

# THE BASICS

## Posture

the edge of your chair, and always keep your:  
 spine straight and tall  
 shoulders back and relaxed  
 feet flat on the floor

## Breathing & Airstream

Breathing is a natural thing we all do constantly. To discover the correct airstream to play your instrument:  
 Place the palm of your hand near your mouth.  
 Inhale deeply through the corners of your mouth, keeping your shoulders steady. Your waist should expand like a balloon.  
 Slowly whisper "too" as you gradually exhale air into your palm.

The air you feel is the airstream. It produces sound through the instrument. Your tongue is like a faucet or valve that releases the airstream.

## Producing The Essential Tone

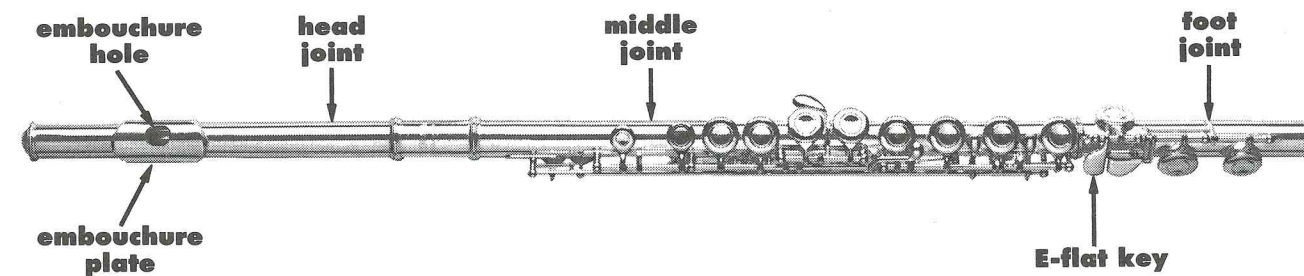
The embouchure (*ahm'-bah-shure*) is your mouth's position on the mouthpiece of the instrument. A good embouchure takes time and effort, so carefully follow these steps for success:

Hold the closed end of the head joint in your left hand.  
 Cover the open end with the palm of your right hand.  
 Rest the embouchure plate on your bottom lip. Center the embouchure hole on the center of your lips. Check by touching the embouchure hole with the tip of your tongue.  
 Gently roll the head joint forward so that approximately 3/4 of the embouchure hole is covered by the lower lip.  
 Keep upper and lower teeth spaced slightly apart.  
 Draw the corners of your mouth straight back and relax your lower lip.  
 Make a small opening in the center of your lips. Blow air gently into and partly across the embouchure hole.  
 Practice regularly in front of a mirror. Roll the head joint in and out to find the embouchure position that produces your best clear and full tone.

## Taking Care Of Your Instrument

Before putting your instrument back in its case after playing, do the following:

- Carefully remove the head joint and shake any water out.
- Put a clean soft cloth on the end of your cleaning rod and swab out the head joint.
- Twist the middle and foot joints apart and draw the cleaning rod through each joint.
- Carefully wipe the outside of each section to keep the instrument finish clean.



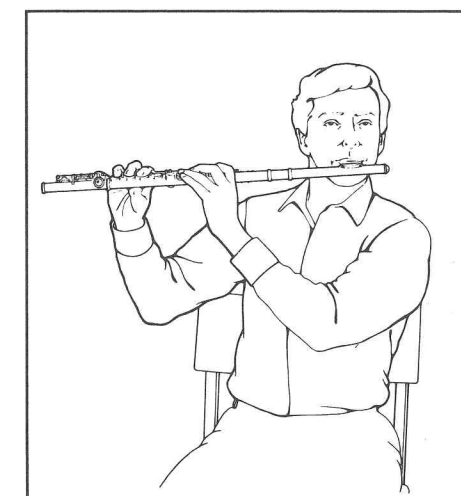
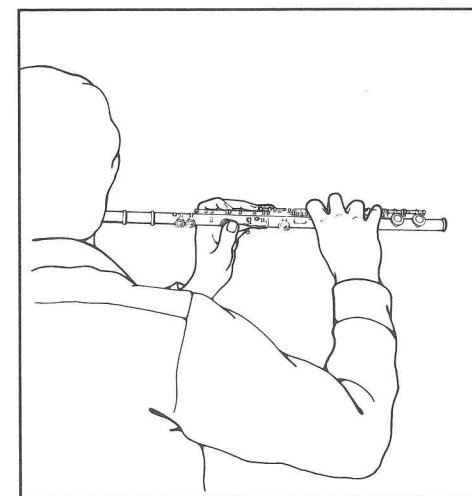
**Step 1** Hold the head joint in your left hand and the middle joint in your right hand. Gently twist and insert the head joint into the middle joint. Make sure that the embouchure hole is directly in line with the middle joint's row of keys.

**Step 2** Hold the assembled middle joint in your left hand and the foot joint in your right hand. Gently twist and insert the middle joint into the foot joint. The embouchure hole, keys of the middle joint and the long rod on the foot joint should all line up.

**Step 3** Rest your left thumb on the underside's long straight key. Keep your wrist straight. Your fingers should arch naturally. Rest your fingertips on the center of the keys.

**Step 4** Place the tip of your right thumb on the flute's underside between your first and second fingers. Arch your fingers and rest them lightly on the keys. Put your little finger on the E-flat key.

**Step 5** Allow the embouchure plate to press lightly against your lower lip. Hold the flute as shown:



## MOUTHPIECE WORKOUT

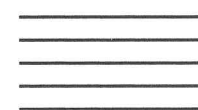
Form your embouchure and take a deep breath without raising your shoulders. Whisper "too" and gradually exhale your full airstream. Strive for an even tone.



## READING MUSIC

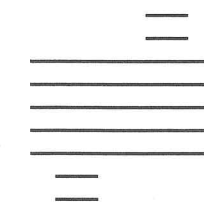
Identify and draw each of these symbols:

### Music Staff



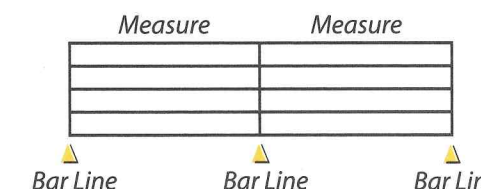
The **music staff** has 5 lines and 4 spaces where notes and rests are written.

### Ledger Lines



**Ledger lines** extend the music staff. Notes on ledger lines can be above or below the staff.

### Measures & Bar Lines



**Bar lines** divide the music staff into **measures**.