

THE  
BASIC BAND BOOK

a project by Mr. Glynn

FLUTE

THIS BOOK BELONGS TO \_\_\_\_\_



Before we begin...

YOU ARE **CREATIVE**

YOU ARE A **MUSICIAN**

YOU **CAN** DO THIS

# THE MUSICAL ALPHABET

FORWARDS →

← BACKWARDS

E F G A B C D E F G A B C

A  
G B  
F C  
E D

A B C D E F G F E D C B A

## Q & A

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- 1) What letter comes after **G** ?
- 2) When we move *forwards* in the alphabet, does the sound go up or down?
- 3) When we move *backwards* in the alphabet, does the sound go up or down?

## PENCIL GAMES

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*WITHOUT* looking at the previous page, fill in the missing letters:

*forwards:*

1) **A** \_ \_ **D** \_ \_ \_ \_ **C** \_ \_

2) **E** \_ \_ \_ **B** \_ \_ \_ **F** \_ \_ \_

*backwards:*

3) **C B** \_ \_ **F** \_ \_ \_ \_ **A** \_ \_

4) **F** \_ \_ \_ \_ **G** \_ \_ \_ **C** \_

**BAND @ HOME**

[www.BasicBand.info](http://www.BasicBand.info)

- 1) Use the video online to help you.
- 2) Say the Musical Alphabet forwards and backwards 5 times in a row perfectly without looking at it.
- 3) Challenge your friends and family to say the Musical Alphabet forwards and backwards and see who can do it well.

# BREATH SUPPORT

**Breath Support:** how we use our air to play a wind instrument.

**Use your stomach to push the air up and out of your body.**

## **BUILDING LUNG CAPACITY** \_\_\_\_\_

1) Breathe air **IN** like you are whispering the letter **O**

2) Breathe air **OUT** like you are whispering the word **TOE**

**ALWAYS DO THIS WITH EXCELLENT POSTURE**

**USE AS MUCH AIR AS POSSIBLE**

**SITTING UP STRAIGHT & TALL**

**KEEP YOUR SHOULDERS RELAXED!**

## BREATHING EXERCISES

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*At the same speed as the second-hand of a clock:*

- 1) Breathe **IN for 4** counts      **OUT for 4** counts
- 2) Breathe **IN for 3** counts      **OUT for 5** counts
- 3) Breathe **IN for 2** counts      **OUT for 6** counts
- 4) Breathe **IN for 1** count      **OUT for 7** counts

*MAKE UP SOME OF YOUR OWN COMBINATIONS!*

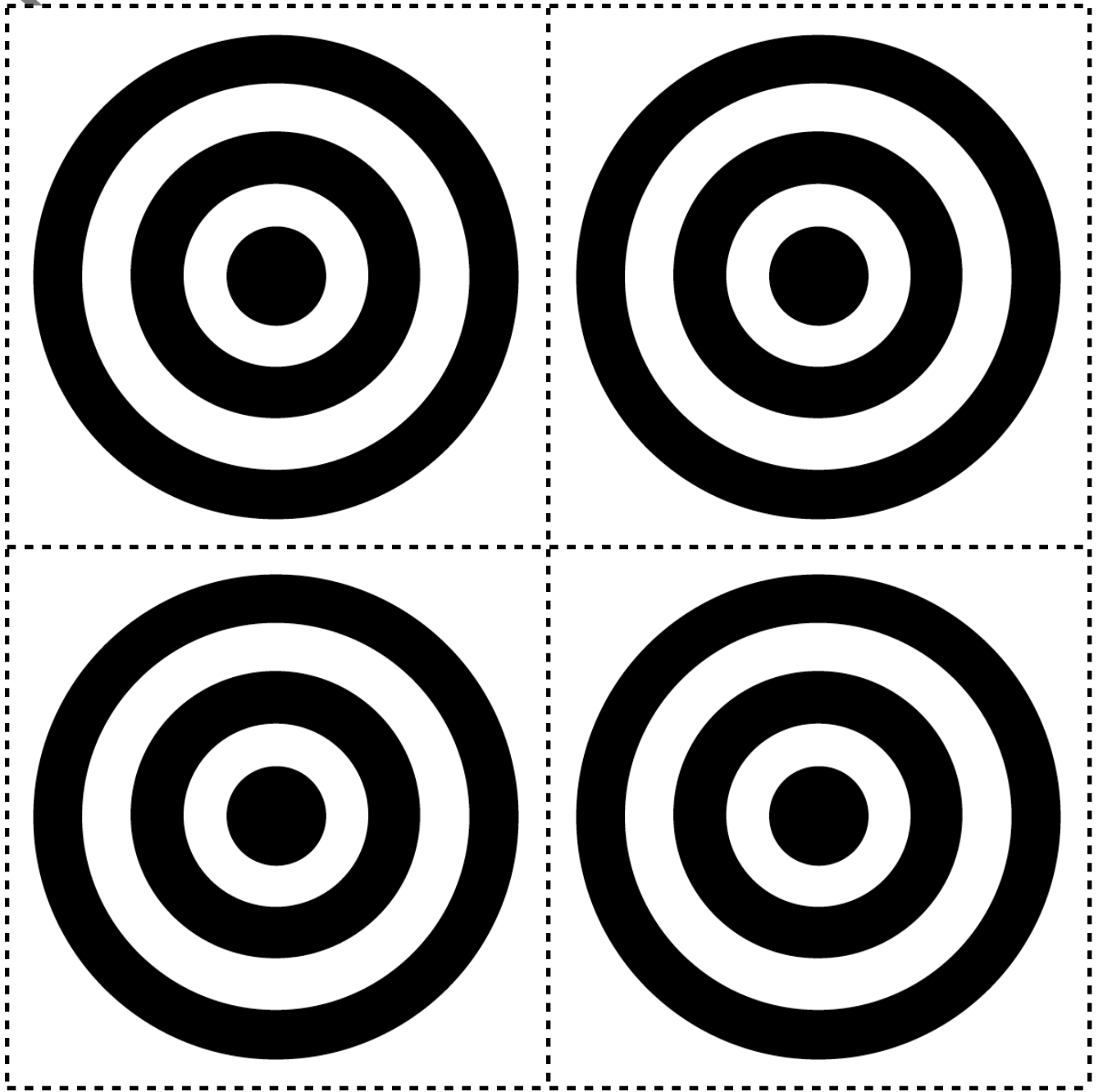
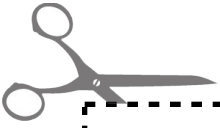
**BAND @ HOME**

[www.BasicBand.info](http://www.BasicBand.info)

- 1) Carefully cut out the four bulls-eyes on the next page.
- 2) Challenge your friends and family to see who can blow a bulls-eye against the wall for the longest amount of time (aim right for the center!).
- 3) Go through the steps above sitting with good posture.









