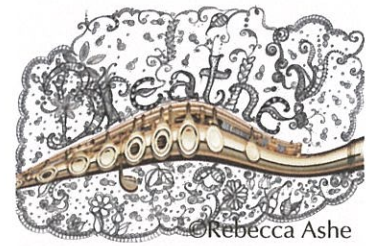


Creative Practice

“The world is full
of magic things,
patiently waiting
for our senses
to grow
sharper.”

AIR ARTISTRY
Awareness of:
1. Air Stream
2. Air Speed
3. Air Angle
4. Air Pressure
5. Air Volume



Creating your Sound

Include the following In Your Tone Cultivation Practice

Remember the “5 SECOND or longer rule...for connecting to any sound...”

Your love, passion, play : for creating sound and finding your expressive unique voice on the flute.

Listening: “4 Ears”: Physical, Mental, Emotional and Spiritual... & listening to great artists.

Starting and Endings: Every note and phrase has a BEGINNING -MIDDLE- ENDING. Sculpt your Sound.

Harmonics and Ha Ha's: Harmonics to refine and develop listening to full spectrum of sound possibility . Ha Ha's. to engage the power of breath and connect to the muscles that move the breath, helps to center the embouchure and the tone. Remember that the ear (listening) and air (body) are our first priority.

Vibrato & Vowels: connection to vibrato via- “ha ha” varying speed & amplitude, deep breath pulse to feel air and wave movement. Use vowels, ahh, oh ,ooo, e, to color and shape the sound in a supple, colorful and flexible way.

Dynamics & Colors: Practice using specific dynamics and be able to sustain the dynamic color through a note or phrase.

Whistle Tones, Flutter Tongue, Sing and Play: Add these in your daily practice to encourage a subtle sensation in your air and embouchure, to free the tongue and air, to become sensitive to your vocal chords/folds/throat as you play.

Awareness & Articulation : of Tongue, Jaw, Oral Cathedral, Soften muscles of Tongue -Throat-Neck- Shoulder area, .

Feel expansion in Resonating Ribs. Organize around your spine and allow for movement through the length and width of your whole body. Articulation: use different styles of articulations: legato, staccato, accented, lifted... and vary them as you practice. Also practice your single double, triple tonguing in specific rhythms to

Feel and be moved: by what you are playing... How does your body want to move?

Mirror, Tuner, Metronome, Record/Video Self:

Ears first, Listening!

Check in and use these truth telling tools.