The background is a solid light pink color. In the upper left corner, there are three white musical notes of varying sizes. A large, light blue, stylized illustration of a flute is positioned diagonally across the center of the page, from the upper right towards the lower left. The title 'A Complete Technique' is written in a black, serif font, following the curve of the flute's body.

A Complete Technique

Levels for the Complete Flutist:

Head-Heart-Body, Tone, Articulation, Finger, Theory Rudiments, Aural Skills, Sight Reading, Music History, Etudes, Exercises, Daily Studies, Rudimentary Piano, Elementary Improvisation, and Orchestral Repertoire Exercises in Preparation for Meaningful and Expressive Flute Performance

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Level 1

5-note scales – slurred in pairs or tongued; 3-note triads – tongued steady pace at mm. 60 Performed from memory, correct on the first attempt		
	5-NOTE SCALE	3-NOTE ARPEGGIOS
C major		
F major		
G major		
Bb major		
D major		
a minor		
d minor		
e minor		
g minor		
b minor		

Successfully ...	
Demonstrate excellent posture – balance and height – minimum of three consecutive lessons	
Demonstrate excellent hand position – curved, centred, and free – minimum of three consecutive lessons	
Demonstrate excellent relationship between flute and face – hands to bring flute to the face, hands to support flute fully, body to maintain full alignment – minimum of three consecutive lessons	
Begin simple harmonics (patterns of 3s)	
Speak rhythm syllables or number-counting [or clap the rhythms] for 5 current works	
Clap the rhythm of an unfamiliar, but appropriate piece a sight	
Identify pitch names of white keys on the piano	
Sing any note after hearing it played on flute or piano.	
Distinguish the sound of major and minor 5-note scales by ear.	
Imitate by ear a 3-note motive (diatonic keys above).	
Spell each scale fragment and triad above from memory before performing	
Write out each scale fragment and triad on staff paper from memory using accidentals or key signature	
Name the tonic note of each scale or triad above.	
Use Bb-thumb key appropriately for F major, Bb major, and g minor	
Demonstrate correct fingering for D ² , E ^{b2} and E ² in the above scales and arpeggios.	
Complete 2-note Finger Puzzles with excellent hand position and correct fingers	

Level 2

One-octave scales – slurred in 2s or tongued; One-octave arpeggios – slurred in 3s or tongued steady pace at mm. 60		
	SCALES	ARPEGGIOS
C major		
F major		
G major		
Bb major		
D major		
a minor, nat.		
d minor, nat.		
e minor, nat.		
g minor, nat.		
b minor, nat.		

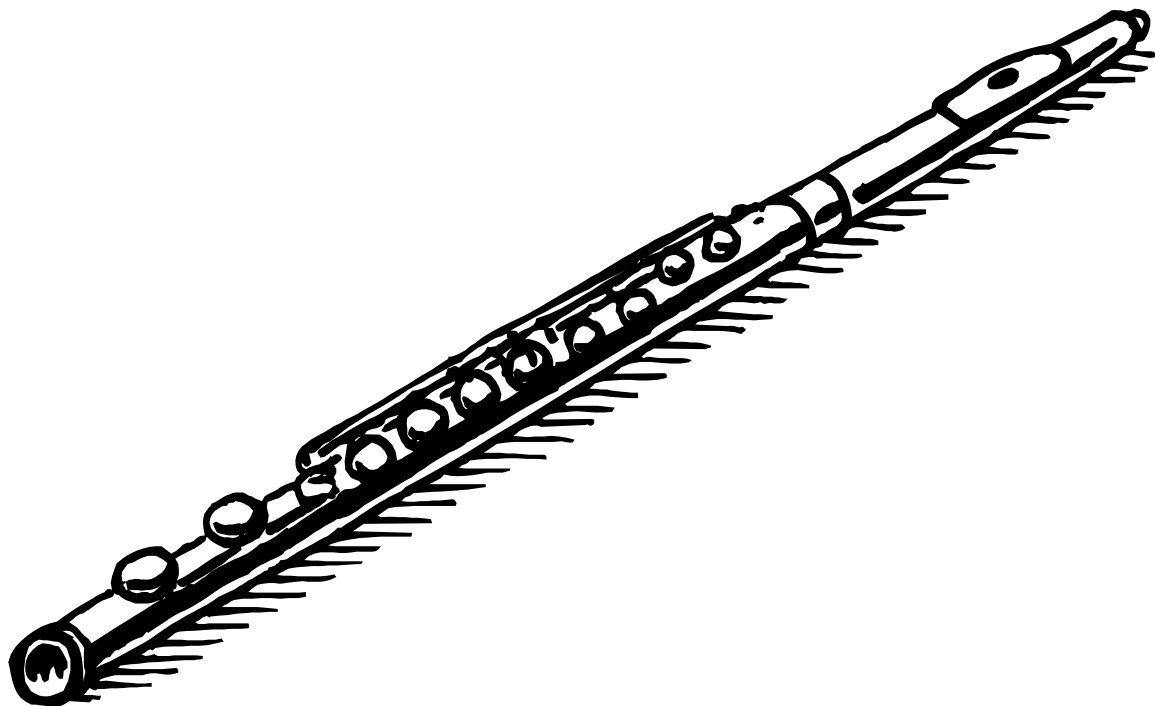
4 consecutive chromatic notes <i>up OR down</i> from each tone		
	UP	DOWN
C		
C#		
D		
D#		
E		
F		
F#		
G		
G#		
A		
A#		
B		