# SOLFÉGE SYLLABLES

FA SO LA TI DO RE MI FA SO LA TI DO RE



MINOR



MAJOR

## REMEMBER THIS

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- 1) Music always has a *resting tone*, or the *tonic*, or the *home note*
- 2) The resting tone in Major tonality is **DO**
- 3) The resting tone in minor tonality is **LA**

**BAND @ HOME**

**[www.BasicBand.info](http://www.BasicBand.info)**

- 1) Practice speaking through the solfège syllables forwards and backwards

# FLUTE EMBOUCHURE

**Embouchure:** how to form your mouth to play an instrument.

## THE FOUR STEPS

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1) Close your mouth so that your lips are together and make a line.

*Hint: Say "Em"*

2) Bring the head joint to your mouth and press the circle against your lips.

3) Roll the head joint down and away from you until you feel the edge of the tone hole resting on your lip-skin line.

4) Take a deep breath and blow out air like you're saying "pooh". Remember to use a tight and fast air stream.

**BAND @ HOME**

**[www.BasicBand.info](http://www.BasicBand.info)**

1) Go through all of the steps above. Watch the video to help you.

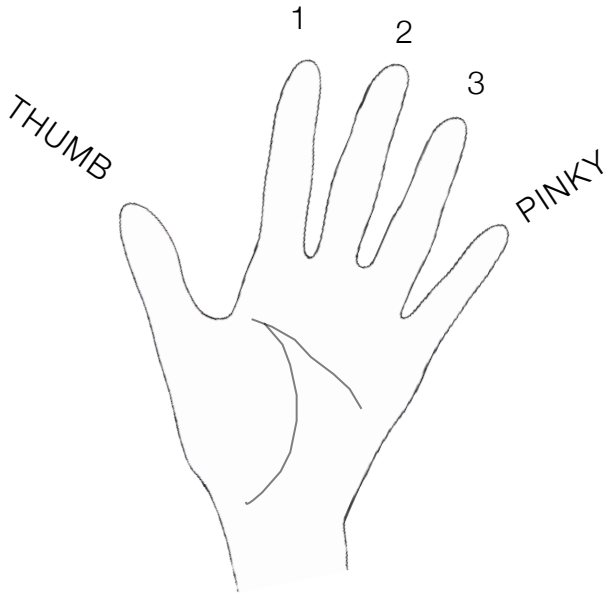
2) Use a mirror to see what your embouchure looks like, and try to copy the pictures on the next page.

3) Make a good sound on the head joint 5 times in a row, taking it away from your mouth after each time.

# GOOD EMOUCHURE ---

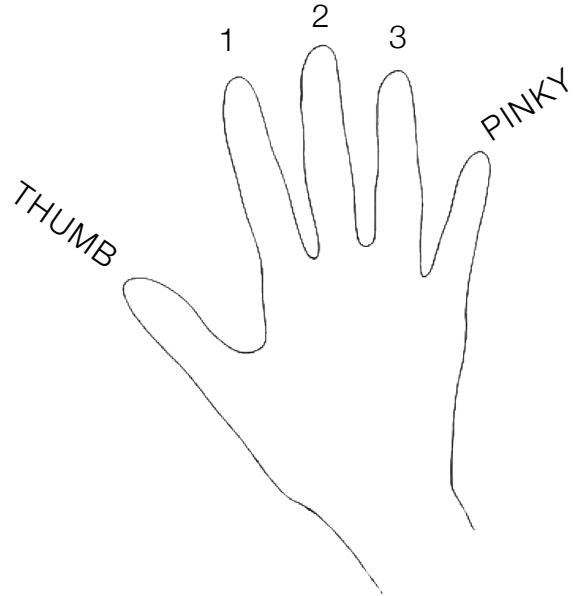


# HOLDING THE FLUTE



**LEFT HAND**

PALM  
FACING  
TOWARDS  
YOU



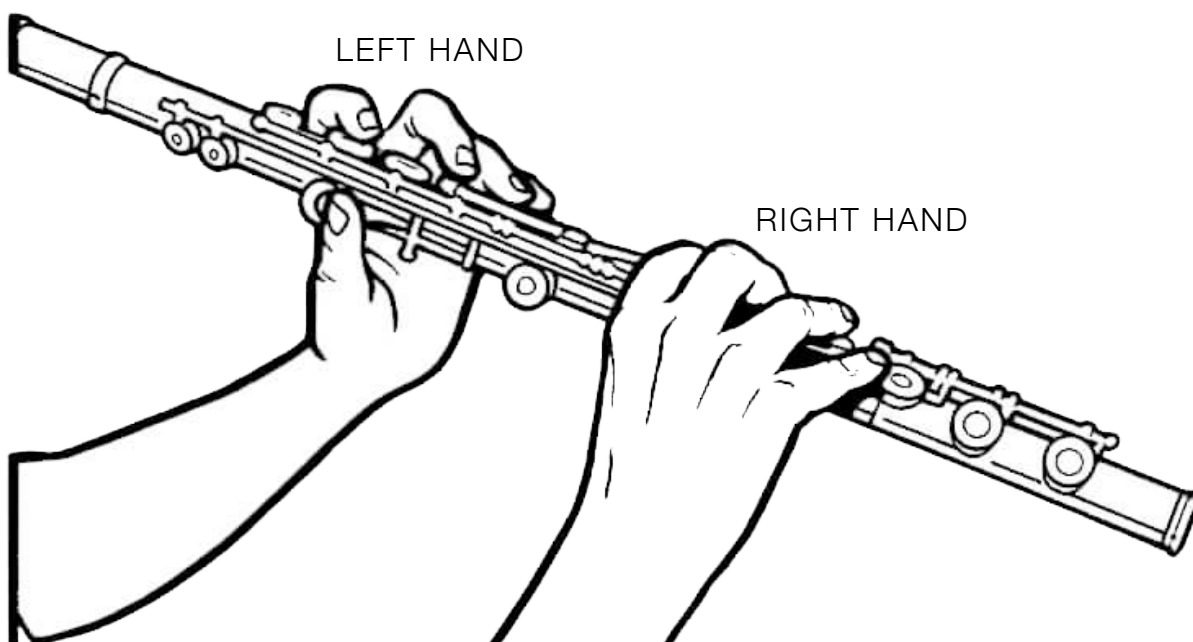
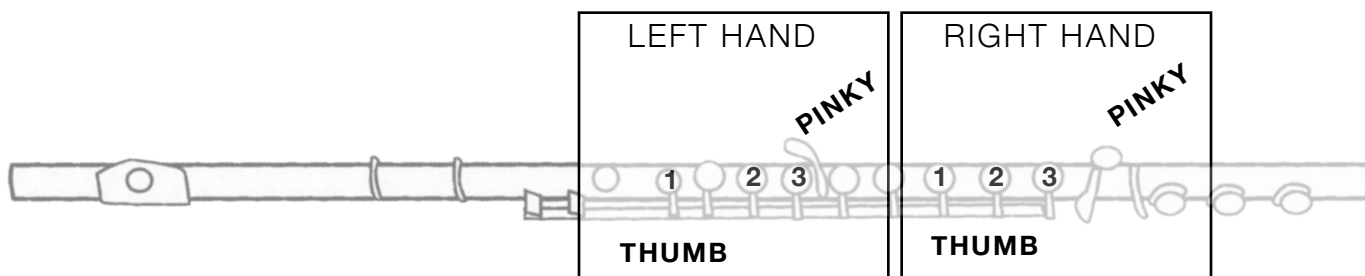
**RIGHT HAND**

