Summer Practice Sessions

Welcome to Summer Practice Sessions, 2026. I'm so glad you're here!
Here is the 8 week play-along practice book.
Each week, we'll play through exercises designed to improve tone, stamina, technique, sight reading and artistry.

tonic

Required Materials: flute, play-along book, music stand, pencil, tuner, device with Tonic App downloaded **Suggested Materials:** flute stand, headphones, metronome

Practice Flow: long tones and harmonics, scales (technique and articulation), etude, rhythm and sightreading

Useful Resources: imslp.com, flutetunes.com

Weeks 1 & 2

Week 1, June 11: G Major

- **Tone:** Zen Yoga p. 6, #1 & #2
- **Technique:** G major, articulation #1
- **Sightreading/Etudes:** Ecossaise, Key of G (Compound Meter)
- **Duet: III.** From Five pieces for Mechanical Clock
- **Play-along:** Pièce (Sicilienne)

Week 2: June 18: D Major

- **Tone:** #1 Over the rainbow (from week 1) and #3 Up and Away
- **Technique:** D Major, articulation #2 (tenuto quarter then tongue 2, slur 2)
- **Sightreading/Etudes:** Key of D Etude #38, Kohler Etude #10
- **Duet:** No. 1 Berbeguier, No. 19 Berbiguier
- **Play-along:** Prelude No. 15 'Raindrop', Sonatina Riang

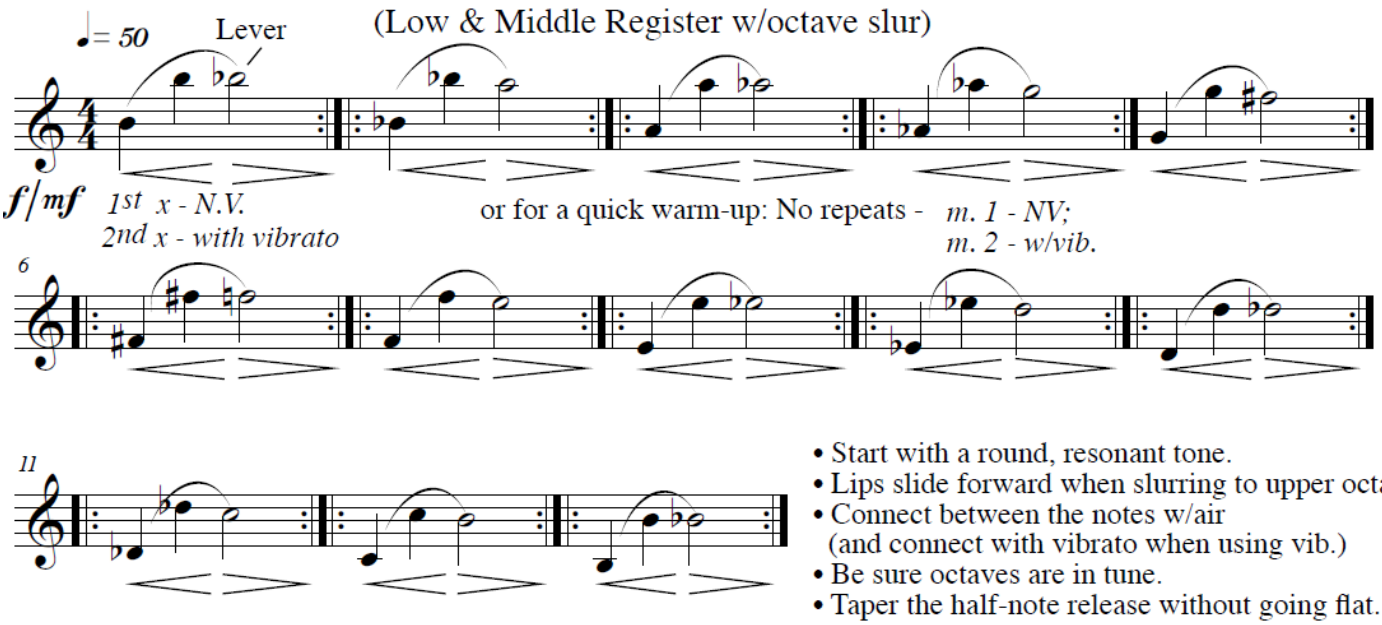
Week 3: Tune in at 11am for an exclusive from the San Diego Flute Retreat!

Week 4 - 6 will be posted the week of June 29

Helen Blackburn's Super-Duper Zen Yoga Warm-Up

(to increase strength, flexibility, balance and patience . . . of embouchure, tone and mind.)

1 Over The Rainbow Wake-Up



- Start with a round, resonant tone.
- Lips slide forward when slurring to upper octave
- Connect between the notes w/air (and connect with vibrato when using vib.)
- Be sure octaves are in tune.
- Taper the half-note release without going flat.

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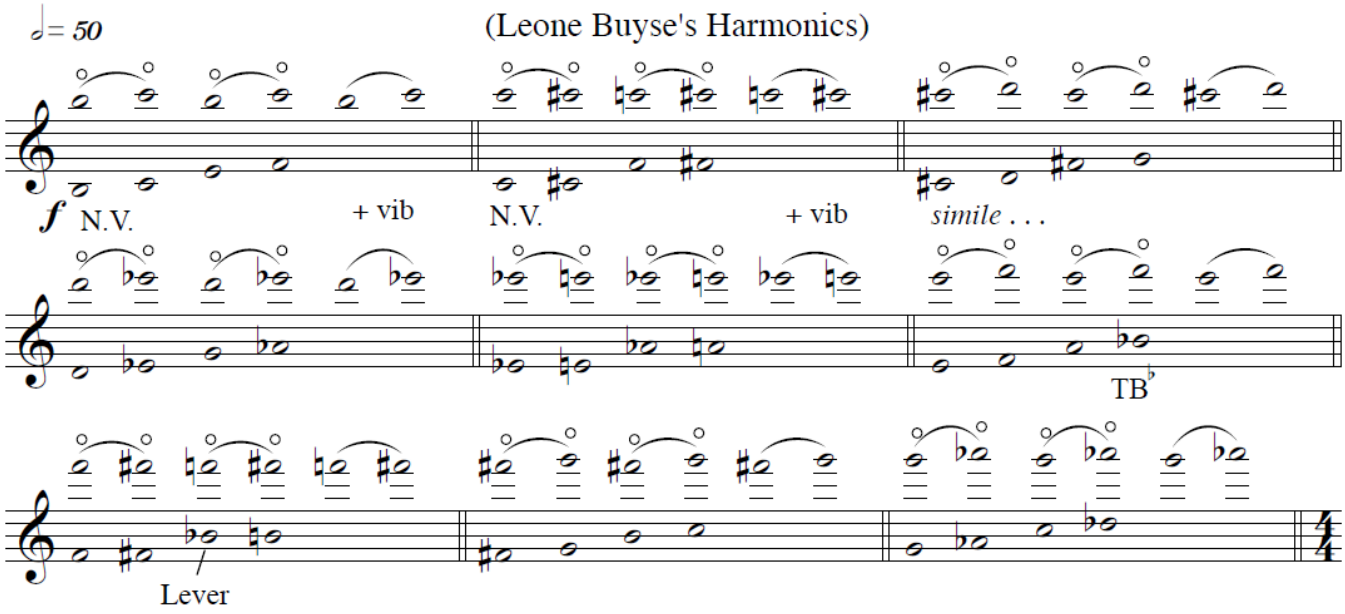
2 Magic Carpet



- Be sure the corners of your lips are in NEUTRAL - don't produce the harmonics by pulling corners back towards your ears.
- Use your AIR! Strive for FREEDOM of air, embouchure and tone.
- Start out playing this exercise forte with a great airflow (your air is your "magic carpet" that everything rides on: sound, vibrato, phrasing, articulation . . . even your fingers!)
- Eventually, when your embouchure is strong, try this exercise at all dynamic levels: mf, mp, p, pp - but be sure to keep your air moving!

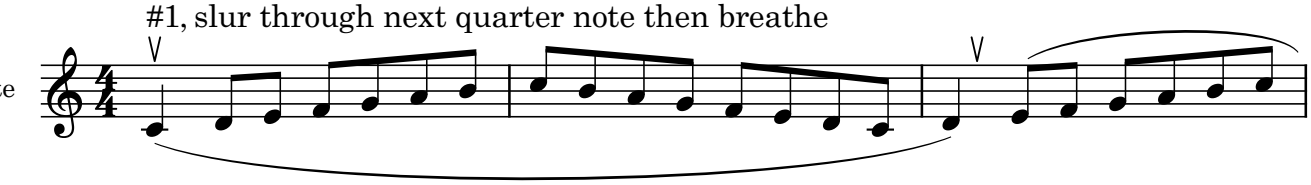
Articulations for modal waves

Remember, always breathe after the next quarter note,
not the bar line!

T. Cortez-Aguilar

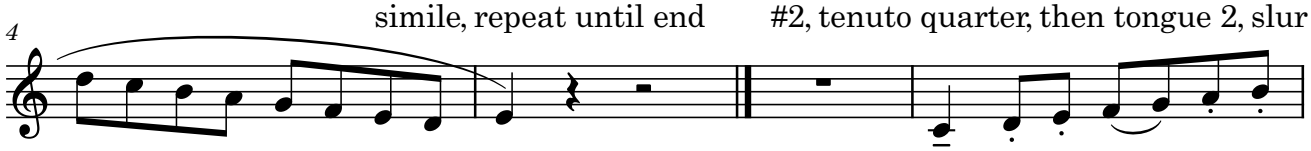
#1, slur through next quarter note then breathe

Flute

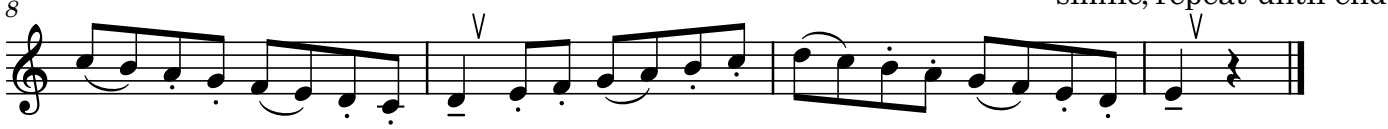


simile, repeat until end

#2, tenuto quarter, then tongue 2, slur 2

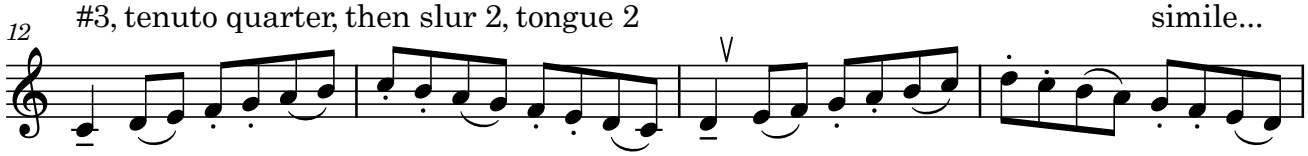


simile, repeat until end



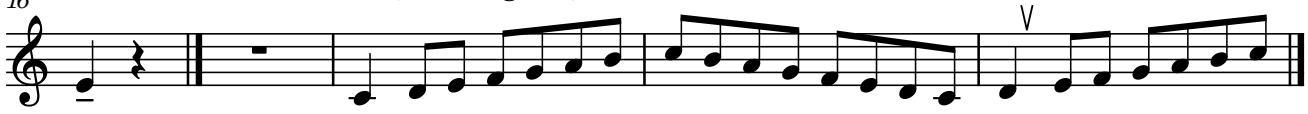
#3, tenuto quarter, then slur 2, tongue 2

simile...



