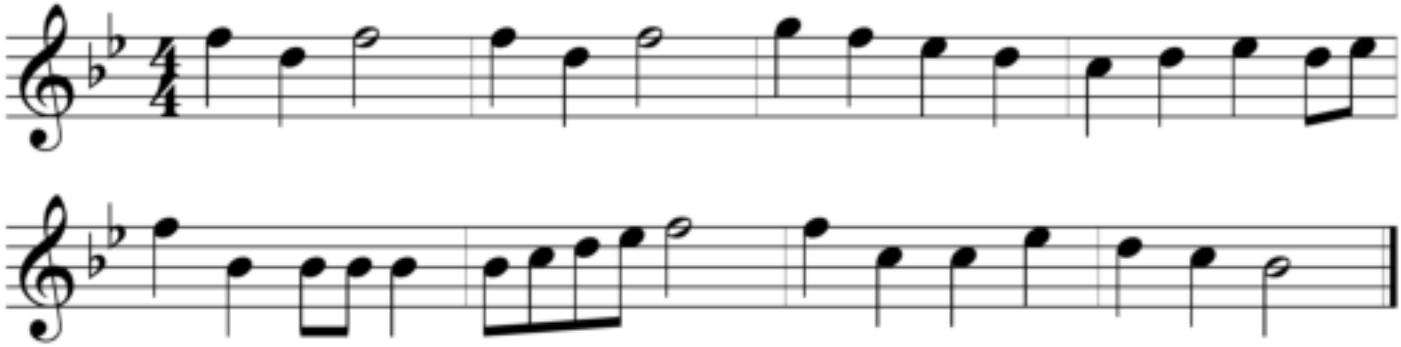
50. Five Note March



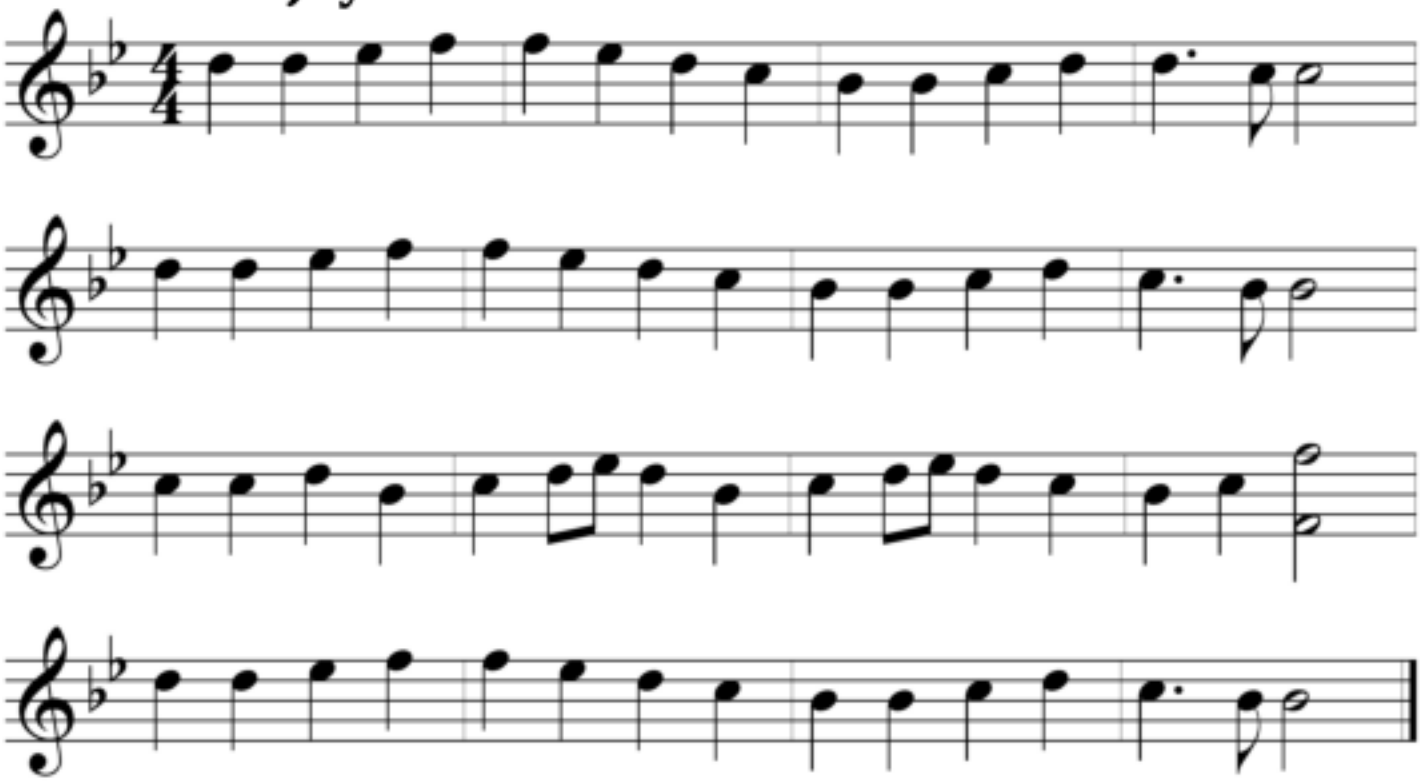
51. Skips



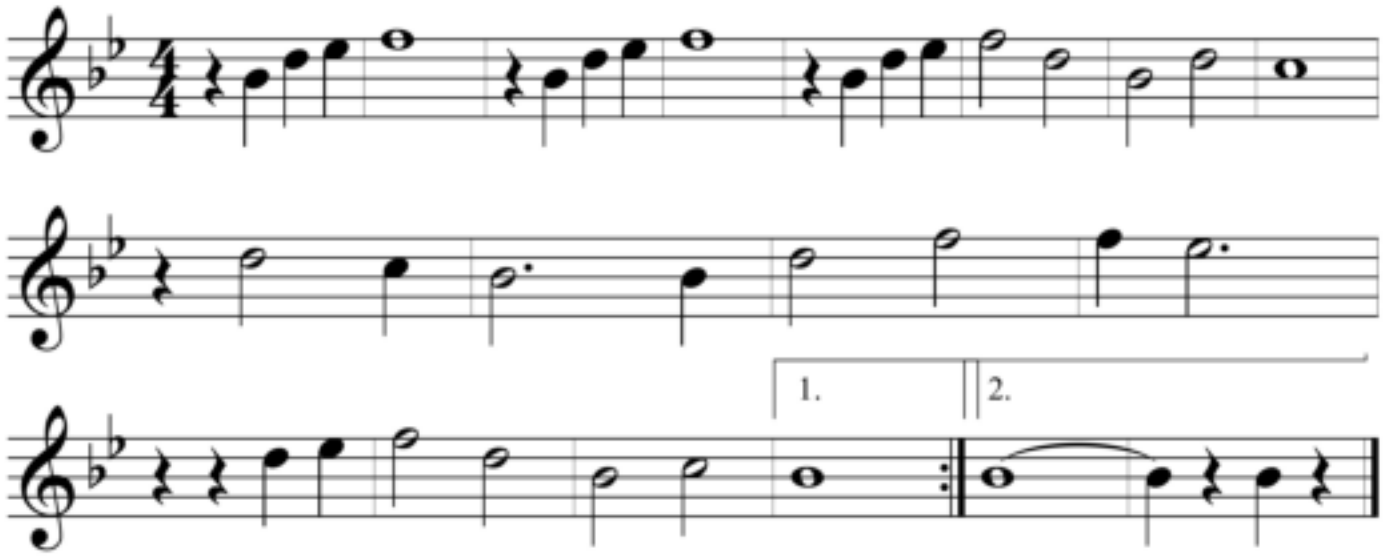