PALM  
FACING  
AWAY FROM  
YOU

## HELPFUL HINTS

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- 1) Your right hand should be holding the imaginary cheeseburger.
- 2) When lifting fingers off the keys, keep them as close to the keys as possible.
- 3) The weight of the flute is held in two places:
  1. *Right hand thumb*
  2. *Base of your first finger in the left hand*



**BAND @ HOME**

[www.BasicBand.info](http://www.BasicBand.info)

- 1) Use the video online to help you.
- 2) Make a sound with only your right hand fingers down.
- 3) Make a sound with only your left hand fingers down.





# PLAYING POSITION

## THE FOUR STEPS

Start with good posture, then...

- 1) Turn slightly to the left.
- 2) Tilt your head slightly to the right.
- 3) Elbows up and out (not too far!).
- 4) Shoulders relaxed.



**BAND @ HOME**

[www.BasicBand.info](http://www.BasicBand.info)

- 1) Use the video online to help you.
- 2) Go through the steps above every time before you play.

# TONGUING

**Tonguing:** how we start the sound with the tongue

## HOW TO TONGUE

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- 1) Say the word **TOO**.
- 2) You will feel your tongue go against the back of your top teeth.
- 3) Say **TOO** 3 times in a row, *connected*, then *separated*.
- 4) Do it again, but with your *airstream only* (no voice).
- 5) Do this same thing on the flute headjoint.

## TROUBLESHOOTING

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- ▶ Do this exercise, but put your palm in front of your mouth to see if you can feel air coming out the entire time.

## CONNECTED

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Should sound like this:

**TOOOOOOOO–TOOOOOOOO–TOOOOOOOO**

*Don't breathe in between. This should be **one** breath out!*

## SEPARATED

---

Should sound like 3 *separate* sounds:

**TOOOO**

↑  
(silence)

**TOOOO**

↑  
(silence)

**TOOOO**

**BAND @ HOME**

**[www.BasicBand.info](http://www.BasicBand.info)**

- 1) Go through all of the steps above. Watch the video online to help you.
- 2) Play both *connected* and *separated* rhythms.
- 3) Play different rhythms for someone at home and see if they can tell if it is *connected* or *separated*.

# FLUTE FINGERINGS

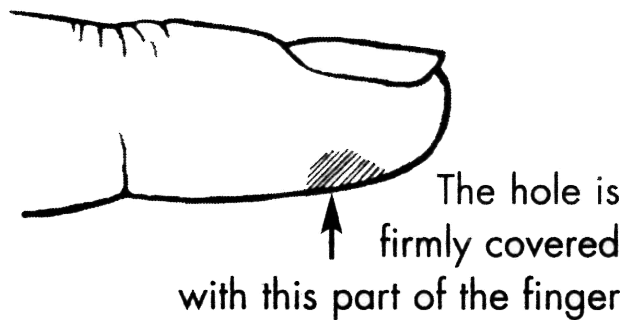
## ALWAYS REMEMBER

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- 1) Keep your fingers close to the keys, always ready to push down.

## FINGER POSITION

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This is the specific part of the finger which covers the keys. If your finger does not cover the key properly, air will escape and it will cause shrill and squeaky noises when playing.

**BAND @ HOME**

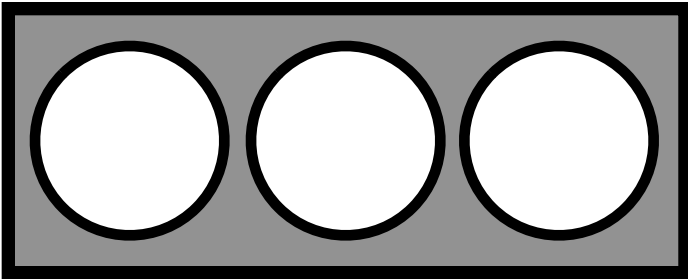
[www.BasicBand.info](http://www.BasicBand.info)

- 1) Use the video online to help you.
- 2) Ask someone to watch you play these notes and have them look to see if your fingers are staying close to the keys or coming off too far.

