

Mr. Gilbert's Routine

Be very analytical in your studies,
Be your own teacher! - Mr. Gilbert

Gilbert Routine:

Tone Studies: 45 min. to 1 hour

Vary your Tone Development Materials. Moyse (De La Sonorite & Tone Development Through Interpretation) Trevor Wye.

Technique: 1/2 hour part A & 1/2 hour part B = 1 hour

Part A: 1/2 hour Start at a slow speed with Metronome.
Goal tempo is quarter = 120.

Major Scales full range of flute to high D.

Harmonic Minor Scales full range of flute to high D.

Melodic Minor Scales full range of flute to high D.

Whole Tone Scales full range of flute to high D.

Major Thirds - full range of flute to high D

Chromatic Exercise - See Mr. Gilbert's Chromatics

Arpeggios - Maj., min., Dom. & Dim. 7ths - Full range.

Part B: Indispensable Daily Studies. 1/2 hour

For Example: Taffanel & Gaubert - 17 Big Daily Studies,
Reichert - 7 Daily Studies, Maquarre - Daily Studies.

Etudes: 30 min. Choose 2 per week and move on to new ones even if you have not perfected, mark ones you need to go back to. Mr. Gilbert suggested that you be very analytical in the study of your Etudes/Studies. He believed we should be allowed to cover more material.

His Favorite: Andersen - Op. 15,33,60,63. Boehm- 24 Caprices. Drouet - 25 Studies. Karg-Elert - Caprices.

Solo Pieces: 30 min. Choose one Piece per month and or some Orchestral Excerpts.

Practice Schedule may vary depending on if you are preparing for a Recital or auditions.

This Exercise is from From G.Gilbert's, Technical Flexibility for Flutists.

Mr. Gilbert's Chromatics

C1-E1, up and down

C1-G#1, up and down

C1-C2, up and down

C1-E2, up and down

C1-G#2, up and down

C1-C3, up and down

C1-E3, up and down

C1-G#3, up and down

C1-C4, up and down

More Ideas: Buy and use The Gilbert Legacy- Angelita Floyd

Listen: About Mr. Gilbert <http://www.larrykrantz.com/>

Taffanel & Gaubert - 2 Week Schedule

By concentration on precision, one arrives at technique,
but by concentrating on technique one does not arrive at precision... ~ Bruno Walter

Week 1

day 1: #1 - Major Tetrachords & #6a - scales in 3rds

day 2: #2 - Minor Tetrachords & #6a - scales in 6ths

day 3: #3a - Scales, duple & #7 Finger Patterns

day 4: #3b - Scales, triple & #8 Arpeggios (low to high)

day 5: #4 - Scales, maj. & min. & #9 Arpeggios (h-low)

day 6: #5 - Chromatics & #10 Arpeggios (progressions)

day 7: Choose a day off !

Keep going... you can do it !

Here is a great way to complete the 17 Big Daily Finger Exercises, our **Flute Bible of Technique** by Taffanel and Gaubert every two weeks. Remember it is very important **HOW** you practice. Be mindful, heartfelt, bodyful, earful, soulful and beautiful in your practice! Enjoy!

Week 2

day 8: #1 - Maj. Tetrachords & #11 - broken Arpeggios

day 9: #2 - Min. Tetrachords & #12 Arpeggios 7th chords

day 10: #3a - Scales, duple & #13 - Broken Arpeggios

day 11: #3b - Scales, triple & #14 - Dominant 7th Chords

day 12: #4 - Scales, maj. & min. & #15 & #16 chromatic

day 13: #5 - Chromatic Scales & #17 - Trills

day 14: Choose a day off !

More Ideas: Try the Taffanel & Gaubert in Mr. Debost's book!

Listen: Michel Debost, Flute - Panorama

Look: The Simple Flute A to Z. by Michel Debost