52. This Old Man



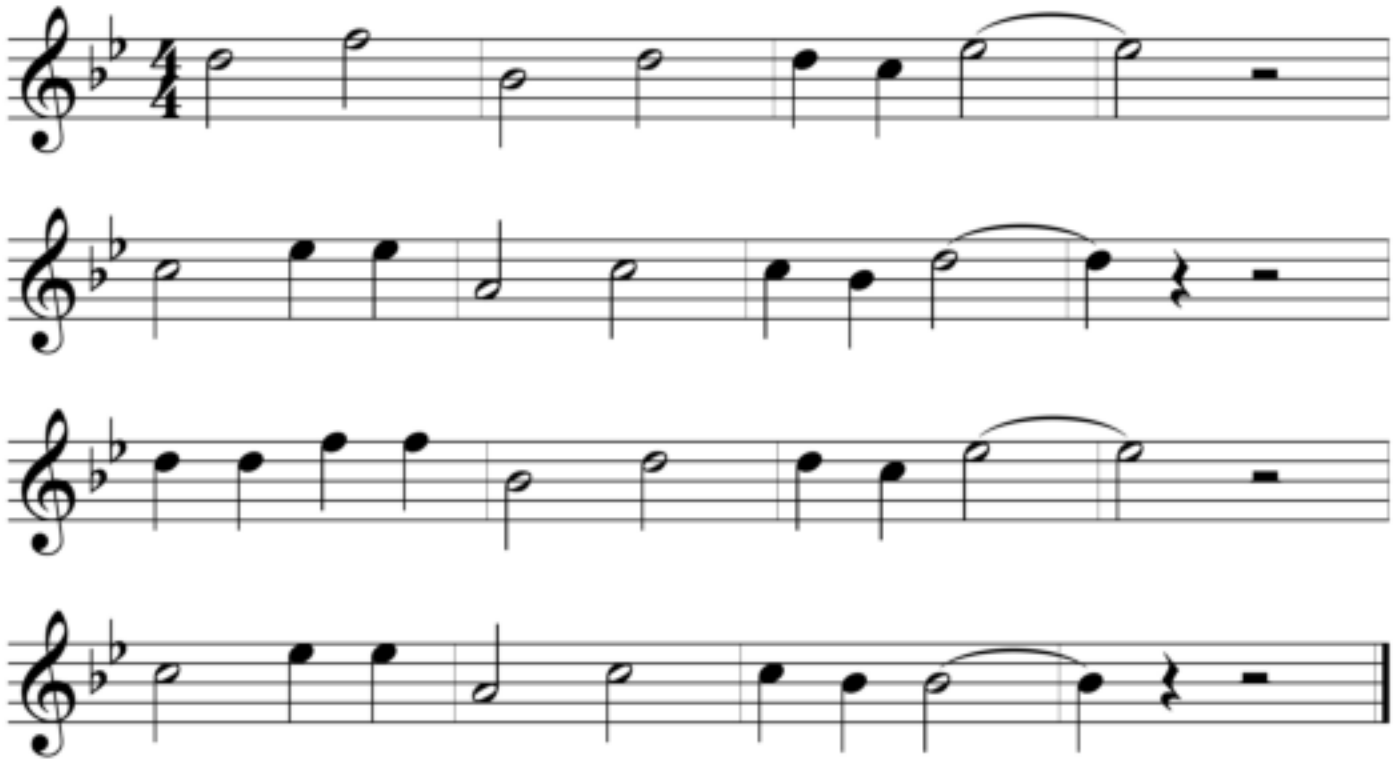
53. Ode to Joy



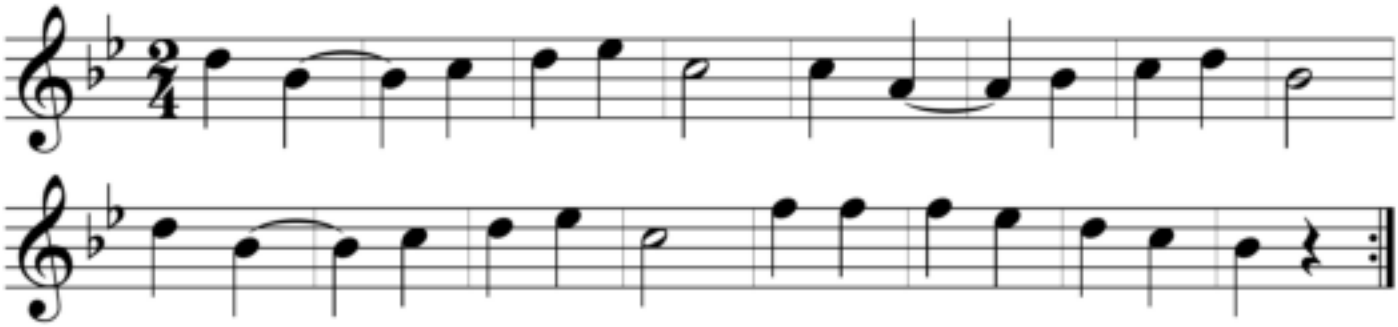