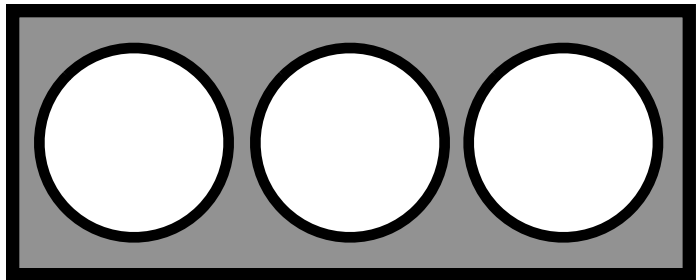
B A G

F E D

LEFT HAND



RIGHT HAND



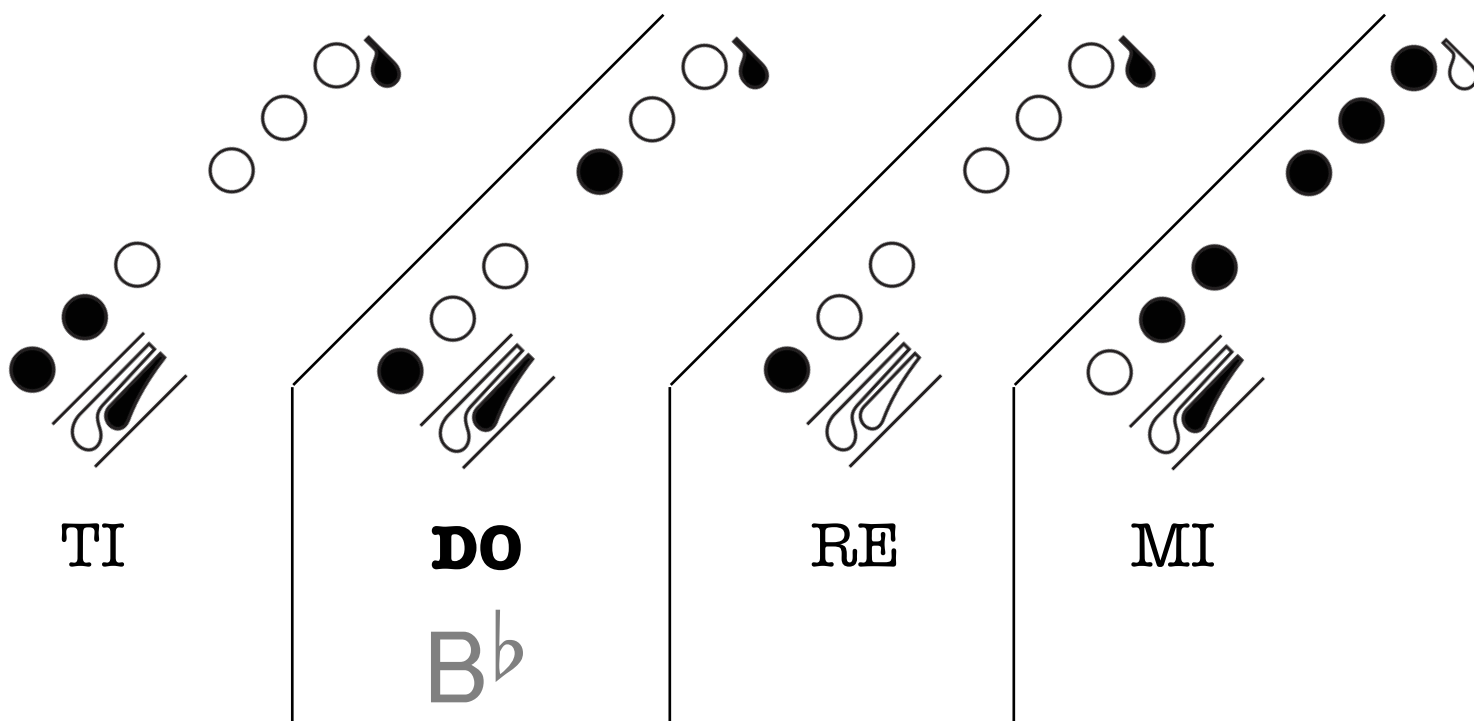
PINKY



THUMB



B<sup>b</sup> is DO

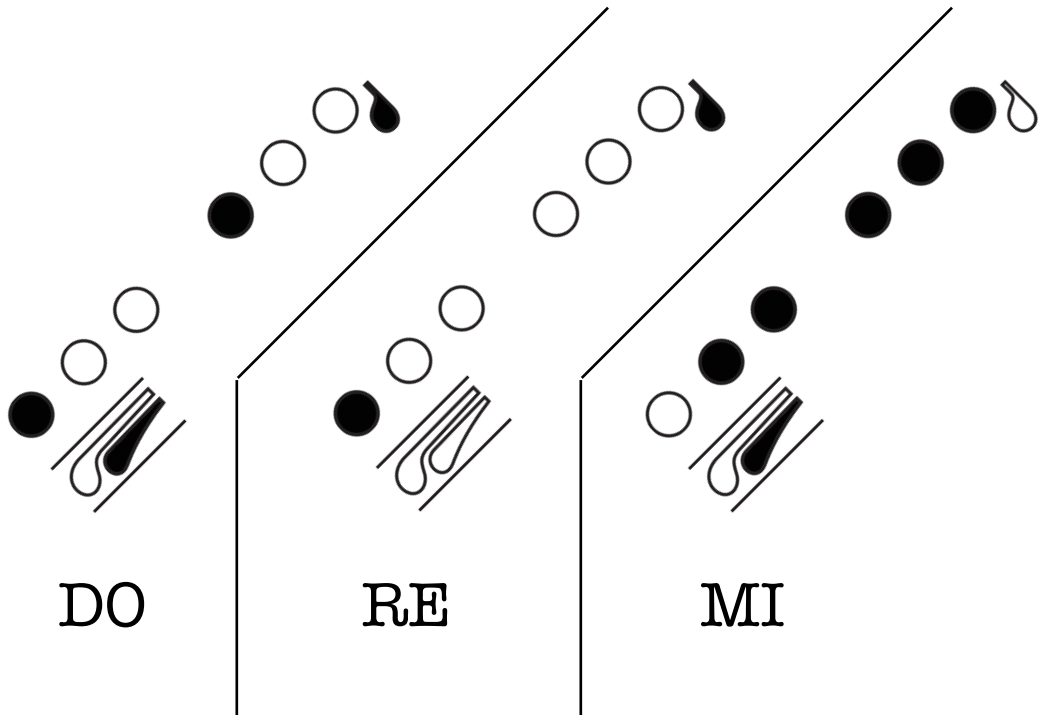
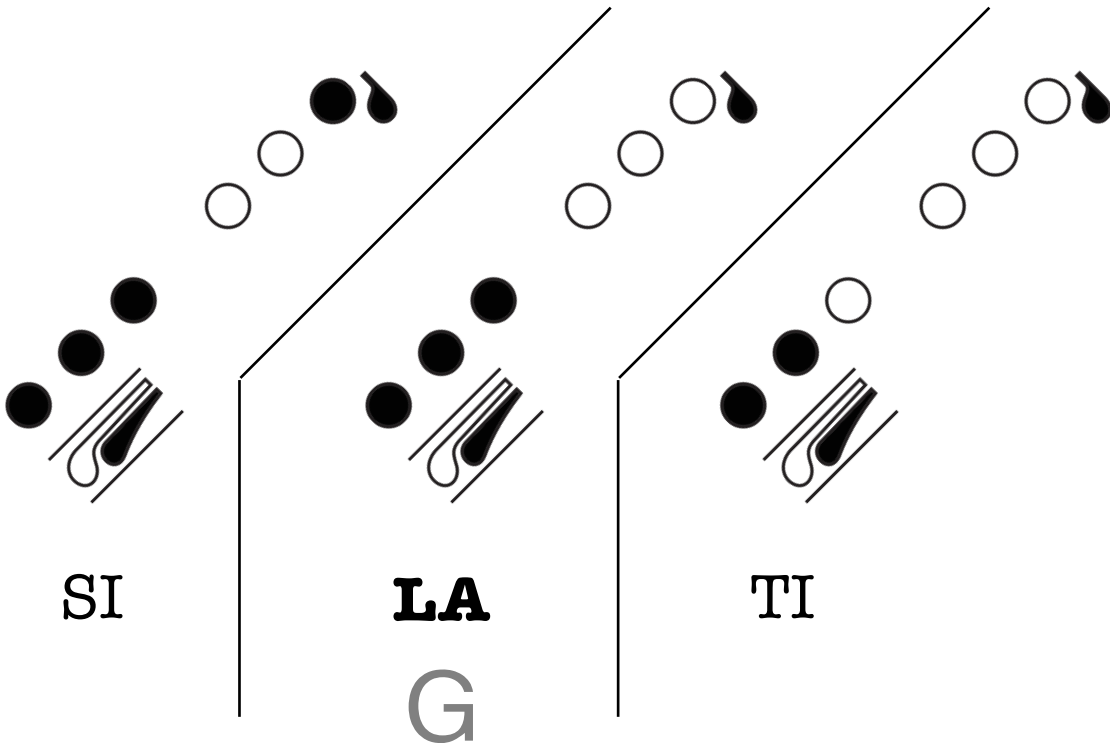


