

Name: _____

“Practice Partner”: _____

Period: (circle one): 1 2 6

Fertitta Middle School Band

8 day “Foundation Builder” checklist - FLUTE

Mark / or ? Here

A	1	2	3	4
	5	6	7	8

B				

C				

D				

E				

F				

G				

H				

A. Assembly and Set-up

1. Keeping hands as close as possible, and always working back and forth as you push pieces together, assemble body joint and foot joint. Align the foot joint to the finger pads on the body joint.
2. Place the head joint onto the body joint. Line up the tone hole with the keys on the body joint.
3. Back the head joint away from the body joint approximately ½ to a full inch.*
* Exact distance will vary.

B. Posture

1. Feet flat on the floor.
2. Back away from the chair, sit on most forward part of chair.
3. Make sure back is straight at the bottom of your spine.
4. Open your shoulders and have chest “puffed” out.
5. Keep your head straight, check your chin position with your “L” hand.

C. Right Hand Position

1. Position right hand to the bottom of the instrument
2. Curve your fingers slightly into a soft “C” shape.
2. Maintaining the proper relaxed shape, place your 3 fingers on the last three circle keys at the end of the body joint. Your little finger belongs on the first key on the foot joint.
4. Relax muscles in fingers and wrist.
5. Feel the center of the circle key covered with the “fingerprint” of the finger.
6. Make sure your thumb stays straight, and it should be located directly below your index finger.

D. Left Hand Position

1. Place your thumb on the long straight key on the underside of the flute. Keep your thumb straight.
2. Rest the flute at the bottom crease of your first finger between the knuckle and first joint.
3. Find the appropriate keys to place your fingers:
Starting from the head joint, skip the first circle, place your index finger on the second key, skip the next key and place your second and third fingers on the next two available circle keys.
4. Keep your fingers relaxed and curved, not stiff.
5. Feel the center of the circle key covered with the “fingerprint” of the finger.
6. Keep fingers of both hands not being used to play, “hovering” over, but not covering the holes.

E. Instrument Position

1. Position the right hand on the bottom of the instrument, and the left hand on the top.
2. Bring the flute to your mouth without moving your head.
3. Check that instrument is parallel to the ground.
4. Position your elbows comfortably away from your body.

F. Embouchure

1. Shape your mouth as if saying “em.”
2. Firm the corners of your mouth, and slightly “pout” your lower lip.
3. Place the head joint on your chin, and position it so that the edge of the embouchure hole is at the bottom of the lower lip. The corners of the lower lip should rest against the embouchure plate.
4. Cover 1/3 of the embouchure hole with your lower lip.

G. Musical Articulation

1. Form the embouchure.
2. Take a full breath of air, and inhale the word “HOW” from the corners of your mouth.
3. Continuing the motion of the in-breath, immediately release the air though the instrument without stopping the air stream.
4. Begin the note or sound with a “doo” articulation. Keep your jaw and embouchure still.
5. Never end a note with the tongue stopping the air. Sounds should end with the taking of an inward breath. Keep embouchure firm until sound has stopped.

H. Tone Quality

1. The embouchure is well formed
2. The tone started with the syllable “doo.”
3. Tone quality and pitch resemble the model (from CD, or from instructor’s examples in class). One long, steady, air controlled tone. More tone, less “air” sound.
4. Posture promotes full breathing potential; hands and chin are positioned properly.