54. When the Saints Go Marching In



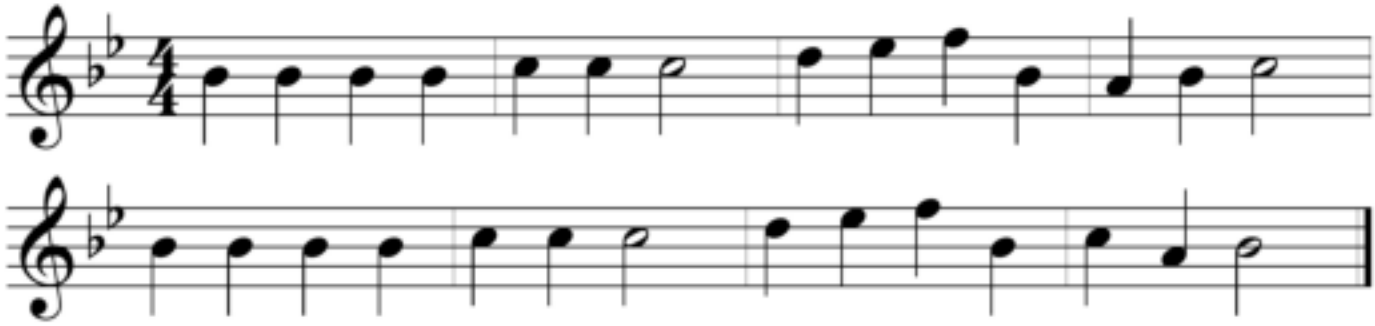
55. Mary Ann



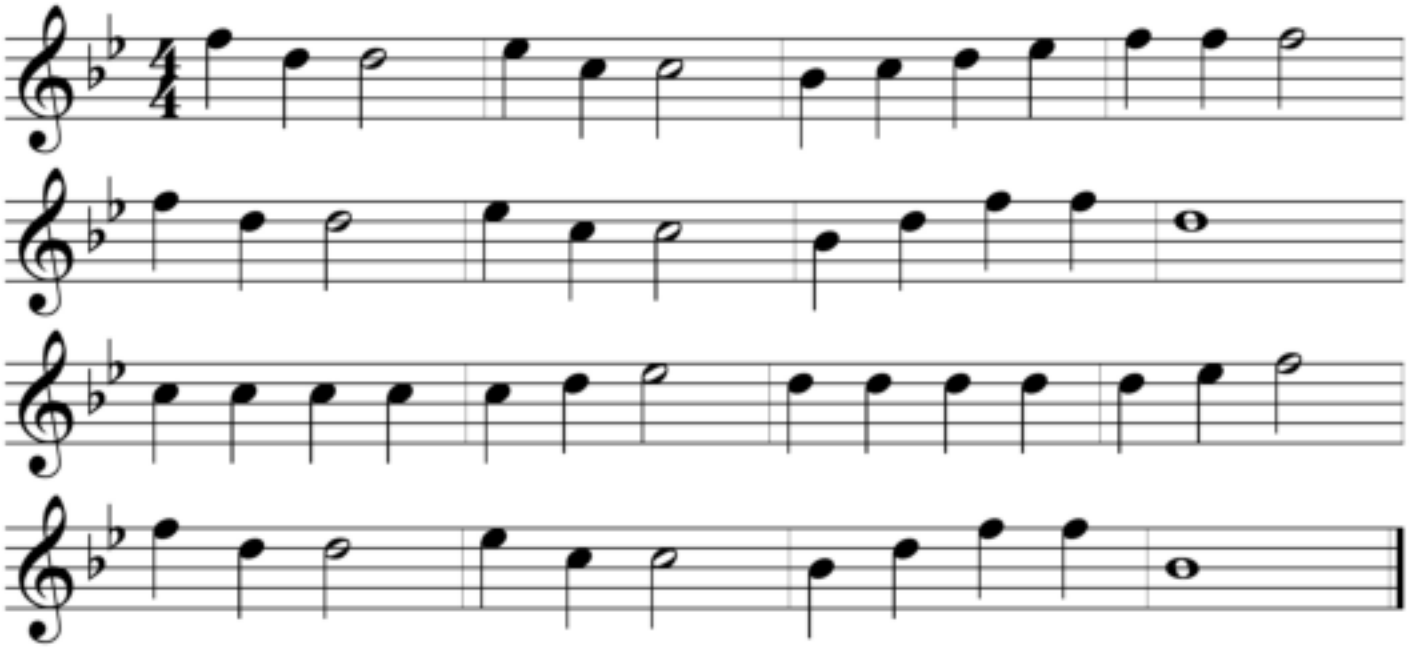
56. Shoo Fly