## Q & A

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- 1) Is this **Major** or **minor**?
- 2) Which note is your *resting tone*?

G is LA

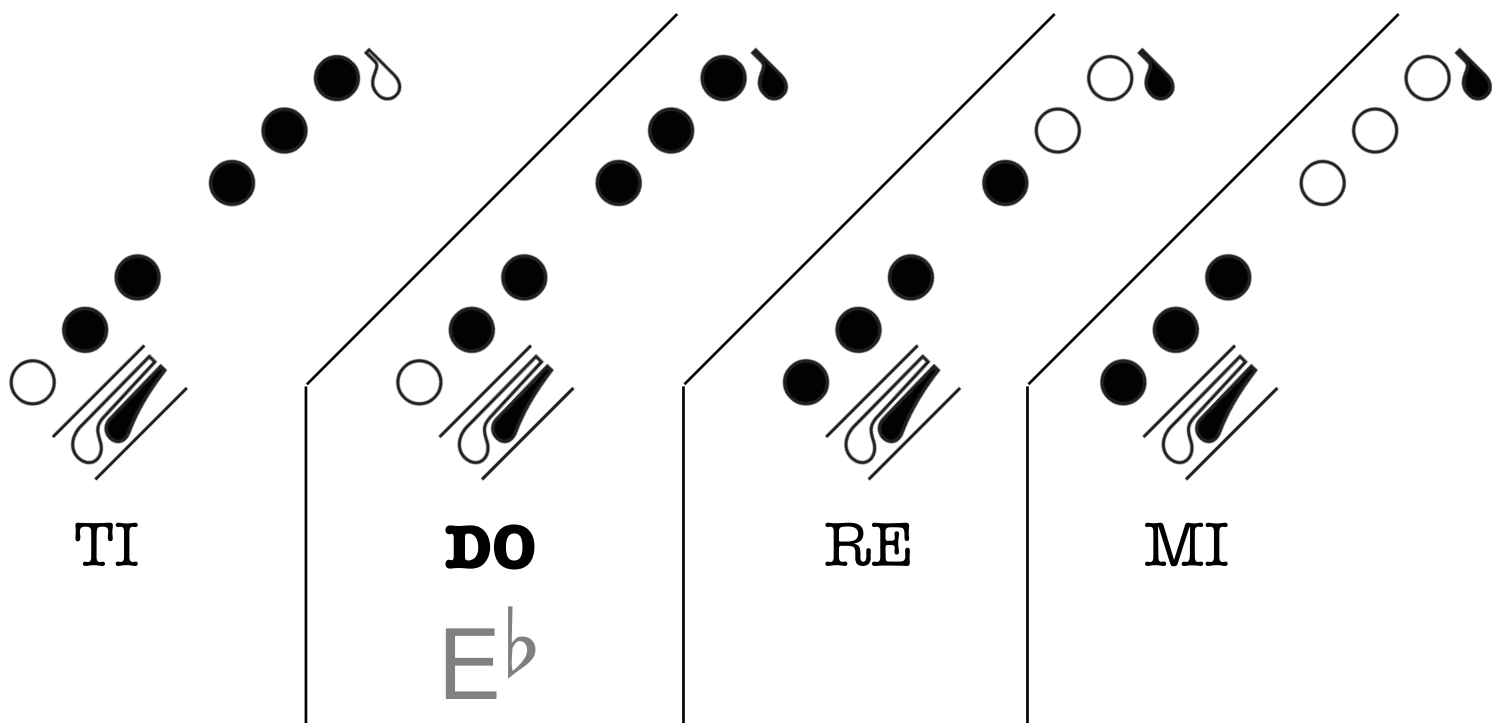


## Q & A

---

- 1) Is this **Major** or **minor**?
- 2) Which note is your *resting tone*?