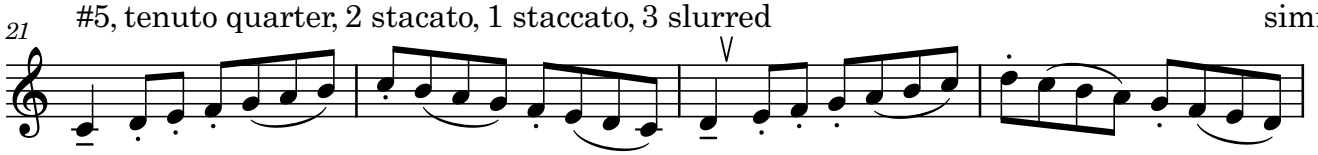
4, all tongued, didd-le

simile...

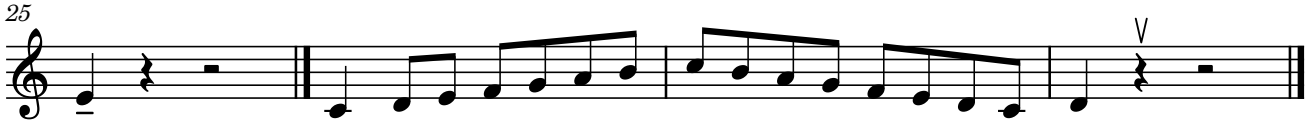


#5, tenuto quarter, 2 stacato, 1 staccato, 3 slurred

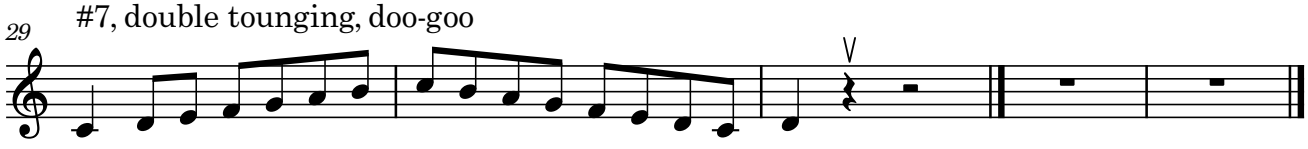
simile...



#6, intro to double tonguing, doo ascending, goo descending
On turn around doo ascending, goo descending