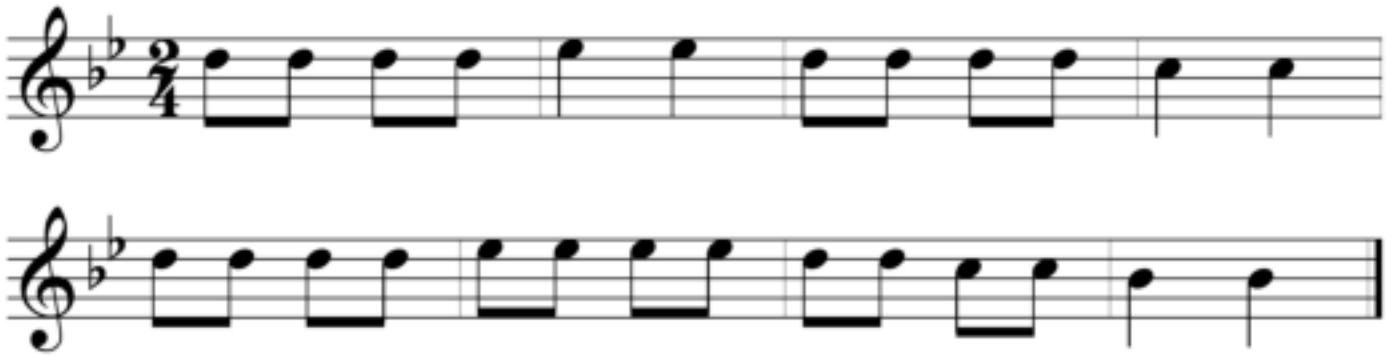
57. On the Bridge at Avignon



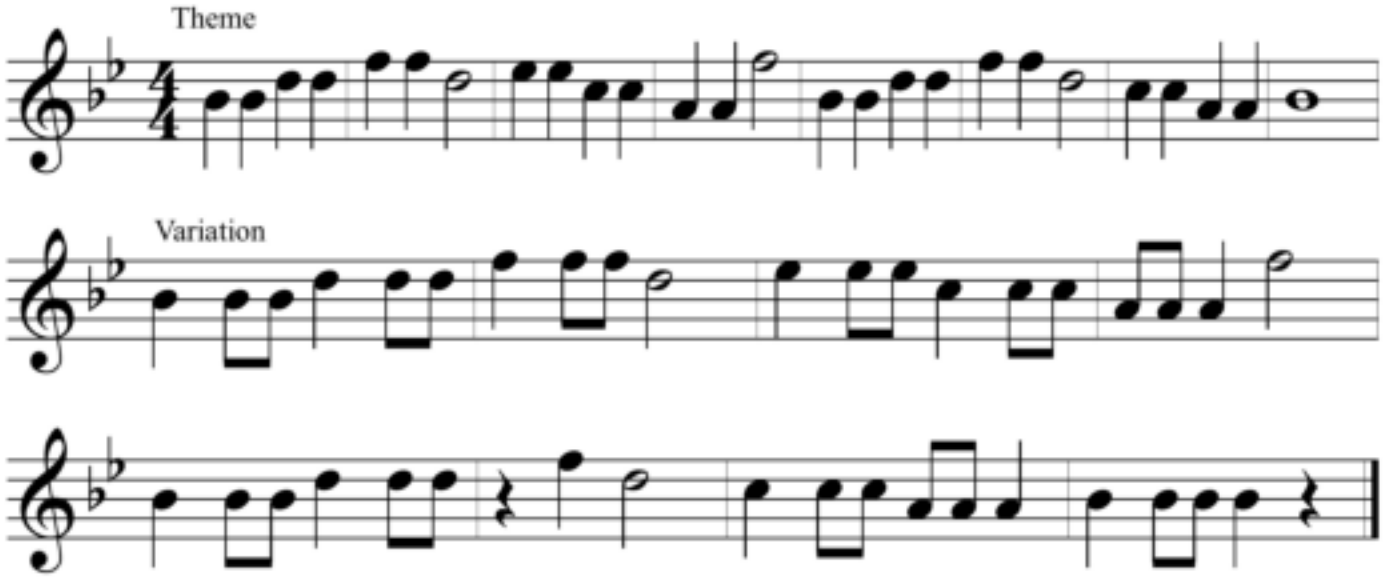
58. Lightly Row