E<sup>b</sup> is DO



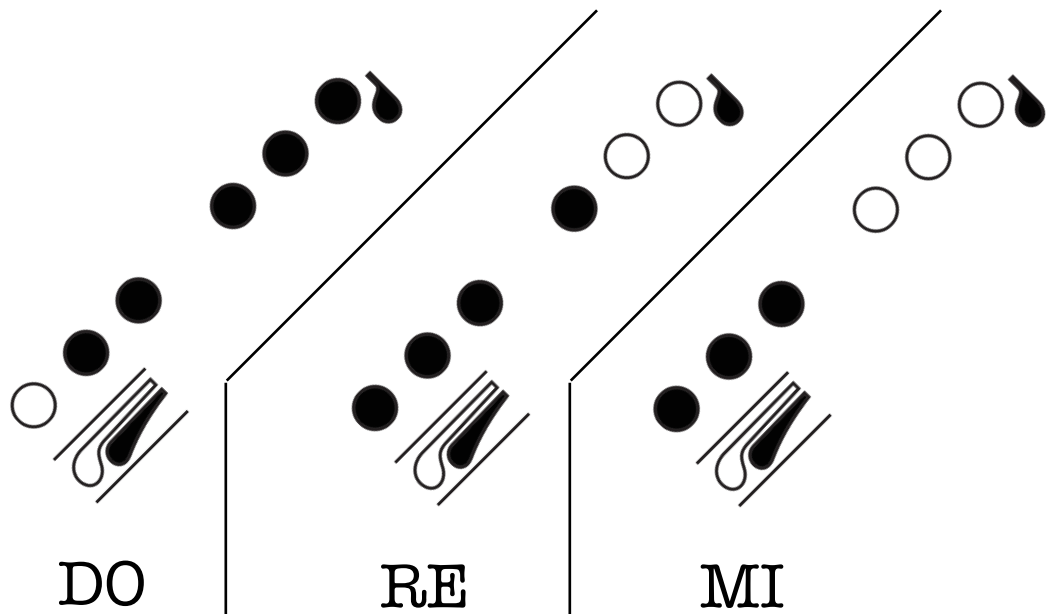
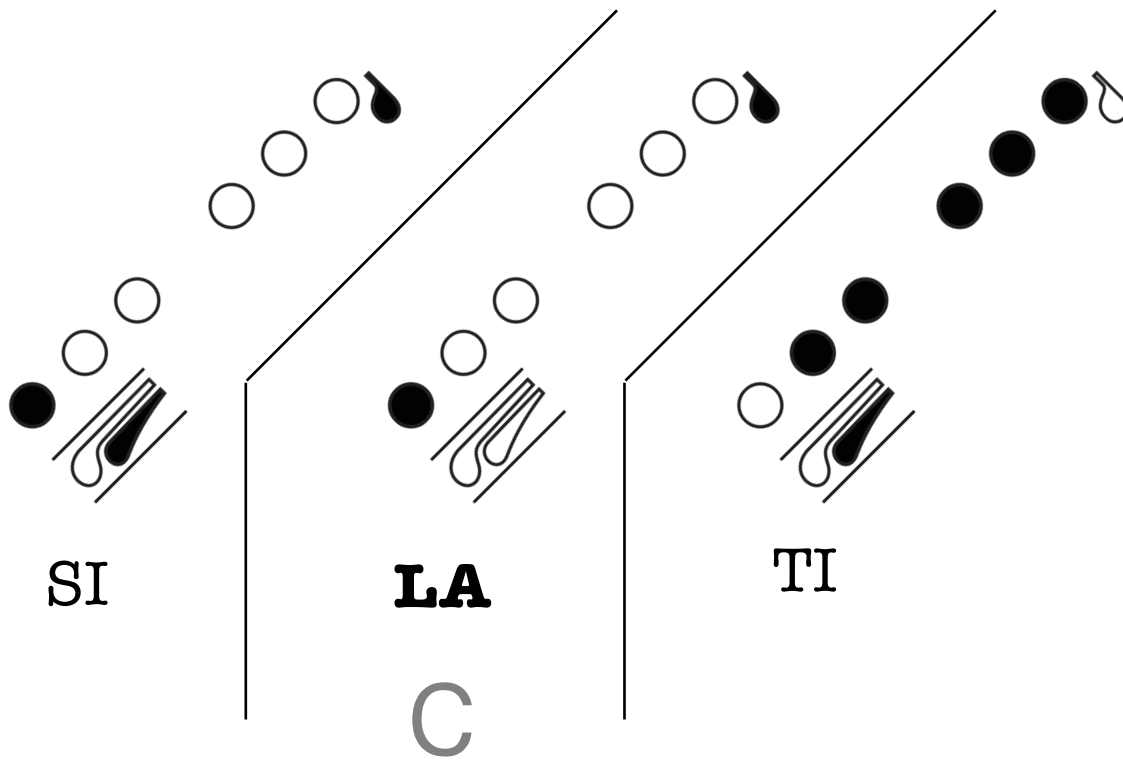
## Q & A

---

- 1) Is this **Major** or **minor**?
- 2) Which note is your *resting tone*?



C is LA



**Q & A**

- 1) Is this **Major** or **minor**?
- 2) Which note is your *resting tone*?

# CHROMATIC SCALE

**A#**

OR

**B<sup>b</sup>**

**B**

**C**

**C#**

OR

**D<sup>b</sup>**

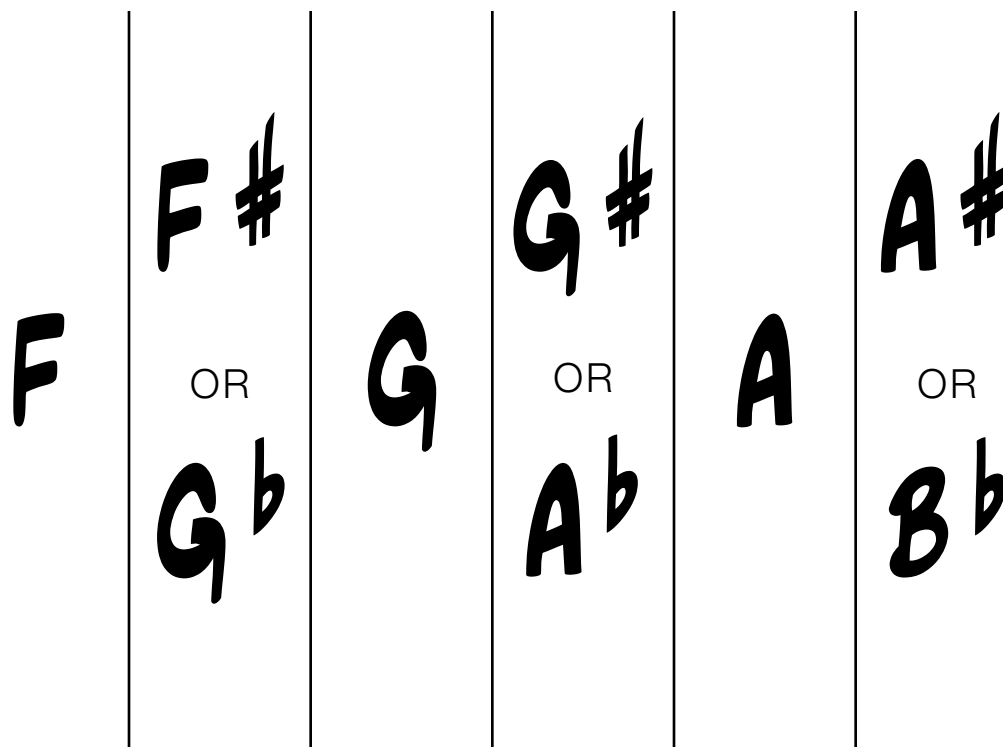
**D**

**D#**

OR

**E<sup>b</sup>**

**E**



## ALWAYS REMEMBER ---

- 1) The Chromatic Scale is when you play every note on the instrument, in order, up or down.
- 2) When you go up, use sharps (#). When you go down, use flats (b).
- 3) It can start and end on any note.