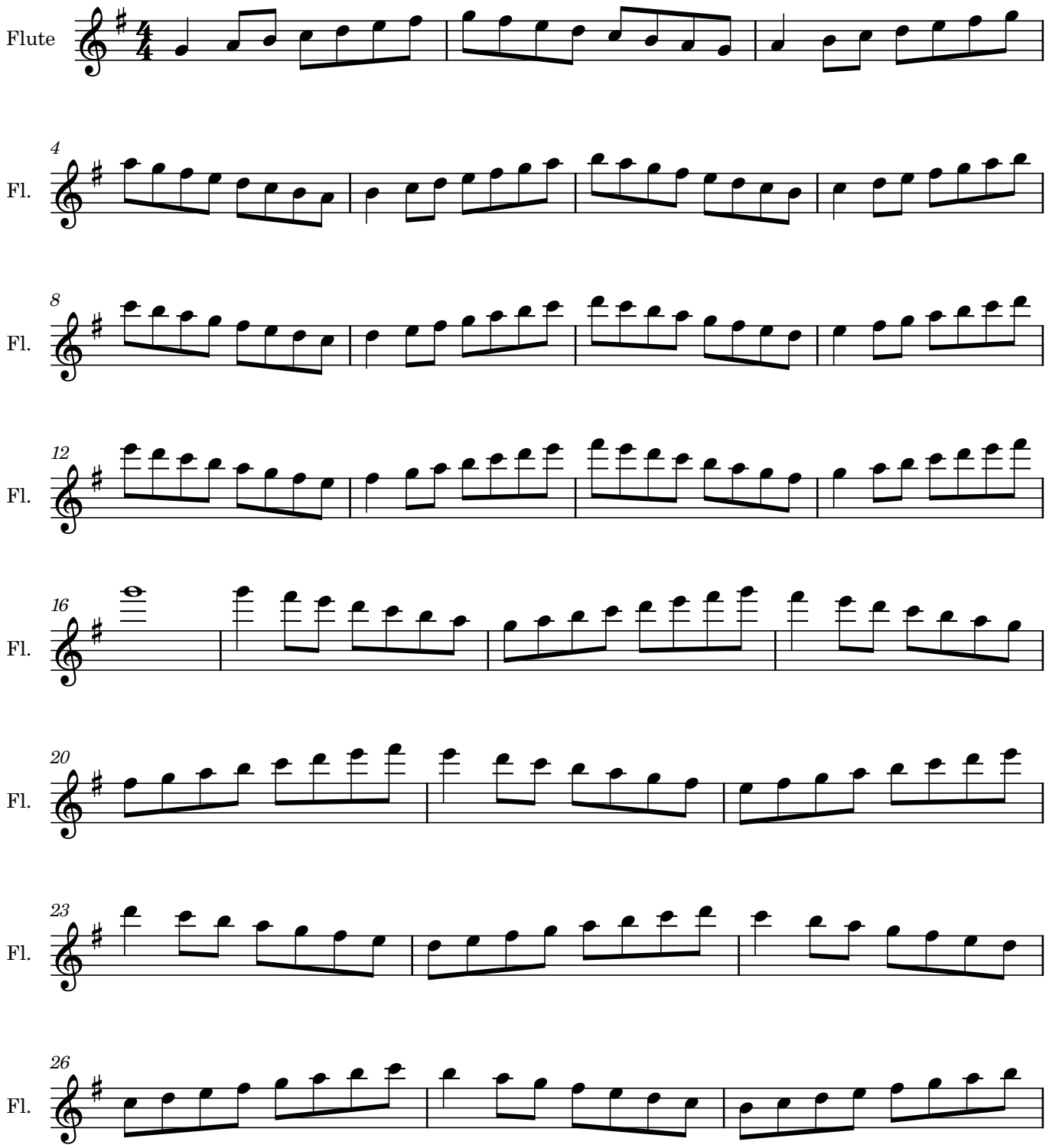
#7, double tounging, doo-goo

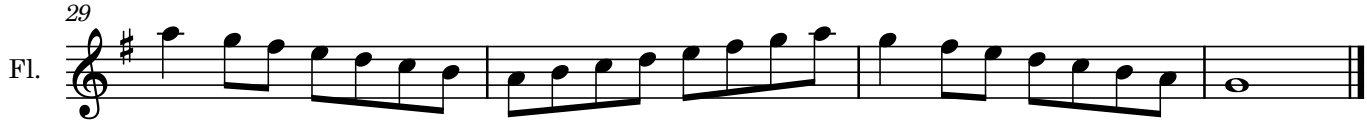


Toni Cortez-Aguilar, 2026

G Major, scale game

Arr. T. Cortez-Aguilar




29
Fl.

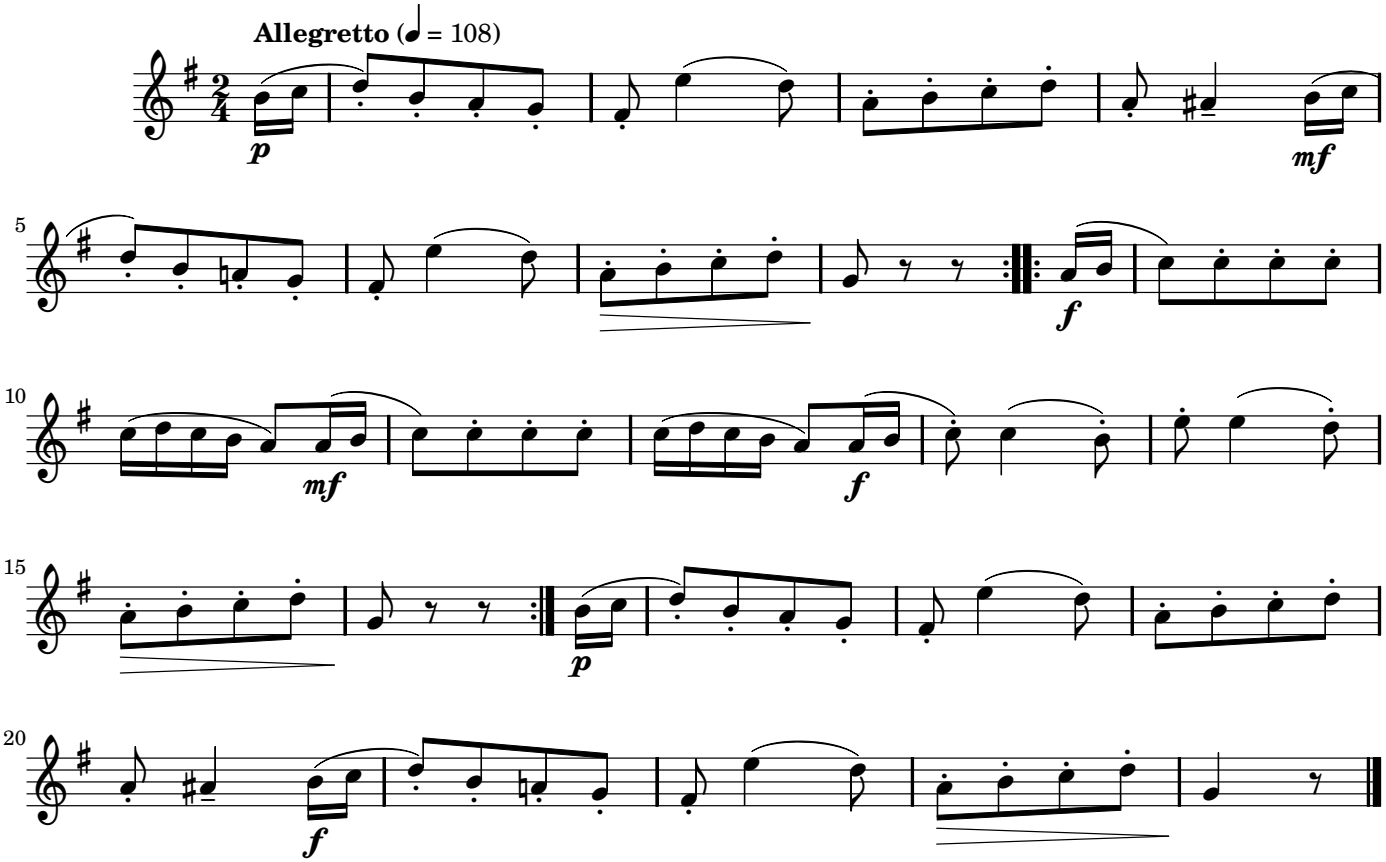
www.flutetunes.com

Ecossaise

in G major

Ludwig van Beethoven (1770–1827)

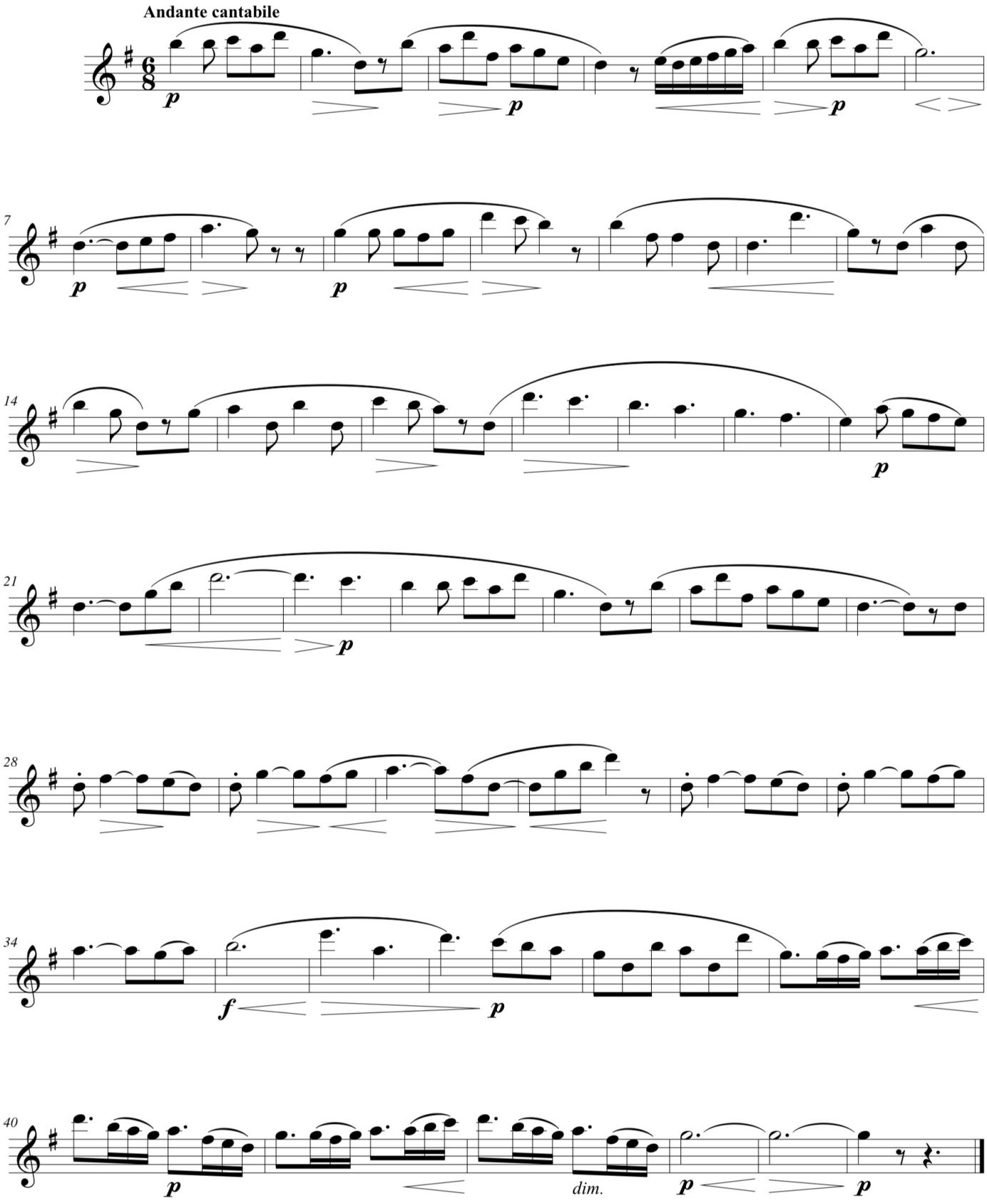
WoO 23



Key of G

Etude No. 30 - Compound Meter

GIUSEPPE CONCONE



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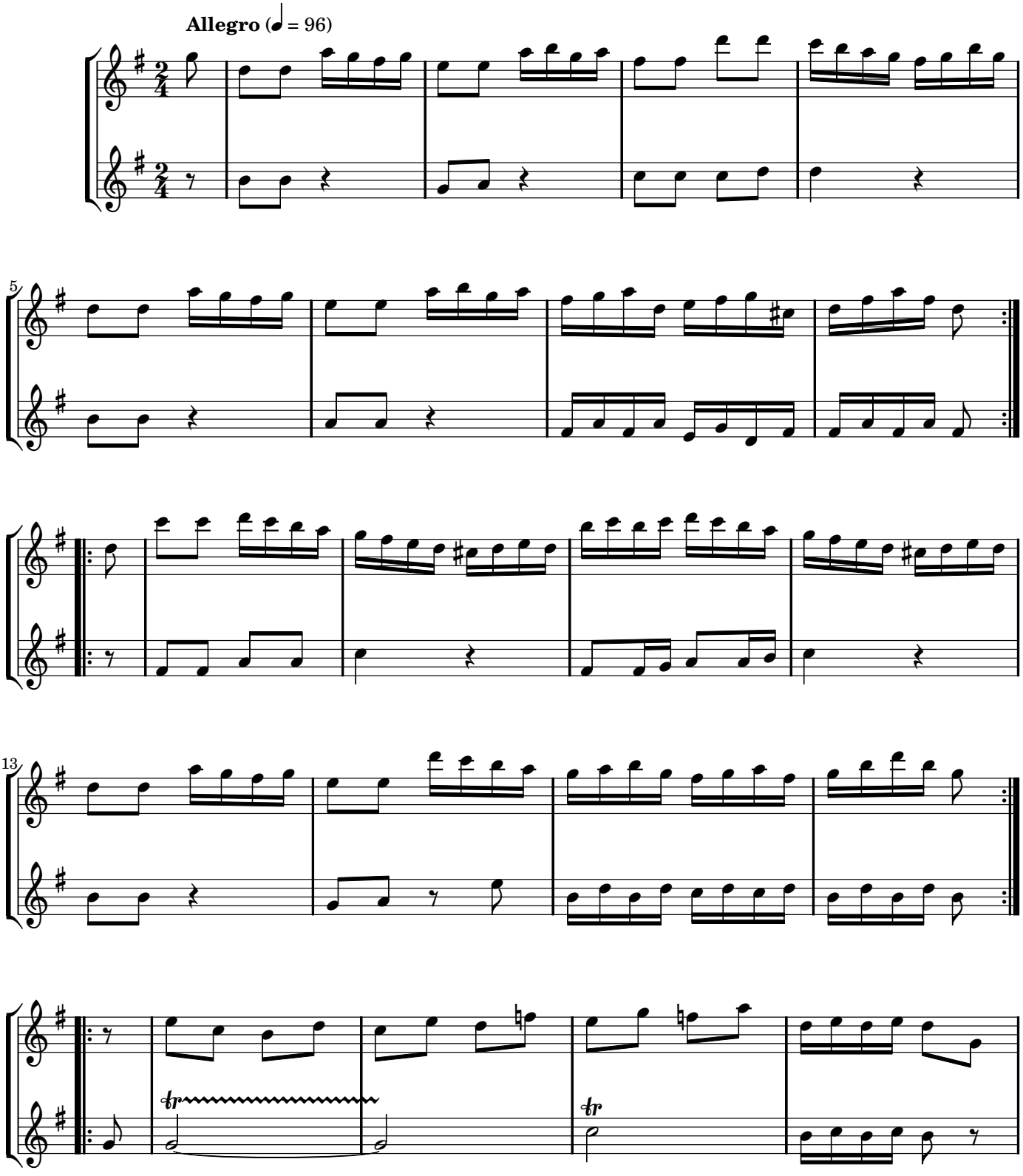
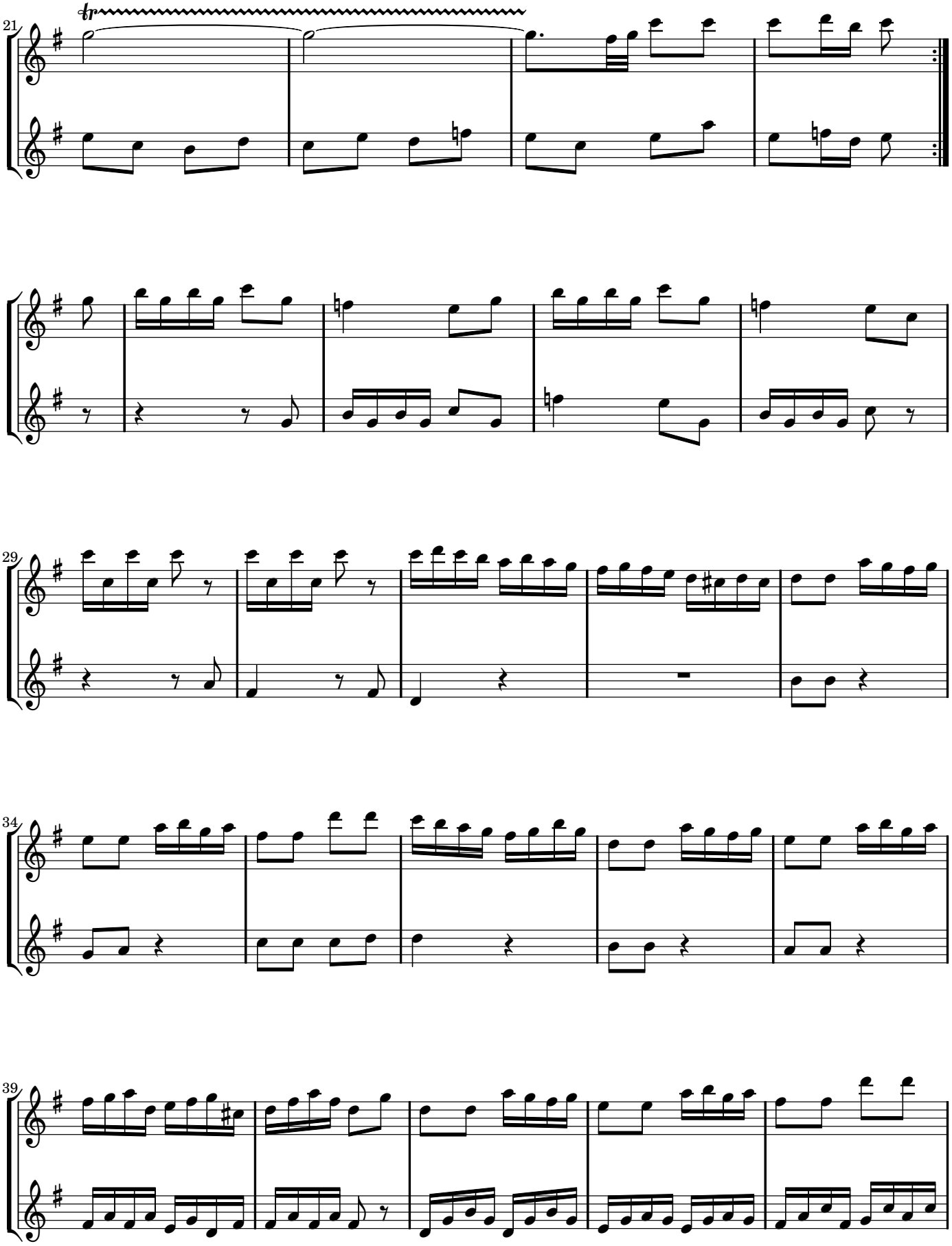
III.

