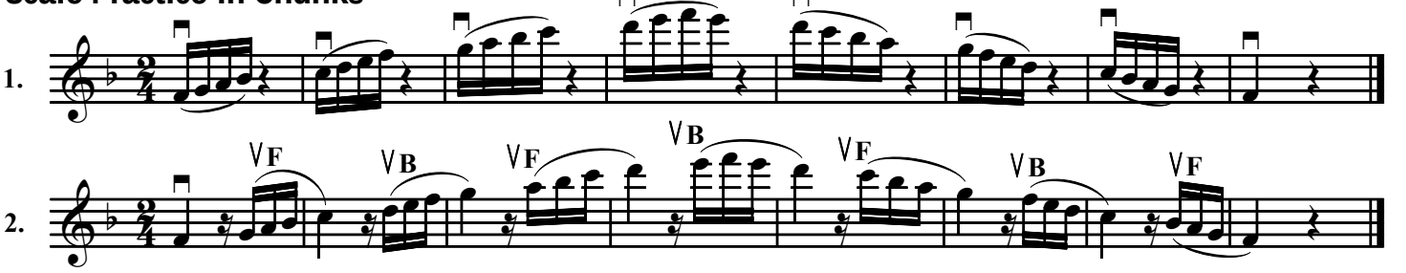
Begin each lesson and practice session with **Warm-ups** on page 3.

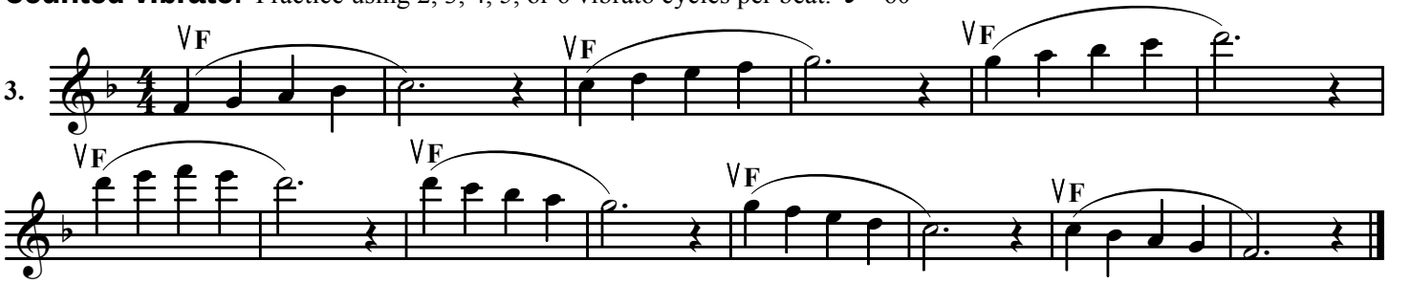
# F Major & Friends
## Lesson 1

= Move flute down/up.
**F** = *forward* = Shift weight forward.
**B** = *back* = Shift weight back.
*(See page 2 for more details)*