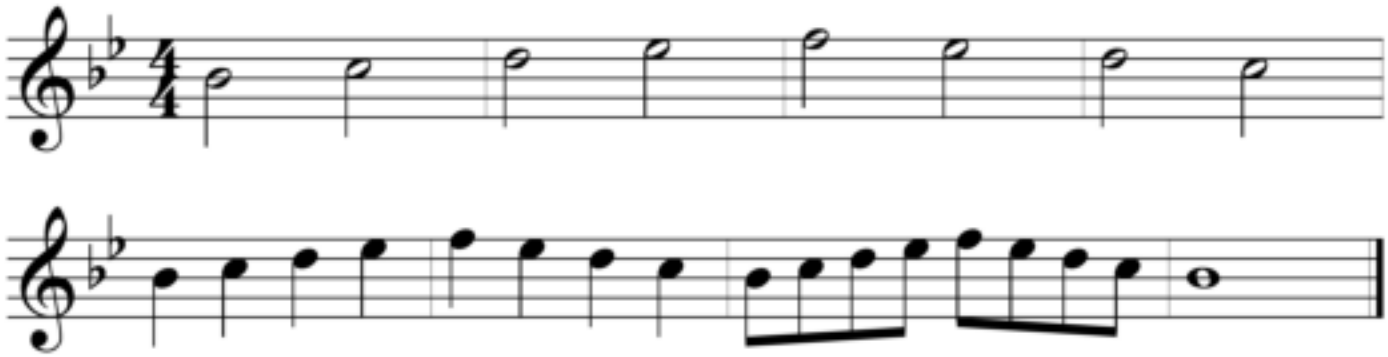
59. Bile Them Cabbage Down



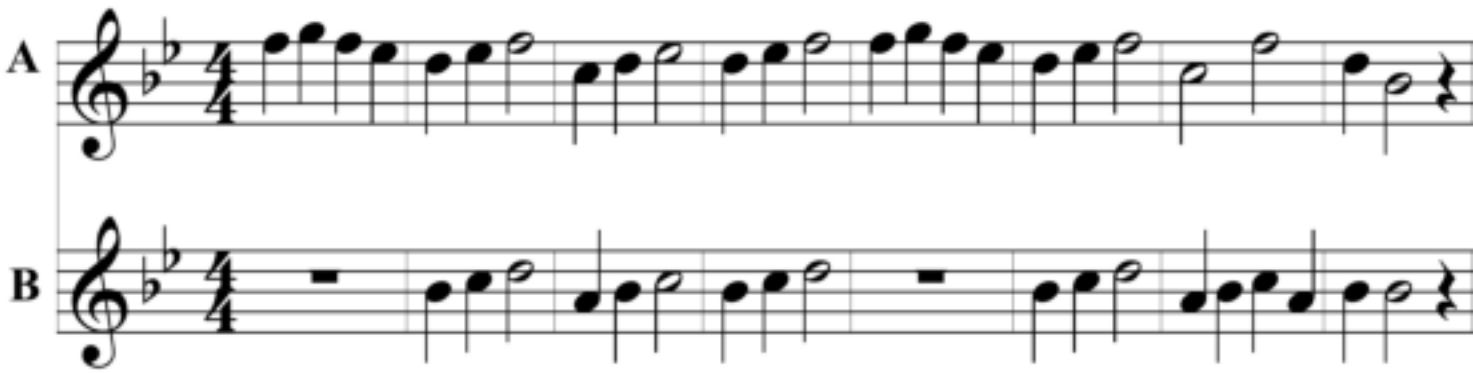
60. Surprise Symphony