Successfully ...

Demonstrate excellent posture – balance and height – minimum of four consecutive lessons	
Demonstrate excellent hand position – curved, centred, and free – minimum of four consecutive lessons	
Demonstrate excellent relationship between flute and face – hands to bring flute to the face, hands to support flute fully, body to maintain full alignment – minimum of four consecutive lessons	
Begin simple harmonics (patterns of 4s)	

Speak rhythm syllables or number-counting [or clap the rhythms] for 5 current works	
Clap the rhythm of an unfamiliar, but appropriate piece a sight	
Sight read a small melodic fragment of appropriate level with ease (IYSR 4-5)	
Distinguish the sound of major and minor arpeggios by ear.	
Imitate by ear a 5-note motive (diatonic keys above).	
Identify the black notes of the piano keyboard – not all enharmonics will be known	
Spell each scale and arpeggio above from memory before performing	
Write out each scale and arpeggio on staff paper from memory using accidentals or key signature	
Identify top and bottom note of each chromatic fragment above	
Identify the key signatures of the major and minor keys above from memory and at sight	
Call by memory: scale degrees 1, 3; tonic, mediant	
Name the letter pitch a second above any chromatic note	
Use Bb-thumb key appropriately for F major, Bb major, and g minor	
Use side-Bb key appropriately for chromatic scale fragments	
Demonstrate correct fingering for D ² , E ^{b2} and E ² in the above scales and arpeggios.	
Complete 2-note Finger Puzzles with excellent hand position and correct fingers	



Level 3

One-octave scales – slurred in 2s or tongued, One-octave arpeggios – slurred in 3s or tongued, steady pace at mm. 60		
	Scales	Arpeggios
C major		
F major		
G major		
Bb major		
D major		
Eb major		
A major		
Ab major		
E major		
a minor, nat.		
d minor, nat.		
e minor, nat.		
g minor, nat.		
b minor, nat.		
c minor, nat.		
f# minor, nat.		
f minor, nat.		
c# minor, nat.		

5 consecutive chromatic notes <i>up OR</i> <i>down</i> from each tone		
	UP	DOWN
C		
C#		
D		
D#		
E		
F		
F#		
G		
G#		
A		
A#		
B		



Successfully ...	
Demonstrate excellent posture – balance and height – minimum of five consecutive lessons	
Demonstrate excellent hand position – curved, centred, and free – minimum of five consecutive lessons	
Demonstrate excellent relationship between flute and face – hands to bring flute to the face, hands to support flute fully, body to maintain full alignment – minimum of five consecutive lessons	
Use simple harmonics (patterns of 3s and 4s) for regular tone development	
Speak rhythm syllables or number-counting [or clap the rhythms] for 5 current works	
Clap the rhythm of an unfamiliar, but appropriate piece a sight	
Sight read a small melodic fragment of appropriate level with ease (IYSR 4-5)	
Sing the first 3 notes of any major or minor scale after hearing or playing the tonic.	
Imitate by ear a 5-note motive (diatonic keys above).	
Identify the notes of the scales above on the piano – performance is optional but encouraged	
Identify the notes for the triad of each key above on the piano	
Spell each scale and arpeggio above from memory, focussing on new keys	
Identify the key signatures of the major and minor keys above from memory and at sight	
Write out each scale and arpeggio on staff paper from memory using key signature	
Identify top and bottom note of each chromatic fragment above	
Call by memory: scale degrees 1, 5; tonic, dominant	
Name the letter pitch a second below any chromatic note	
Use Bb-thumb key appropriately for F, Bb, Eb, and Ab major; and d, g, c, and f minor – scales and tonalities – with consistency – minimum of 6 consecutive lessons	
Use side-Bb key appropriately for chromatic scale fragments – in technical and practical work – minimum of 6 consecutive lessons	
Demonstrate correct fingering for D ² , E ^{b2} and E ² – in technical and practical work – minimum of 6 consecutive lessons	
Complete 3-note Finger Puzzles with excellent hand position and correct fingers	