from *Five Pieces for Mechanical Clock or Flute*

Ludwig van Beethoven (1770–1827)

WoO 33

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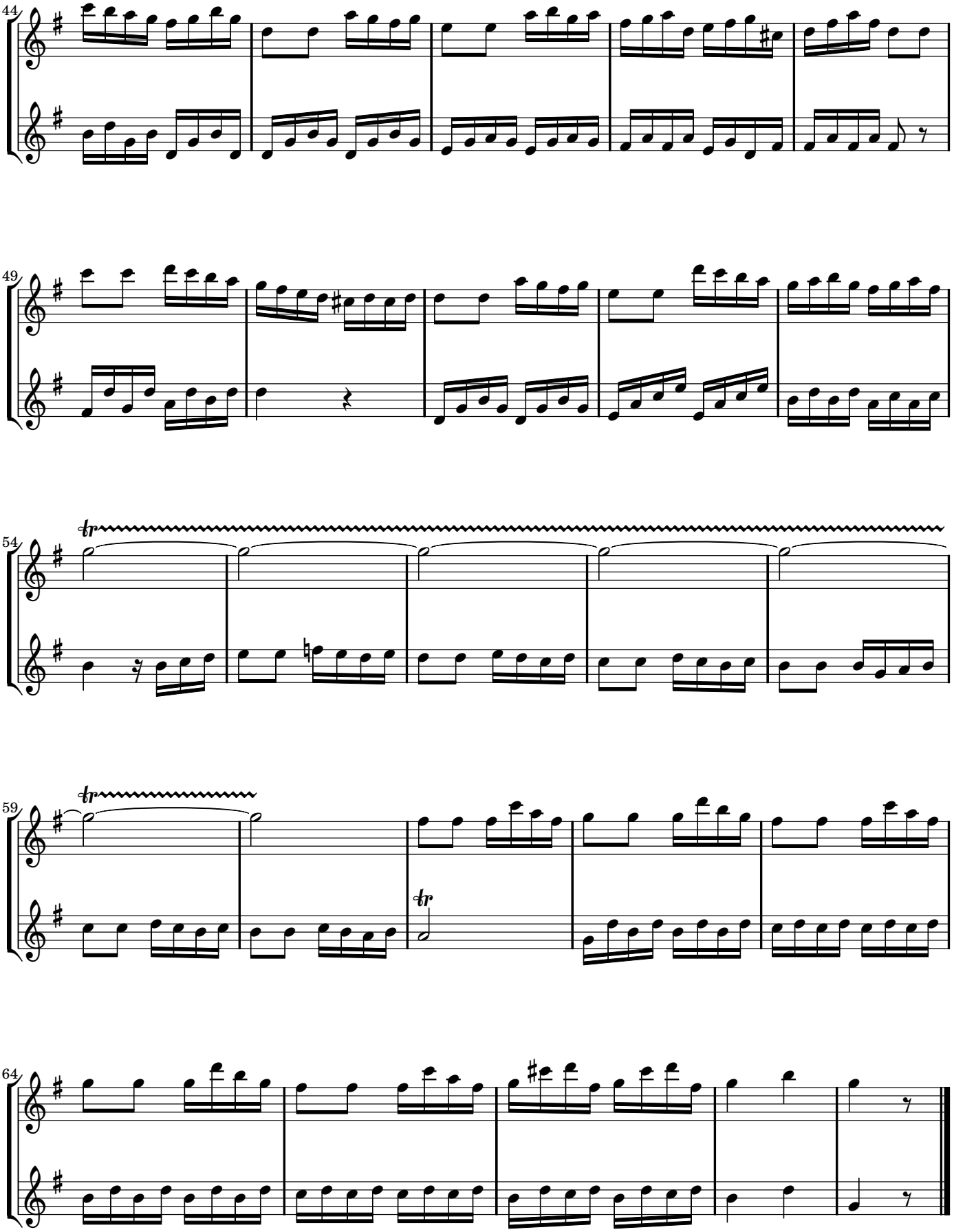
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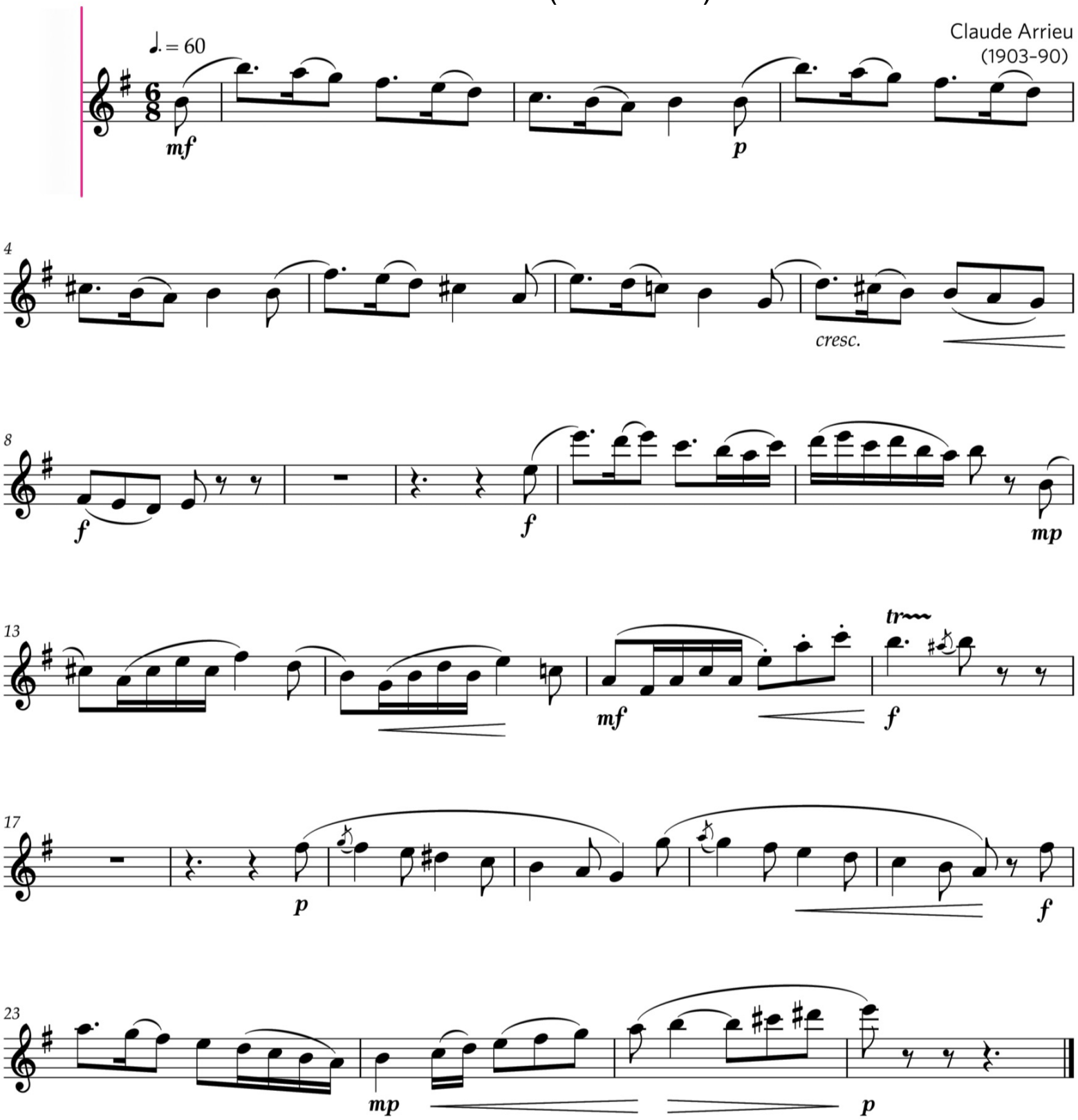
64

Pièce (Sicilienne)



Claude Arrieu was the pseudonym – or pen name – used by French composer Anne Marie Simon. She wrote a huge variety of works, from operas, concertos and chamber pieces to music for film, TV and radio.