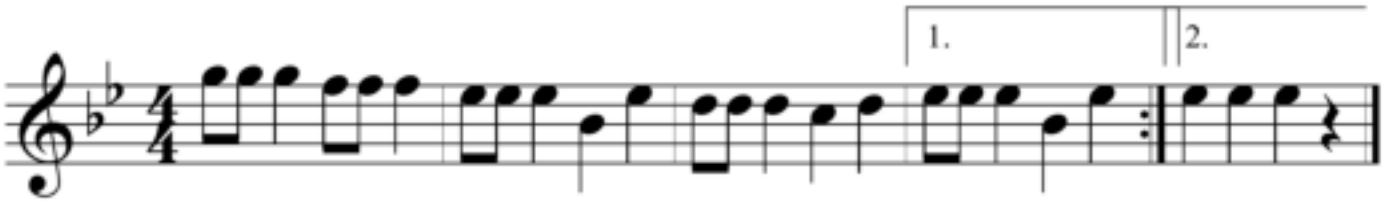
61. B-flat Five Note Scale Exercise



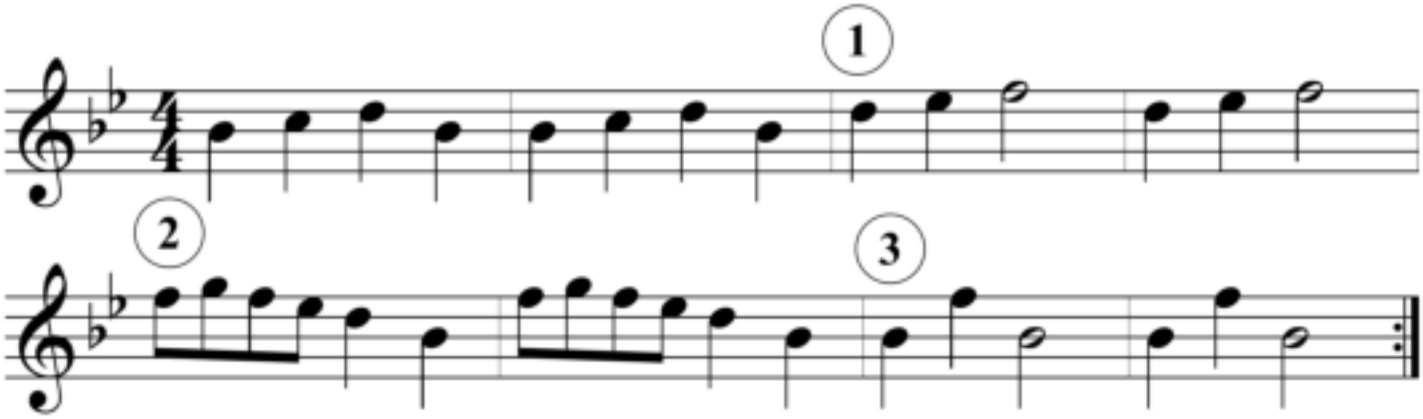
62. London Bridge (duet)



