

Exercises for Developing Technique **on Native American Style Flutes**

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Exercises for Native Flute players are a great way to build finger dexterity and practice technique. They are often used by classical musicians looking to improve their technique. For Native Flute players, they can be added to your playing for a minute or two a day, or just as a daily warmup. Many players get a **substantial** improvement in their playing with just a small investment in these exercises.

You might try these exercises with four different articulations:

- Legato - long notes with no breath-separation between the notes
- Single-tonguing - a short break between notes, using an attack such as "Ta" or "Ka" to begin each note.
- Stacatto - Very short notes with a sharp attack and a silence between each note.
- Double-tonguing - Two rapid attacks on each note, using an attack such as "TaKa" or "DiKa".

For more Native Flute resources, see:

- www.FluteKey.com - Flute Key web site with related Native Flute resources.
- www.NAFTracks.com - Backing tracks and Flute-related educational products.
- www.ClintGoss.com - My performance and music facilitation web site with upcoming workshops.
- www.NativeFluteSchool.com - Upcoming Native Flute Schools.

If you have any questions, issues, thoughts, or suggestions, feel free to contact me at clint@goss.com.

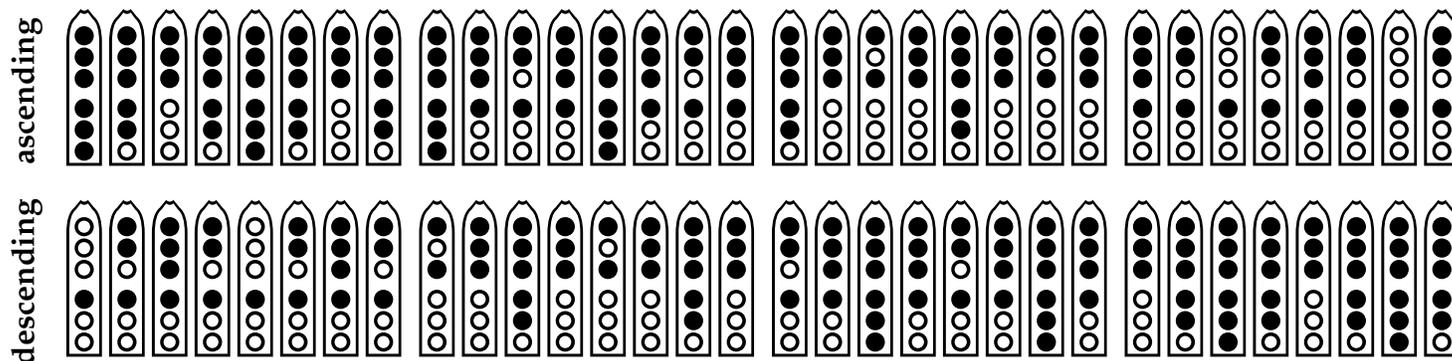
-- Clint Goss - August 4, 2009

Chord Progression Exercise for Native American Style Flutes

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This is the basic scale exercise that covers four common chords on most Native American and Native American style flutes made since about 1980. The idea is to play the notes very slowly at first, and then very very gradually build speed. Always keep the notes even in tempo and emphasis.

Six-Hole Flutes

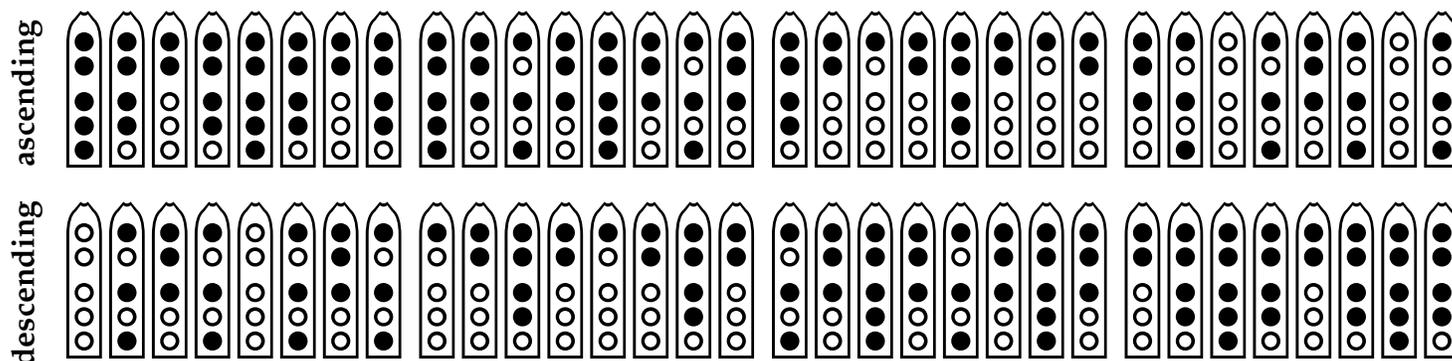


Note that we use  rather than the more standard  fingering for the octave note, to make the scale smoother for the fingers.

Here are some things to try, once you get comfortable with the scale at a given speed:

- * Add expression to the scale, as if it were a melody. Add ornaments, and try to make it a song.
- * Try various tonguing techniques.
- * Rather than playing 8 notes in each chord, just play four. This increases the difficulty, but is a valuable exercise.

Five-Hole Flutes

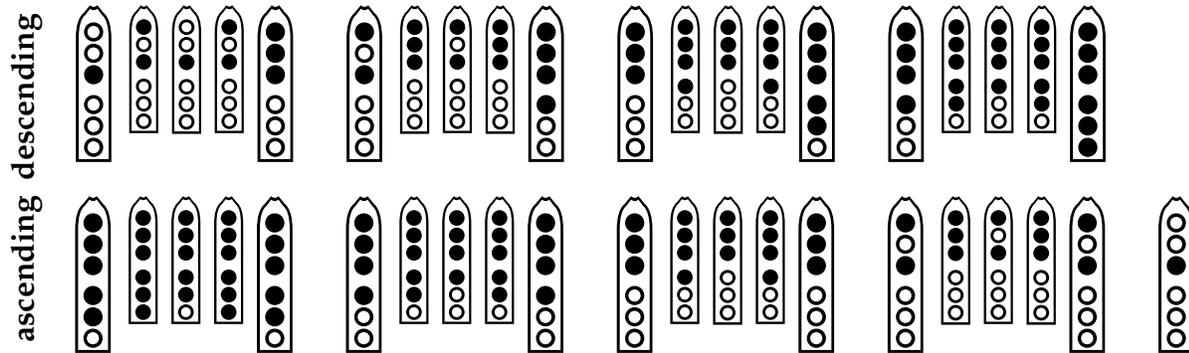


Chord Mordent Exercise **for Native American Style Flutes**

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This is an exercise that greatly improves each finger's ability to play mordents. A mordent is an ornament that uses a short grace note above or below the intended note. It is like a trill, but the grace note is only played once or twice. The idea is to play the notes very slowly at first, and then very very gradually build speed. Always keep the notes even in tempo and emphasis.

Mode 1 Six-Hole Flutes



The smaller notes are the grace notes in the mordent, and each group of 3 grace notes takes as much time as the larger notes. The whole exercise is done in a three count: 1-2-3 1-2-3 ...

Here are some things to try, once you get comfortable with the scale at a given speed:

- * Add expression to the scale, as if it were a melody. Add ornaments, and try to make it a song.
- * Try various tonguing techniques.

Here is a version that uses the mode-four fingering:

Mode 4 Six-Hole Flutes