A sicilienne is a lilting, pastoral piece or movement in compound time (meaning the beats are divided into groups of three), with origins in both song and dance. It was a popular musical form from the Baroque period onwards, and Arrieu's use of spread chords in the piano seems to imitate the harpsichord or lute that could have accompanied a sicilienne in the 17th century.

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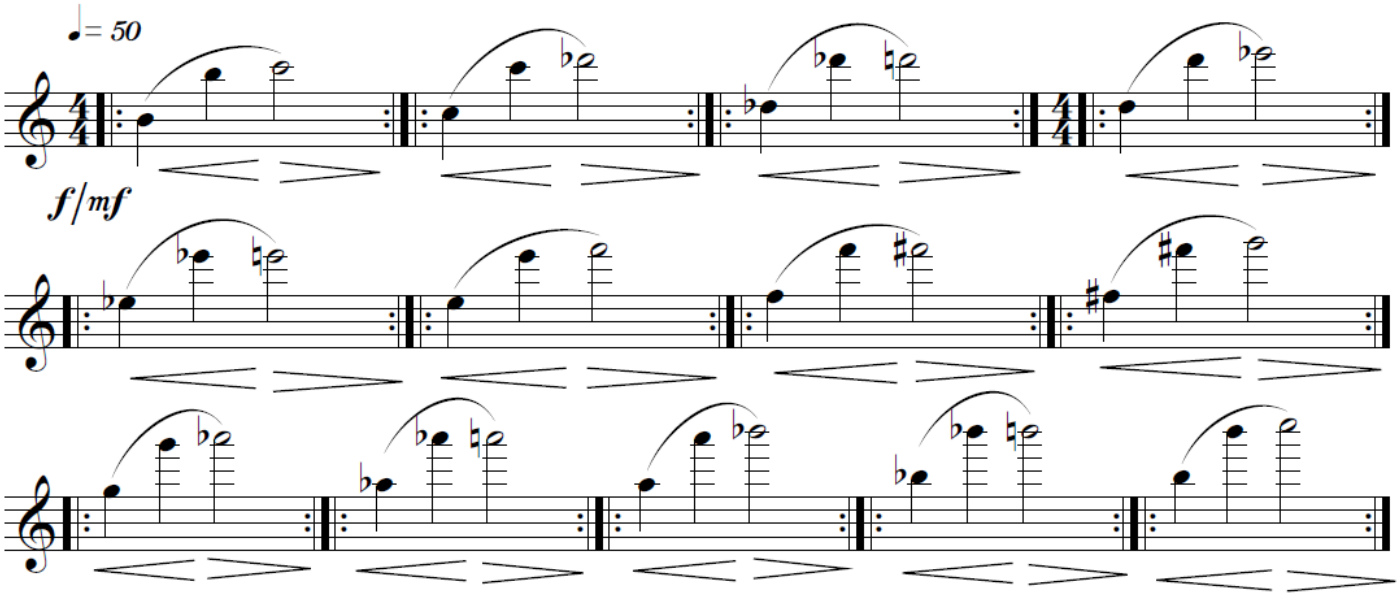
3 Up and Away

(3rd Octave w/octave slur)



(• same instructions as #1)

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4 Ding, Dong

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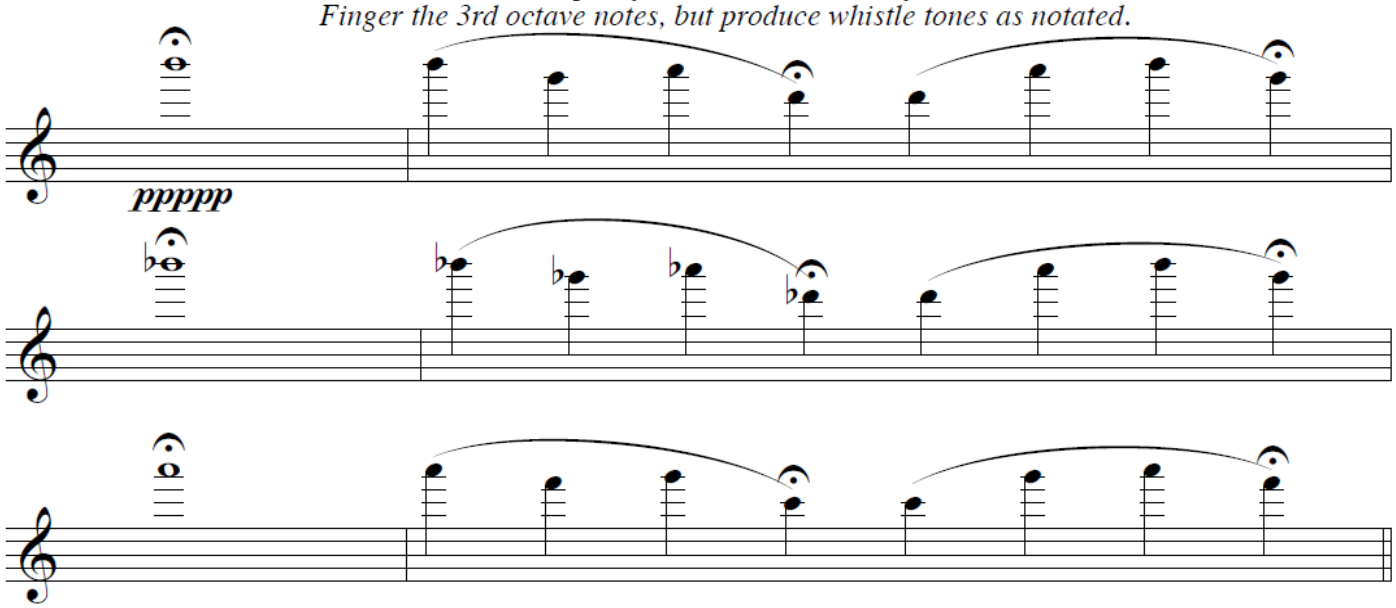
(Whistle Tones)

(adapted from Peter-Lukas Graf)

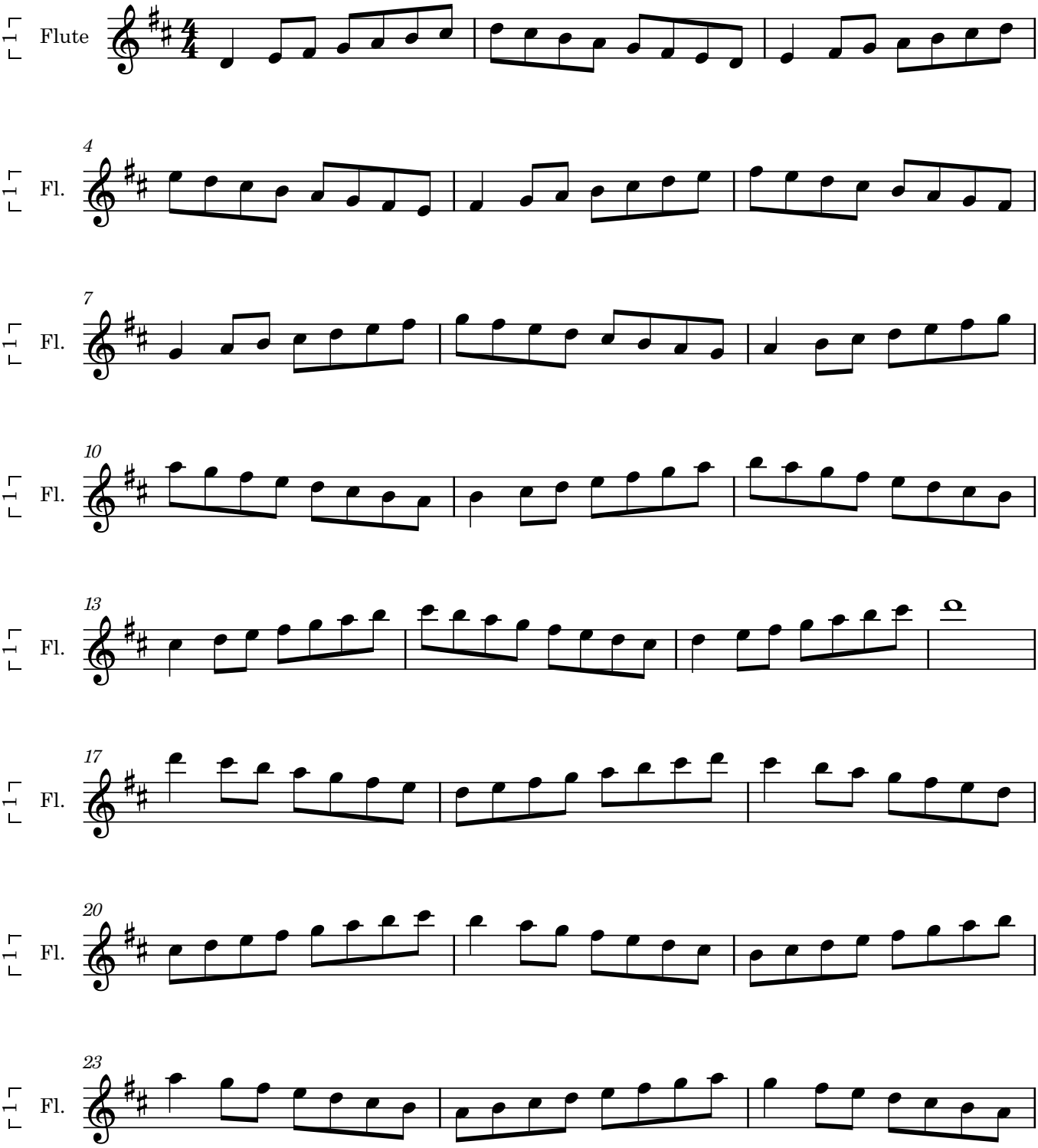
Finger the 3rd octave notes, but produce whistle tones as notated.