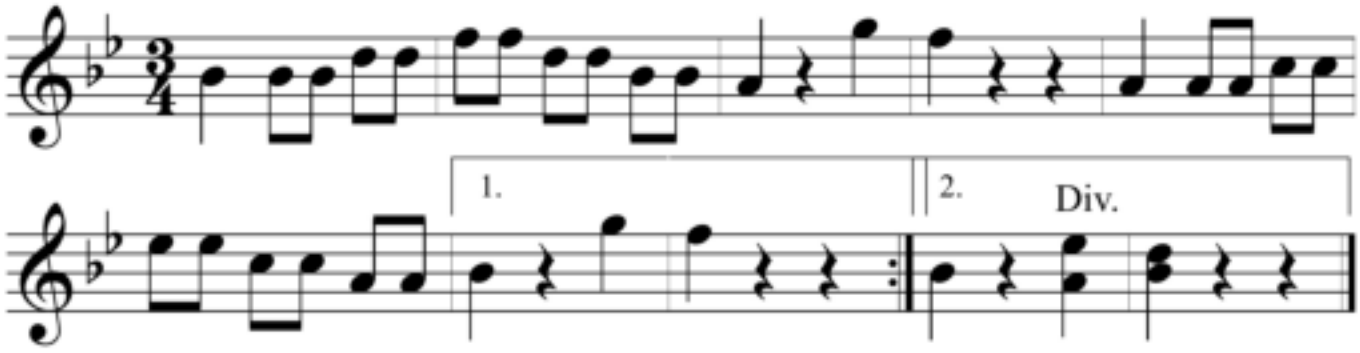
63. Stodola Pumpa



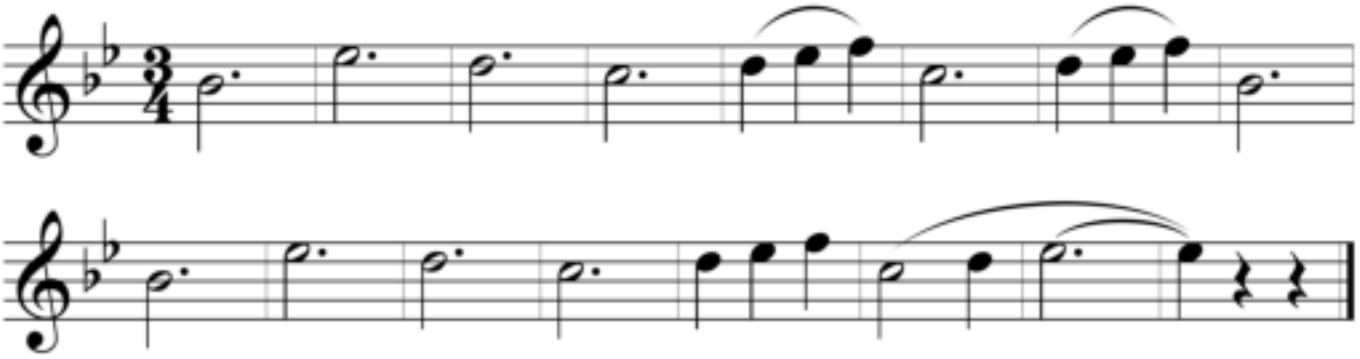
64. Frere Jacques



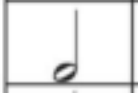
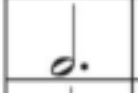
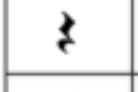
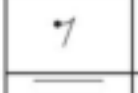
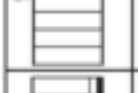
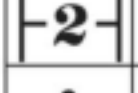
65. Mexican Jumping Beans



66. Southern Roses

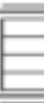
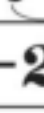


