



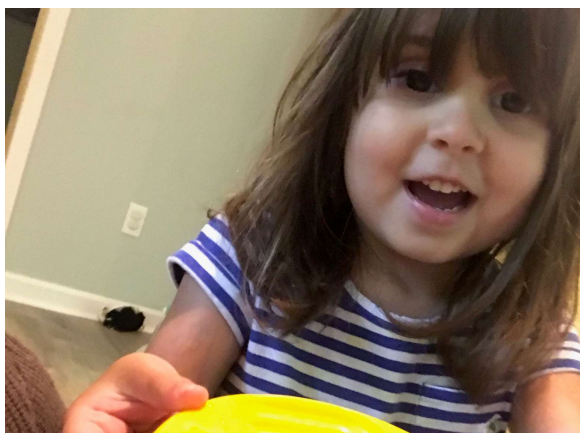
PERFECTING YOUR PRACTICE

PROF. CASSANDRA FLORES-EVERETT, MM



ABOUT ME





Practicing with Chronic Pain

- Diagnosed with Fibromyalgia in September 2018
 - Playing tolerance went from 3-4 hours a day to 5-10 minutes a day
- Required physical therapy, occupational therapy, cognitive behavioral therapy, water therapy, pain nutritional therapy, massage therapy, and various homeopathic and medicinal therapies to bring back my tolerance for playing.
- Limited practice tolerance meant that there was no opportunity to have ineffective time in a practice room.



TIME MANAGEMENT



- Score study
- Finding at least 3 good recordings
- Musicological background
 - Composer dates
 - Country of origin
 - Important influences
- Theoretical background
 - Formal analysis
 - Important meter and key areas
- Translations
- Ensemble interactions
 - Are you the most important voice?
 - Musical cues for entrances

Before you
pick up your
flute

Practice Room Toolbox



 Chair

 Stand

 Water

 Metronome App

 Tuner App

 Turn off notifications

 Mirror

 Practice Journal

 Pencil(s)



In the Practice Room

- Identify goals before playing
 - Helps to avoid repetitive run-throughs
- Have time scheduled for each goal
- Mark mistakes that occur more than once
 - Mistakes that are consistent should be marked in a different color/manner
 - Identify the *reason* for the error
- Pay attention to anxiety/frustration levels
 - If something is getting worse, move on to the next goal and come back to it later. Mistakes become habitual if they are practiced.
- Identify practice games/tools that work for you depending on the goal of your practice

Schaukel requires the musician playing accurately and with even

Challenges:

1. Even technique, especially in the right hand
2. Flexibility between registers
3. Accented pitches with and without an articulated attack
4. Built in accelerando and ritardando

Practice Techniques:

1. Practice arpeggios regularly (particularly C Major and A Minor). Identify arpeggiated passages within the etude.
2. Practice challenging passages with uneven rhythms. Some suggested options are written out below.



Var. 2 Var. 3

3. Practice passages with the metronome

not have an articulated start, but should instead begin with a "hoo" syllable. Experiment with minor muscle adjustments in the embouchure until there is a clean start to each note.

5. Practice large leaps by alternating between the two notes with no articulation until the transition is smooth. Resist the temptation to stop the air between ascending notes, but rather increase the intensity of the airstream as you ascend.

Important Musical Terms:

Diminuendo – A gradual decrease in volume

Moderato – A tempo indication between slow and fast (moderate)

Poco a poco ravivando il tempo – A gradual increase in tempo

Rallentando – A slowing of tempo or pace

Scherzando – Joking

Edition Discrepancies:

The Amadeus-Verlag edition correctly

PRACTICE PLAN LAYOUT



PRACTICE GAMES





Penny Game

- Goal: Increase tempo on a new work/piece without repetitive errors
- Rules:
 - Place a number of pennies on the left side of your stand.
 - Turn on the metronome and play the selected passage.
 - Each time the passage is performed correctly, move a penny to the right side of the stand. When all pennies are on the right side, move the metronome up 5-6 clicks.
 - If you play the passage incorrectly, move all pennies back to the left side. (Sorry!)

- Goal: Perfect difficult leaps within a piece.
- Rules:
 - Identify problem areas.
 - Begin on the lower note of the interval and repeatedly “wiggle” back and forth between the two notes until it is smooth.
 - Repeat this process beginning on the upper note.
 - Try the interval in context. If the note sounds correctly (no split pitches or tight lips) then move on.

Wiggle Game





Uneven Rhythms

- Goal: Make a difficult passage more fluid by working through in different rhythmic patterns.
- Rules:
 - Identify a problem interval/segment (3-4 measures maximum)
 - Play through the passage, altering the rhythm each time
 - Once you have worked through the sequence of different rhythms, play the passage as written. If the passage sounds clean, move on to the next problem area.



FURTHER UNEVEN RHYTHMS

- Goal: Practice multiple techniques at once by altering articulation.
- Rules:
 - In a difficult passage that requires slow practice, try altering the articulation in the following ways.
 - Double or triple tongue each note
 - Slur the whole passage to ensure smoothness of fingers
 - Try placing a slur on various parts of the passage (offset slurs, groups of two, groups of three)
 - Once you have tried several variants, play the passage as written.

Changing Articulation





Hoo Hoo Hoo

- Goal: Clean start to each note in a passage that hovers in a difficult range
- Rules:
 - Practice a passage without engaging in a tongue start for each note. Breathe as needed between notes with a hoo start (should feel an abdominal kick)
 - When you reach a note that doesn't speak immediately, hover on that note, making minute changes to your embouchure until you identify what works for that particular pitch

- Goal: Get rid of “fuzzy” tone and/or poor tuning.
- Rules:
 - Play the starting note to get an idea of what pitch to sing
 - Hum as you play the passage, displacing the octave as needed.
 - If executed correctly, you will feel a vibration in your lips as you play
 - After singing and playing 1-3 times, play as written. This should correct any tone issues not caused by instrument position and help with tuning.

Singing and Playing



PRACTICE POSTURE





Spot the Problems

- Collapsed ribcage
- Poor hand posture
- Low flute
- Feet tucked under chair
- Flute too covered

- Tightness in the wrist (especially the right wrist)
- Tension in the neck/upper back
- Poor tone quality
- Lack of dexterity in the hands (especially the right)
- Poor breath support

Symptoms of bad practice posture

Fatigue vs. Pain

- Practicing will not always feel physically comfortable, especially if you're building stamina or making major changes to posture/hand position. However, it should never feel painful.

How to Practice Good Posture



“BEND AND
SNAP”



WALL SITS



SHAKE IT OUT



STRETCHES



QUESTIONS