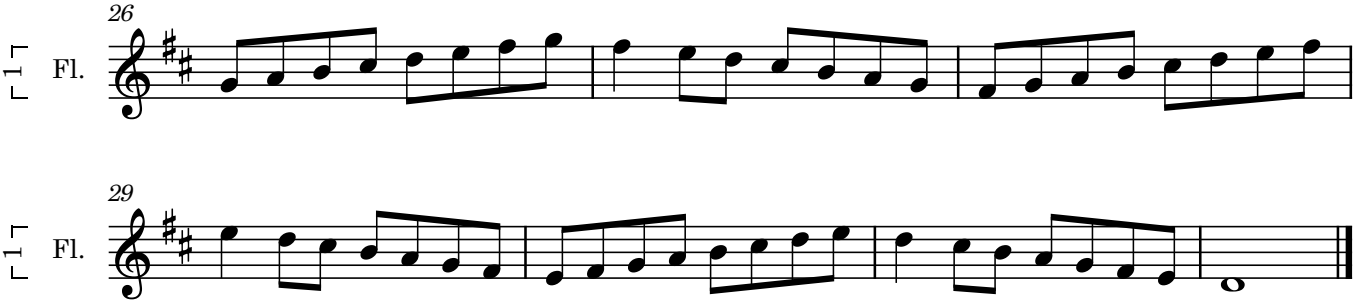


- Drop your jaw (stretch your chin away from your nose - far!)
- Roll out - FAR!
- No pressure with the Left hand.
- Release upper lip away from teeth. Use your "beak" to aim the air. (Feel the air travel on the inside "wet" part of your aperture.)
- If you hear air, you're blowing too hard. (if you're having a hard time finding the whistle tone, try fingering the 3rd octave note, but play as if you're playing a note 3 octaves lower - ppppp - just fog up the embouchure plate.) (It may also help to try to whistle and/or sing the note you are aiming for.)
- Have patience! (This is the "zen" part - if you're trying to right way, you're getting the full benefits. You will improve every day!) The harder you work, the less results you will see . . . let go . . . surrender. (STOP if you get frustrated.)