Musical Symbols We Know

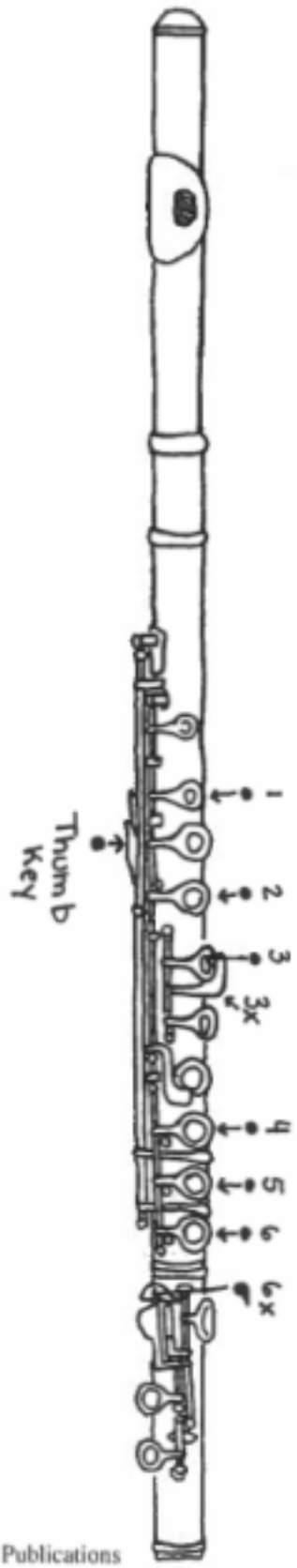
			
			
			
			
			
			

Treble Clef: Band

Musical Symbols We Know

	Whole note: Four beats of sound.		Treble Clef
	Half note: Two beats of sound.		Natural Sign
	Quarter note: One beat of sound.		Flat Sign: Lowers a pitch a half step.
	Eighth note: One half beat of sound.		Sharp Sign: Raises a pitch a half step.
	Pair of eighth notes: One half beat of sound each.		*piano*: Play softly.
	Dotted half note: Three beats of sound.		*forte*: Play loudly
	Dotted quarter note: One and one half beats of sound.		*mezzo-piano:* Medium-soft
	Half rest: Two beats of silence.		*mezzo-forte:* Medium-loud
	Whole rest: Four beats of silence.		Staccato: Short and separated.
	Quarter rest: One beat of silence.		Accent: Attack the note stronger.
	Eighth rest: One half beat of silence.		Tenuto/Legato: Full value, smooth and connected.
	Five-line musical staff.		Crescendo: Gradually get louder.
	Measure		Decrescendo: Gradually get softer.
	Barline: divides staf into measures.		Fermata: Hold the note longer than its original value.
	Final barline: Ends a piece of music.		Slur: Curved line that connects two or more notes of different pitches.
	Repeat sign: Repeat a piece or section.		Common Time: Shorthand for $\frac{4}{4}$
	Tie: Curved line that connects two or more notes of the same pitch.		
	Multi-Measure Rest: Rest for the number of measures indicated.		
	Breath Mark		

Treble Clef: Band



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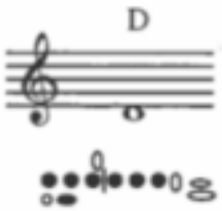
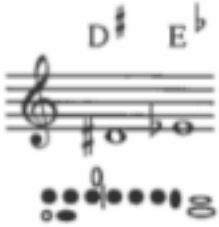
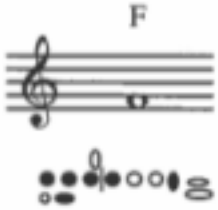
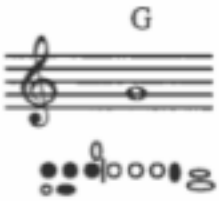
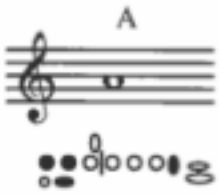
Flute Fingering Chart

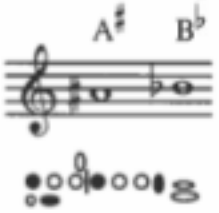


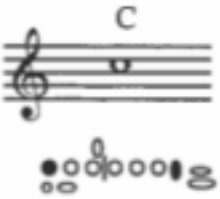


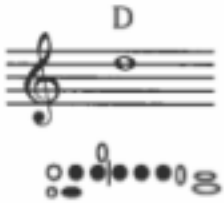


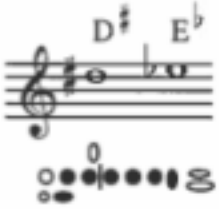


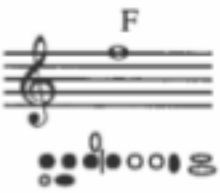


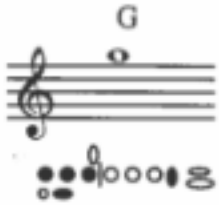


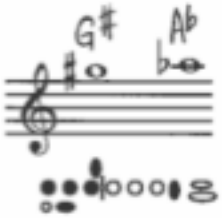


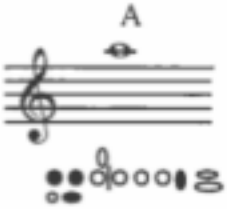


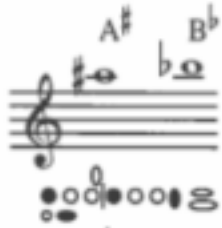












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