### Scale Practice in Chunks



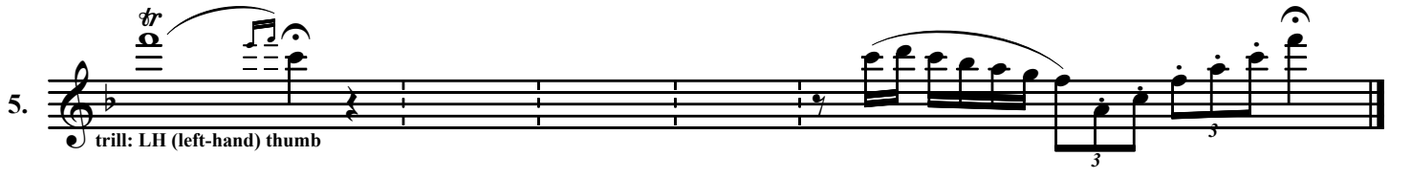

### Counted vibrato: Practice using 2, 3, 4, 5, or 6 vibrato cycles per beat. ♩ = 60



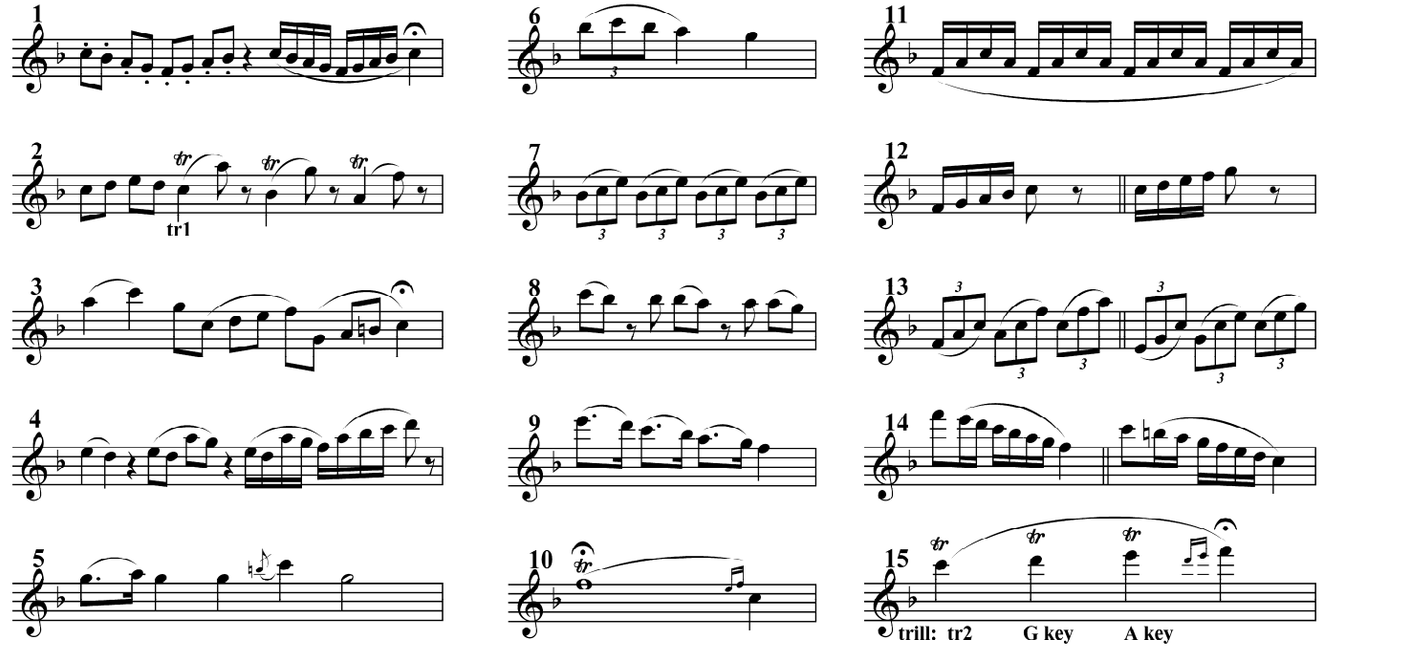

### Playing in Measured Time: Clap rhythm on your lap, alternating hands as indicated.

### Playing in Unmeasured Time: Prelude

A **prelude** is a short spontaneous or improvised musical form.




Practice each fragment below ten times. Then create *your* own Prelude. The beginning and the conclusion of the prelude are noted above. Insert three or more of your favorite fragments into the empty measures above. Play *a piacere* (at your pleasure). This means that you may choose the dynamic, the tempo, and the octave. Fragments may be repeated. You may insert a silence between fragments to create a conversational effect, or you may connect fragments together. Experiment by playing your prelude with a variety of emotions: happy, sad, excited, questioning. Each day of your practice, create a new Prelude by using different fragments. Be creative. Creating preludes will help you develop virtuosity and expressive control.




**tr1** = first trill key **tr2** = second trill key