D Major, scale game

T. Cortez-Aguilar

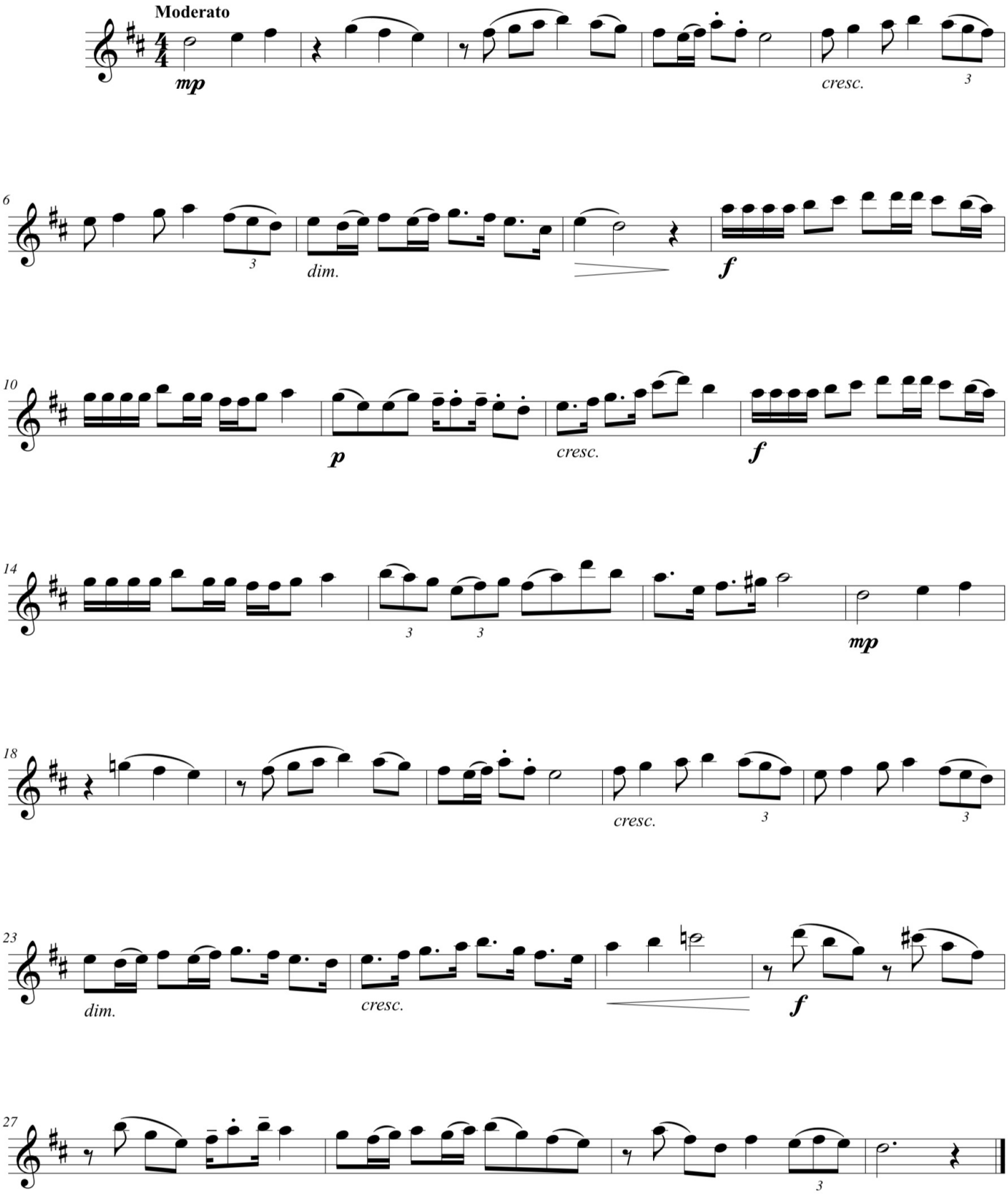



26
Fl.
29
Fl.

Key of D

Etude No. 38 - Rhythm

LARRY CLARK



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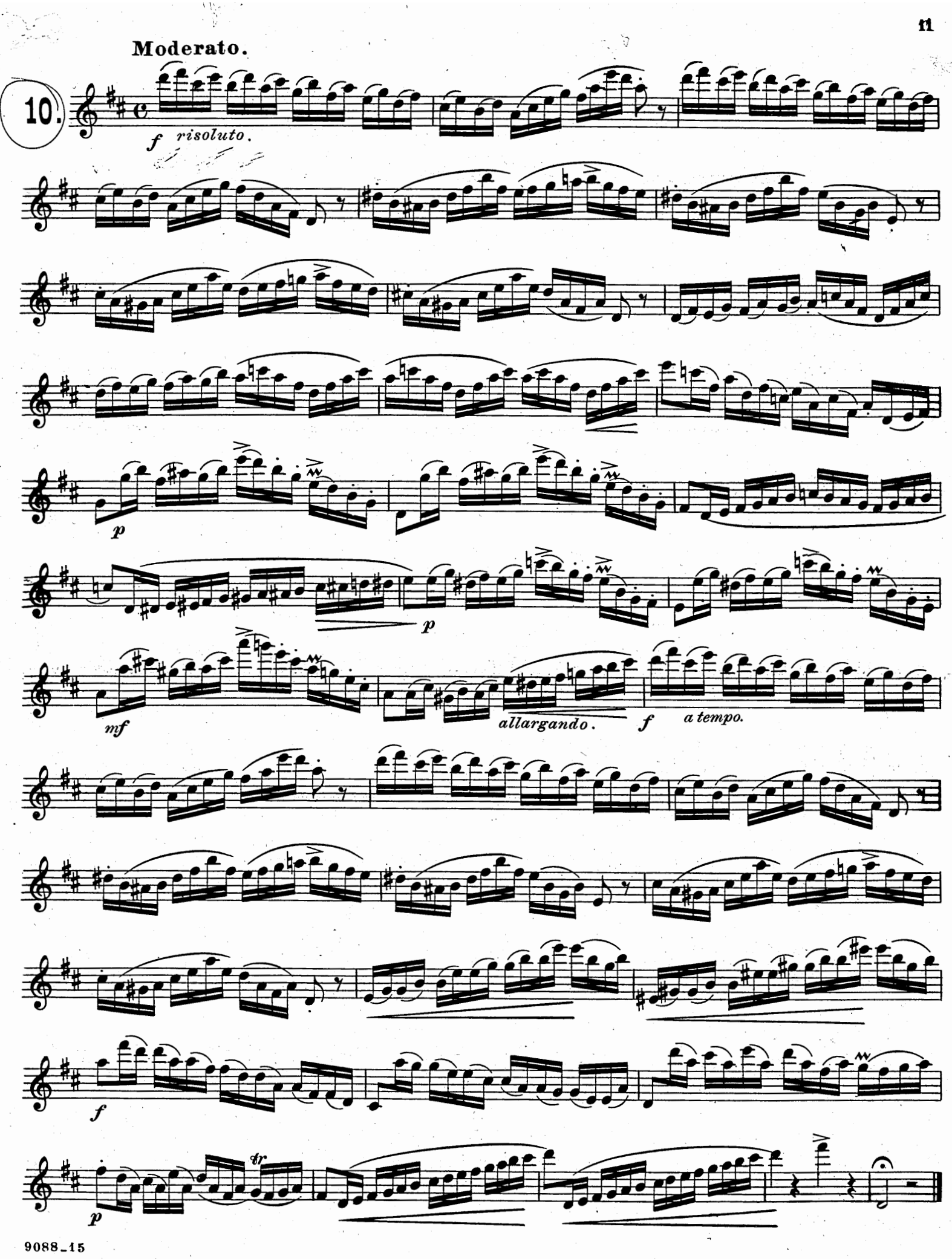
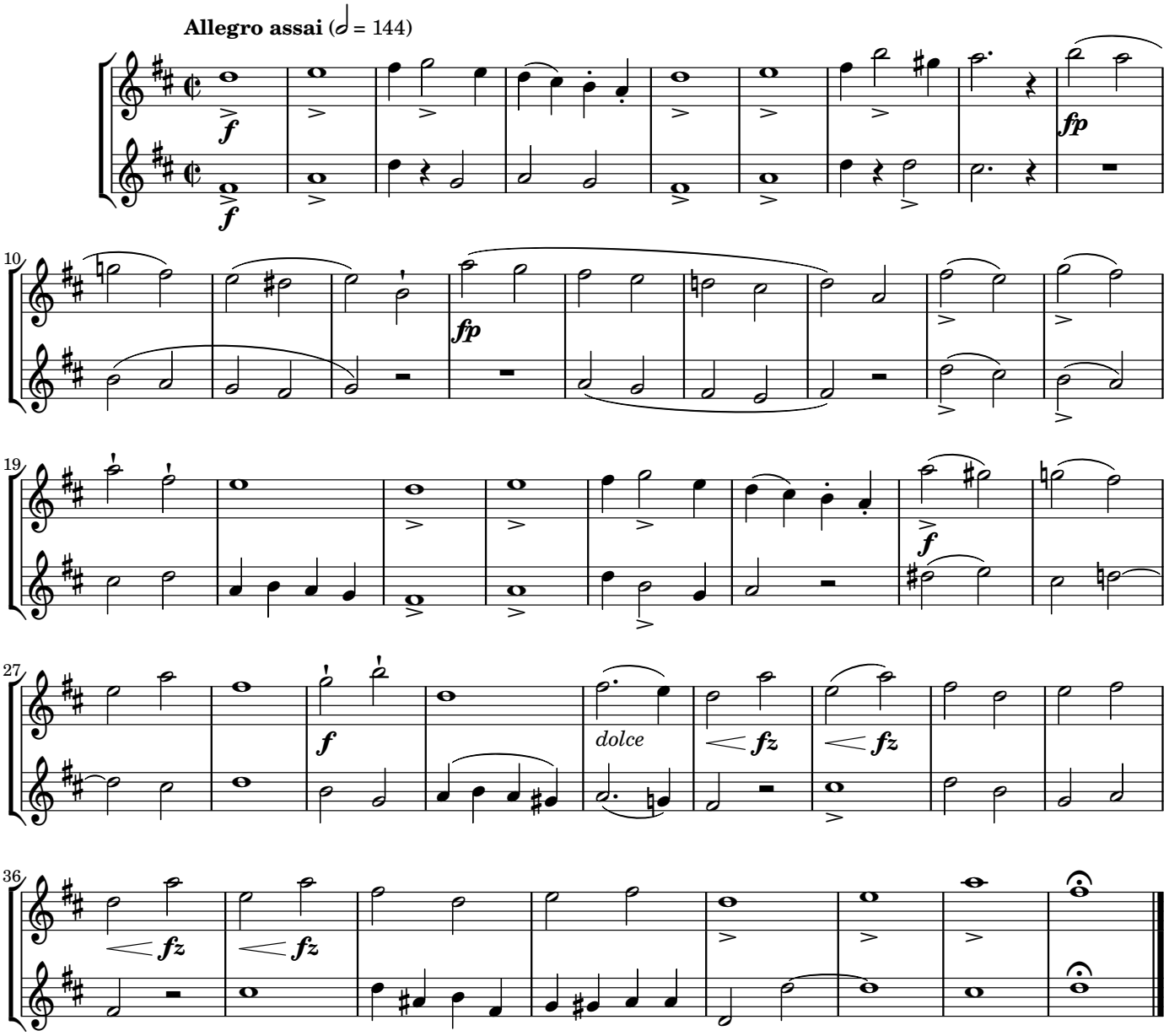

Moderato.
10.
f risoluto.
p
p
mf
allargando.
f
a tempo.
f
p
tr

Nº 1

from *36 Petits Duos Mélodiques Faciles et Chantants*

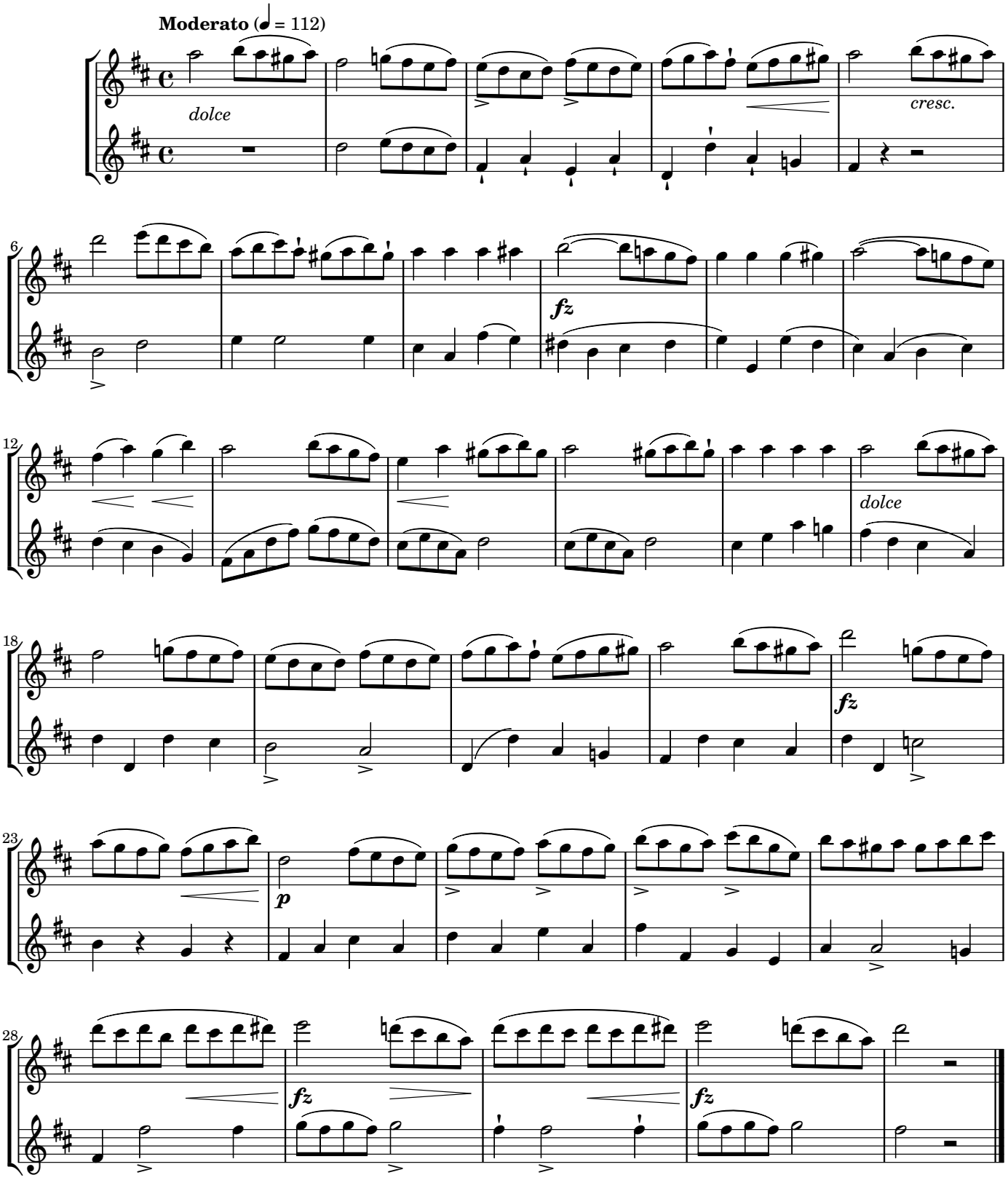
Benoit Tranquille Berbiguier (1782–1838)
Op. 72



