

ABSOLUTE FLUTE

VICTORIA HEATH

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Welcome back to the new academic year!

I hope you all had a fabulous Summer and found time to relax and reset!

As we welcome in the new academic year and everything goes back to normal, it can be a great time for both a refresh of old information and also for implementing new routines.

At the start of the academic year, it can be helpful to check your fundamentals of playing: note recognition and your rhythm reading. I have included on the next page a Rhythm Round-Up with diagrams, note length names and a small clapping activity to try. I have also included some ideas on how to get creative with rhythms when warming up.

I encourage everyone this term to try your hand at improvising with rhythms and notes. Once you are comfortable, try notating your improvisations - it will give you a much deeper understanding of how music works.

If you are a rhythm master already, then have a look at your posture. As you speed up your rhythms and notes, we often can tense up and things might start feeling uncomfortable. Read below to find out what checks to carry out, the best flute playing posture and the secrets to a great flute sound!

I hope you find some of these tips a nice reminder and that you also find something new to try this half term within this newsletter. Make sure to also check out some exciting events and some music listening to keep the enthusiasm for flute alive!

If there are any topics that particularly interest you, do let me know and I may be able to include them in a future newsletter.

Victoria Heath

In this newsletter you can expect:

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Rhythm Round-Up

Have a look below at a nice visual for your rhythms including rests and the names then try playing the rhythms underneath! The try writing and clapping your own!

Length of Note			
Note	Name	Length	Rest
	Semibreve	4 beats	
	Minim	2 beats	
	Crotchet	1 beat	
	Quaver	1/2 beat	
	Semiquaver	1/4 beat	
	Demisemiquaver	1/8 beat	

Understanding Notes			
1 beat	1 beat	1 beat	1 beat

Four lines of musical notation on a grand staff. The first line shows a sequence of notes and rests. The second line is labeled '6300' and shows a 2/4 time signature with a sequence of notes and rests. The third line is labeled '6332' and shows a 4/4 time signature with a sequence of notes and rests. The fourth line shows a sequence of notes and rests in a 4/4 time signature.

Shout Out Spot!

Well done to anyone who has been practicing over the summer - I have been sent some lovely clips of new pieces being played and old pieces being polished!

To touch up on your rhythm playing, it can be fun to try scales with varying rhythms. Try playing with minims, crotchets or quavers. Perhaps even dotted rhythms!

This can be a great opportunity to also practice articulation - slur 2 tongue 2 quavers or perhaps even double/ triple tonguing.

If rhythms are still tricky, try to put words to the rhythms!

Remember: rhythms are the length of notes, pulse is how fast/ slow the beat is. Feel your heartbeat - can you play crotchets the same speed? Can you see how quavers are faster than the heart beat?



Exam Details

- ABRSM In Person Exam booking is open **16 Sept - 30 Sept 2024**. The exams will take place 04 Nov - 07 Dec 2024.
- ABRSM Performance (Online) exams can be booked any time and videos submitted within a month.
- Trinity In Person Exam booking opened on the **21st Aug 2024**. The Exams will take place from October 2024.
- Trinity Digital can be booked any time and videos submitted within a month.



Tips, Tricks and Information Continued...

flutetunes.com

Botany Bay

Traditional English



Are You Comfortable?

Flute playing can sometimes feel uncomfortable and we can have tension under our fingers, in our shoulders or necks. It can be a challenge to find a playing position that works *for* you rather than *against* you, especially playing an asymmetrical instrument. However, sorting your posture can also really improve your sound!

Things to be aware of are:

- **Relax those shoulders!** So many flautists hunch one or both shoulders. Try squeezing them up to your ears then drop them down with a 'hmpf' before you play. This will keep them relaxed.
- **No chickens here!** We do not need to fly away when playing flute so keep your elbows relaxed and not in the air!
- **Position your stand correctly.** As a flute player, our toes want to be pointing about 2 o'clock past our stand. Rotate only the top of the body a small amount to bring the flute parallel to the stand. (You can do this sat on a chair or stood up).
- **Keep your back straight and knees unlocked.** Imagine a string pulling you upwards.
- **Finger positions;** make sure your thumbs are under the flute and it is balancing well on the left hand index knuckle and right hand thumb with minimal pressure on the chin.
- **Keep your fingers loose.** The more relaxed your hands, the faster your fingers can move.
- **Relax your mouth, throat and jaw.** Again, the more relaxed you are here, the better your sound will be especially up high!



Practice Tip!

Practice near a mirror and check if your flute position and hands are right.

It can also be great to look in the mirror during a warm up to check your embouchure (mouth shape) is not too tense and has a good sized hole in the lips.

Remember, move your jaw forward and speed up the air to achieve those high notes with the best and fullest sound possible!





Events

The Conservatoire

Looking to play in a group? You're in luck! I have 2 courses for different ages this term at The Conservatoire:

Young Woodwind Ensemble (7-15 yrs, Grades 1-5)

Tuesdays 5:00-5:45pm
<https://www.conservatoire.org.uk/orchestras-choirs>

Flute Choir (Grade 2+)

Tuesdays 7:45pm-8:45pm
<https://www.conservatoire.org.uk/adults/music>

Just Flutes

Tone Development Through Interpretation with Roderick Seed

Thursday 12 September 2024, 6:00pm
<https://www.justflutes.com/instore-events/ton-development-through-interpretation-roderick-seed-2024-09-12>

An Evening with Andy Findon & Pearl Flute

Sunday 29 September 2024, 5:30pm
<https://www.justflutes.com/instore-events/just-flutes-presents-evening-andy-findon-pearl-flute>

Monthly Music



See below for a few music listening recommendations:

Something classic:

Jolivet: Chant de Linos

<https://www.youtube.com/watch?v=hUo2lcpeFrQ>

Something unknown:

Arnold - Norfolk Idyll for Flute and Harp

https://www.youtube.com/watch?v=smSpePH_koM

Something a bit different:

Jethro Tull - Bouree

<https://www.youtube.com/watch?v=eSUdlUmtg3Qv>

Your Music Picks:

Let me know which pieces you have been listening to over the summer to be in the next newsletter!

Just Flutes Cont.

Chamber Music Day with Chris Hankin

Sunday 13 October 2024, 10:00am
<https://www.justflutes.com/instore-events/just-flutes-live-2024-10-13>

Thank you for reading!

VICTORIA HEATH

www.victoriaheathmusic.com