# MUSIC NOTATION

just like you take **notes** to help you remember what your teacher told you, we also have **notes** in music. They exist to remind you of what you have already learned.

It is called **Music Notation**.

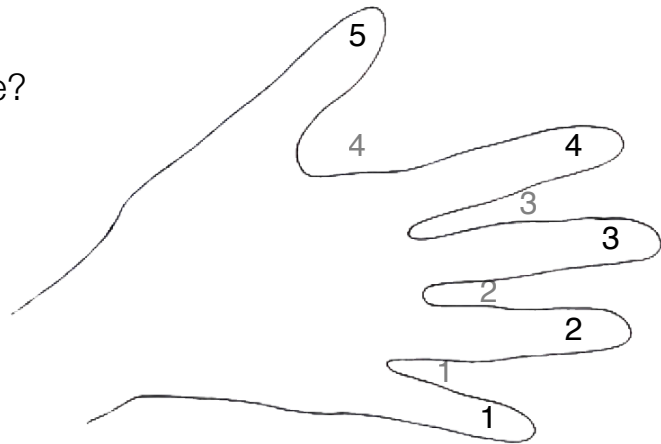
**BAND @ HOME**

[www.BasicBand.info](http://www.BasicBand.info)

- 1) Watch the Lesson for Everyone video called “Music Notation” to be sure you understand it.

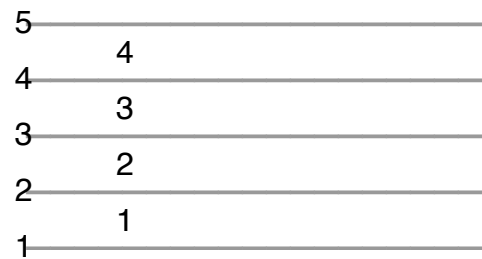
## STEP 1

- Hold out your hand.
- How many fingers do you have?
- How many spaces in between those fingers?



## STEP 2

- Just like you have lined paper to write notes on, we also have a special type of lines, called a **music staff**.
- The staff has 5 lines, and 4 spaces in between the lines... just like your hand.



## STEP 3

- Let's recall some of the solfège syllables:

SO  
FA  
MI  
RE  
DO  
TI  
LA

## STEP 4

---

- We can make any line or any space on the staff **DO**
- The picture below shows **DO** on the 3<sup>rd</sup> line



- As long as we know where **DO** is, we can figure out where everything else is

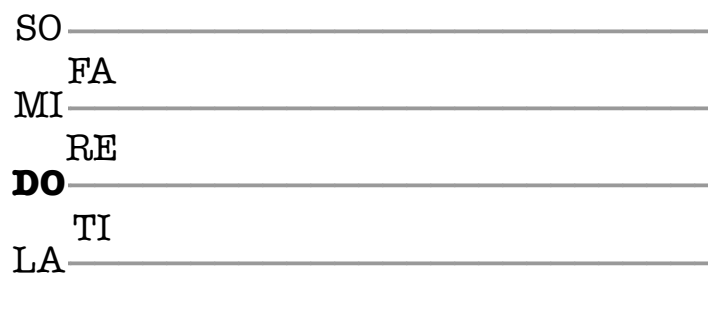
## STEP 5

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- When we write notes on the music staff, they alternate between lines and spaces:

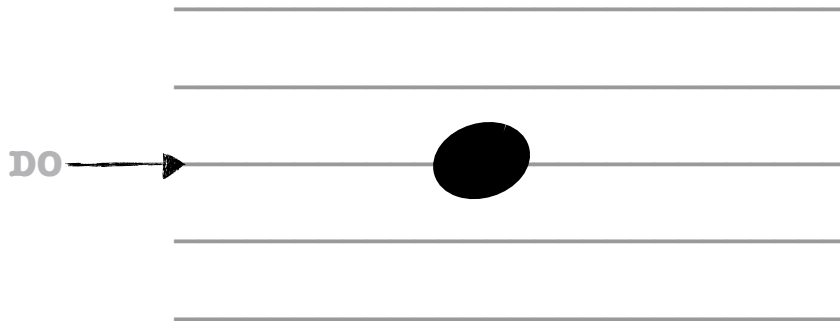
*line – space – line – space – line – space – line – space – line*

- Think about what the solfège syllables for the rest of the lines and spaces are going to be.



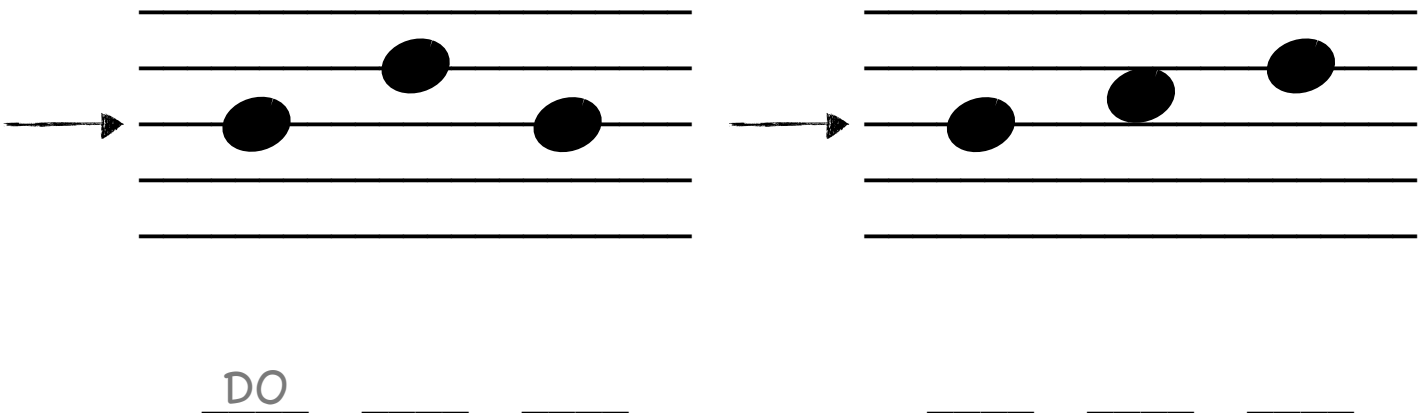
## STEP 6

- Instead of writing the syllables on every line and space, we are going to draw a line to show us where **DO** is
- To tell us which pitch to sing or play, we are going to draw oval **notes** on its line or space



