

Name \_\_\_\_\_

**St. Mary Magdalene Catholic School Band**

# **Flute Daily Practice Homework Routine 1**



Practice this page every day.

Find somewhere quiet and well lit where you can practice.

Follow the **THREE BAND RULES**: 1. Sit on the edge of your chair. 2. Feet flat on the floor. 3. Hold still.

### **1. COUNTING AND BREATHING EXERCISES**

Always count out loud in your mind. \* Get fat not tall. \* Ha on the inside or Hop. \* Keep your shoulders frozen.


- Breathe in for 8 counts, out for 8 counts (4 Times)
- Breathe in for 4 counts, out for 4 counts (4 Times)
- Breathe in For 2 counts, out for 2 counts (4 Times)
- Breathe in for 1 count, out for 1 count (4 times)

### **2. SIZZLE EXERCISES**

Make a fist, gently place it on your tummy. Take your other hand and place it over your fist. Then...

Count in your mind as you breathe in for 3 counts, sizzle out for 5 counts (4 Times)


*B R E A T H E*                      *SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS*



1   2   3      1   2   3   4   5

Count in your mind as you breathe in for 1 count, sizzle out for 8 counts (4 Times)

*BREATHE*    *SSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS*




1   1   2   3   4   5   6   7   8


### **3. HEAD JOINT PRACTICE – Do this with your mirror.**

- Think letter ‘‘P shape’’
- Bottom lip should be smooth and slightly puffy.
- Form and oval opening.

Count in your mind as you play for 4 counts. At the time you say ‘‘rest -2-3- 4’’ your sound stops. At the time you say ‘‘rest -2-3- 4’’ your sound stops as you freeze.

Cover the End 

(4 Times)    1   2   3   4   Rest 2   3   4

Uncover the End 

(4 Times)    1   2   3   4   Rest 2   3   4

#### 4. FIRST NOTES

B flat (Bb)      C      D

E flat (Eb)      F

- A)   
 1 2 3 4 Rest 2 3 4 1 2 3 4 Rest 2 3 4 1 2 3 4 Rest 2 3 4
- B)   
 1 2 3 4 5 6 7 8 Rest - 2- 3- 4 1 2 3 4 5 6 7 8 Rest - 2- 3- 4 1 2 3 4 5 6 7 8 Rest - 2- 3- 4

#### 5. PUTTING IT ALL TOGETHER

Do not move between notes, hold still. Freeze at the end of each line for 4 counts.

A)   
 Rest 2 C B      Rest 2 C B

B)

#### 6. LONG TONES WARM UP – Play 5 times



Be sure to log your practice time.