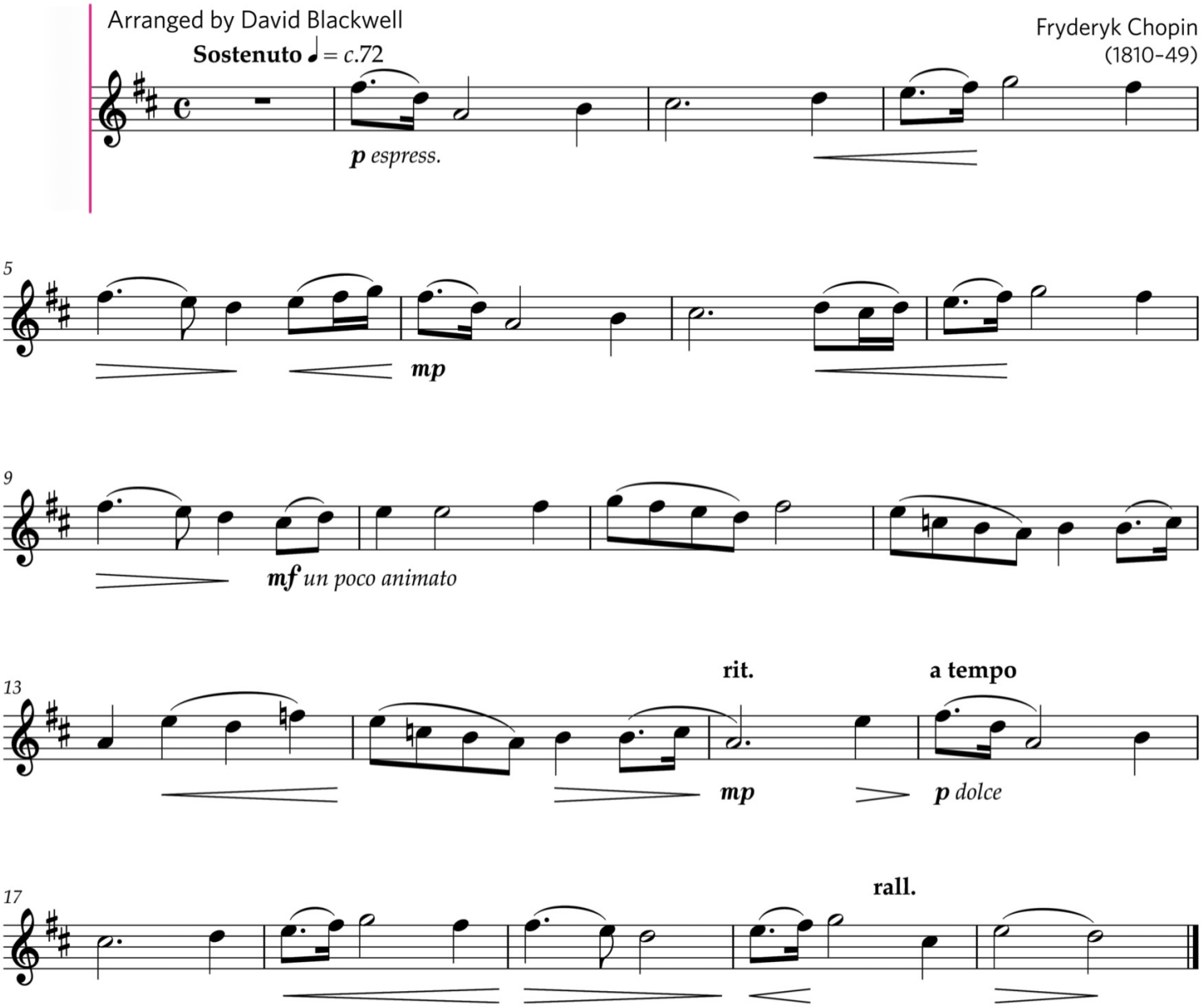
Nº 19

from *36 Petits Duos Mélodiques Faciles et Chantants*

Benoit Tranquille Berbiguier (1782–1838)
Op. 72



Prelude N. 15, 'Raindrop



Born in Poland, Fryderyk Chopin was one of the most influential composers and pianists of the Romantic period. He is best known for his solo piano works, including a set of 24 Preludes, Op. 28. This is an arrangement of the opening section of Chopin's Prelude No. 15, nicknamed 'Raindrop'. The piece is famous for its repeating note – heard in the piano part of this arrangement – which sounds like raindrops falling. The music is sweet, calm and relaxed, as if taking a moment's rest to shelter from a spring shower.

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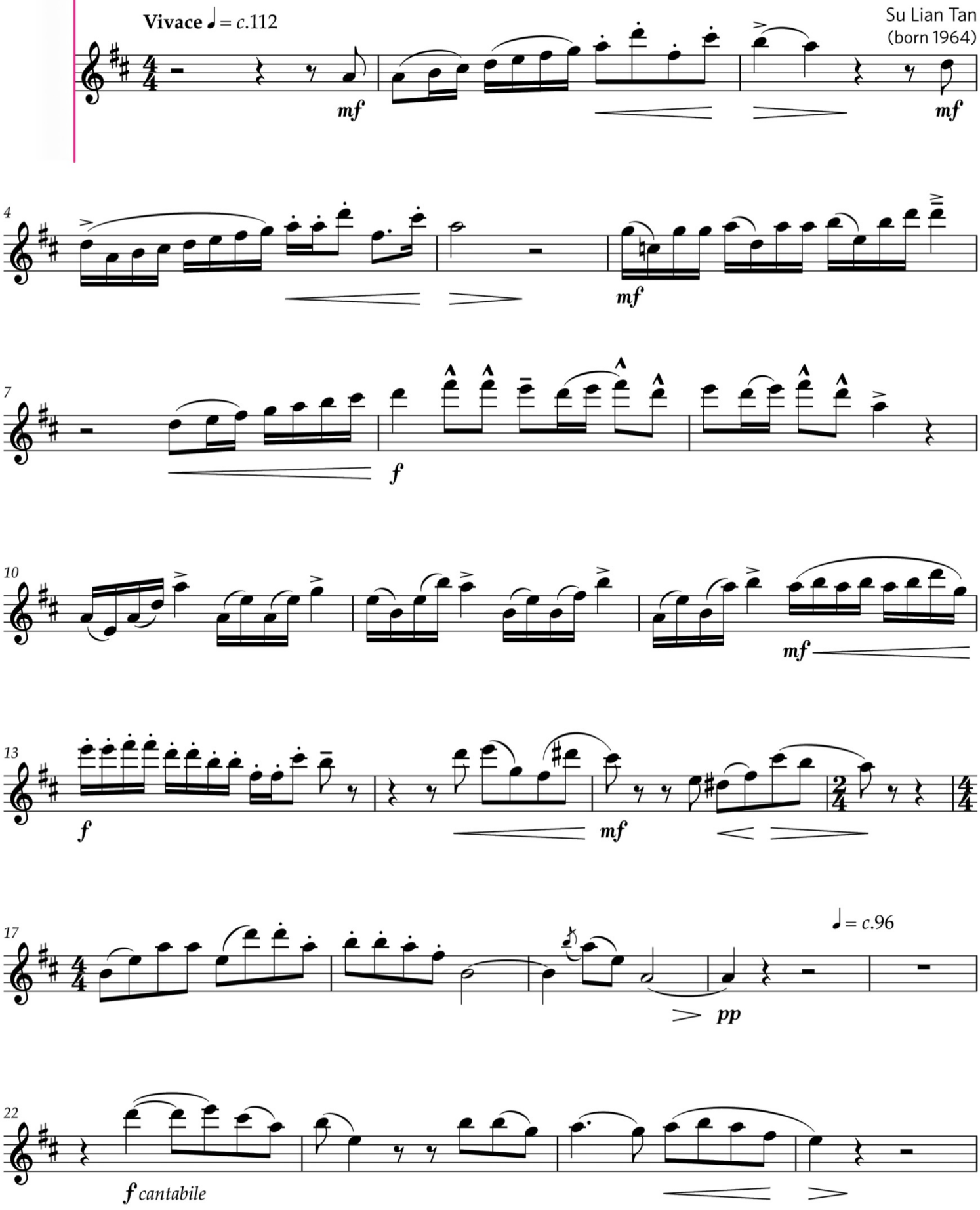
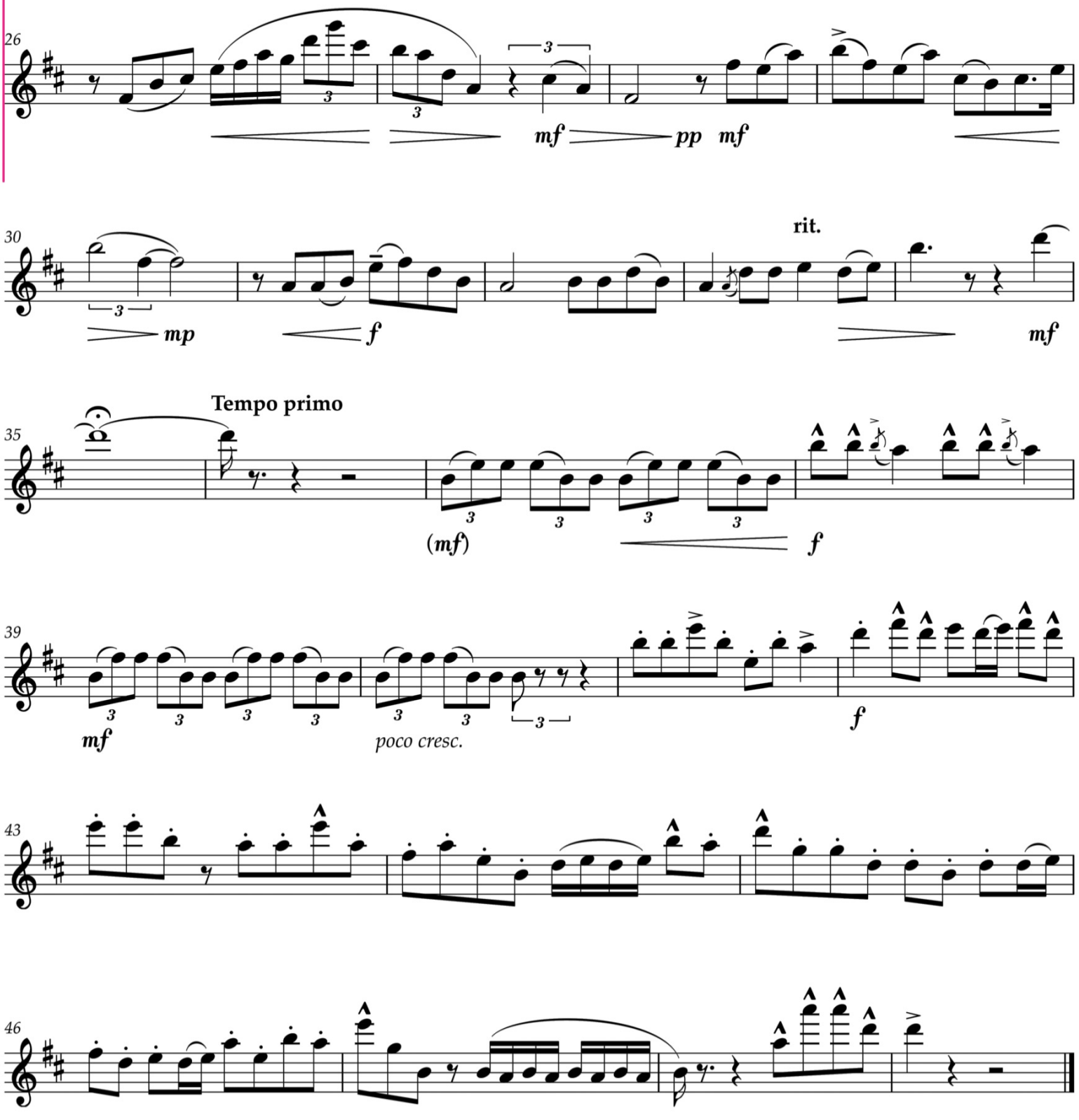
Sonatina Riang





Su Lian Tan is a Chinese Malaysian composer who is now American. She likes to infuse her music with the sounds and colours of her favourite experiences. She describes this cheerful piece as 'beginning excitedly, anticipating beautiful skies and fun. The joy of nature is everywhere: in the interplay between the flute and piano, the Malaysian dance and the harmonies – which are as if we are gazing in wonder.' The *Riang* of the title reflects this joyful sentiment.

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