## STEP 7

- The arrow points to **DO**
- Write in the rest of the solfège syllables
- Sing these patterns



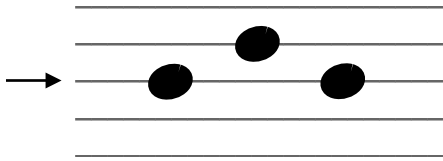




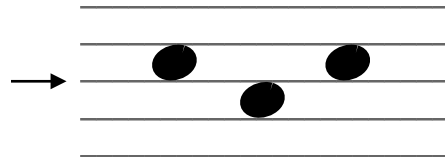
# MAJOR TONAL PATTERNS

DO is Bb

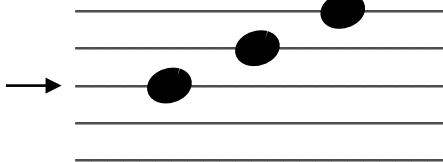
1



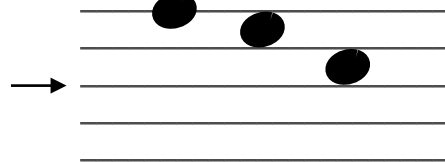
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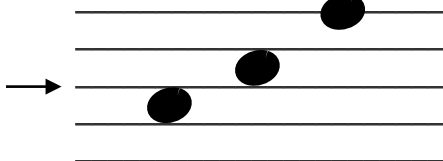
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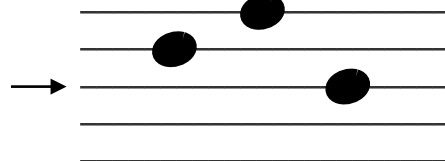
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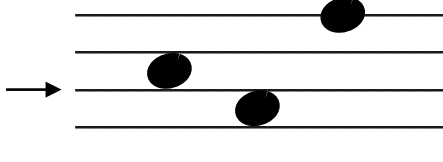
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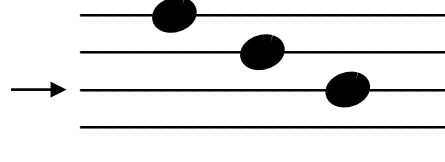
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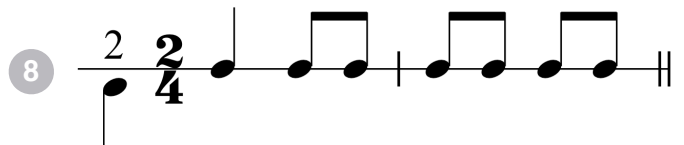
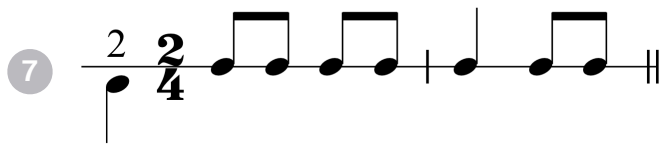
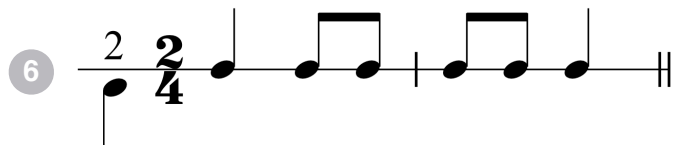
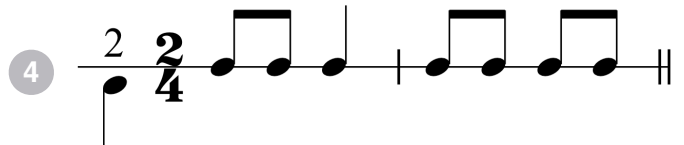
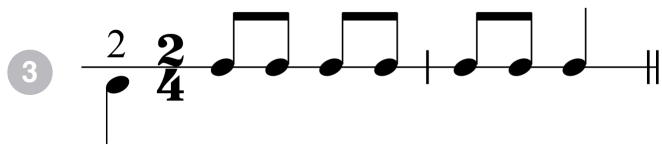
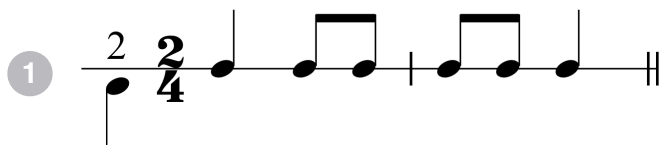


8



Be expressive when performing with your voice and with your instrument!

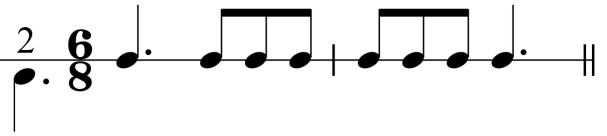
# DUPLE RHYTHM PATTERNS



Be expressive when performing with your voice and with your instrument!

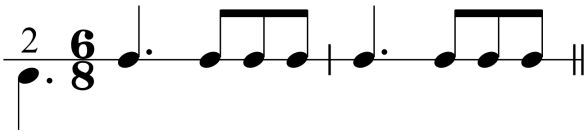
# TRIPLE RHYTHM PATTERNS

1 

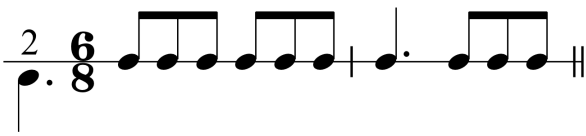
2 


3 

4 

5 

6 

7 

8 

Be expressive when performing with your voice and with your instrument!



# PLAYING RECORD

Only check off each day that you spend at least 10 minutes playing your instrument.

DATE	ASSIGNMENT	M	Tu	W	Th	F	Sa	Su	PARENT/GUARDIAN SIGNATURE
9/5	The Musical Alphabet - p. 4	✓	✓	✓	✓	✓	✓		R.Glynn