Anatomy of Sound

AMY PORTER'S FOCUS SHEET for Personal, Musical and Artistic Goals

01 Set Small Goals

You can improve if you set small goals for yourself and listen with focus in your playing.

02 Focus on the issues

Below, list your most needed improvement issues within each area. Be as specific as possible.

03 Keep it nearby

Then, address these issues within your practice session. Keep this nearby while you remind yourself of what it is you are working to improve.

04 Keep on track.

Be sure to erase the goal when you reach it. A better yet more difficult goal will take its place!

05 Align your process with your needs.

Use different suggested exercise repertoire–or go outside the box and do your own thing - just keep inspired and stay focused on your goals.

06 Decide what resources are needed.

Make sure you budget time for practice. It's the most valuable resource we control. Then, create your practice space for the best practice vibes.

07 Mentors should be aware of your goals

Make sure everyone in your area of focus knows that you're reaching your goals and keeping track of progress using WAM (Weekly Accountability Meetings)

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TONE

1.
2.
3.

Advice: Try to play from the air inside your body, not just the air inside your mouth. Blow the air down through the foot joint.

TECHNIQUE

1.
2.
3.

Advice: Air leads fingers. Feel as if you are using your fingers to push down the air stream, not the keys of the flute. Let the keys lift your fingers. Place right thumb under flute.

VIBRATO

1.
2.
3.

Advice: Choose which speed of vibrato you will use in order to give a thoughtful performance. Vibrate every note, then choose where not to vibrate.

ARTICULATION

1.
2.
3.

Advice: Try “DiGi” for Double tonguing. Tongue leads air. Understand Ti / Di tonguing in music from the Baroque style as advised by Quantz. Avoid moving the jaw to articulate, don’t chew. Support the articulation.

PHRASING

1.
2.
3.

Advice: Learn about Marcel Tabuteau’s “Singing Intervals”. When going up, push on the note below. When going down, think of a waterfall. ½ and whole steps must have motion.

BREATH CONTROL

1.
2.
3.

Advice: Think of the ends of the phrase at the beginning of the phrase. Breathe in the emotion of the phrase. Plan all your breaths. Breathe into your big toe. Fill up!.

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INTONATION

1.
2.
3.

Advice: Intonation is not an opinion. It is a fact. Learn to play without vibrato in tune, then add vibrato and do not let it effect the pitch. Don't be flat in soft playing! Use EEE vowel for a lifted tongue to raise the pitch and AWW vowel for a lower tongue to lower the pitch.

POSTURE

1.
2.
3.

Advice: Study body awareness. Your life depends on it as well as your musicianship.

PRACTICING

1.
2.
3.

Advice: Nobody can do it for you. It pays off. It's fun! When will you practice today?

PERFORMING

1.
2.
3.

Advice: If you don't want to be on the stage, get off! Be as professional as possible when you are presenting. Understand proper stage etiquette. Never take a solo bow if you are in a collaborative effort. Don't forget to SMILE!

AUDITIONING

1.
2.
3.

Advice: There is an element of luck. Practice to get lucky in an audition. You will know what got you there.

ENSEMBLE PLAYING

1.
2.
3.

Advice: Leave your problems at the door. Come into every rehearsal prepared to play and let others know that they can count on you too.

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MUSICAL INSPIRATIONS

1.
2.
3.

Advice: They will change – and they are good to have. Always have someone to look up to.

TONE SUGGESTIONS

1. Low Register Exercises
2. Vocalises and Arias
3. Vibrato Exercises, Harmonics, Whistle Tones

Advice: Study body awareness. Your life depends on it as well as your musicianship.

INTONATION EXERCISES

1.Scales, Arpeggios,TAPS, Simple Gifts, Dvorak 9 with a drone
2.Crescendo/Diminuendo Exercise
3. Harmonic Switch

Advice: Always with a tuner

TECHNIQUE EXERCISES

Extended Scales and Arpeggios with alternating patterns and rhythms
Barrere The Flutist's Formulae
Grouping of Keys (op. 125) by Furstenau/ Moyse
Gilbert Technical Flexibility
Macquarre Daily Exercises for the Flute
Moyse Scales and Arpeggios, Exercises for the Flute
Moyse Daily Exercises
Moyse Technical Mastery for the Virtuoso Flutist
Taffanel Gaubert 17 Daily Exercises

BREATHING EXERCISES

1.My Breathing Buddy visualization
2. Voice Lessons
3. Cardio Exercises

Advice: Buy My Breathing Buddy www.aos-wellness.com

POSTURE AND RELAXATION

At AOS-Wellness.com, learn techniques of
Yoga
Feldenkreis Method
Alexander Technique
Body Mapping

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PHRASING PUBLICATIONS

1.Moyse Tone Development Through Interpretation
2. Moyse 24 Short Melodious Studies with Variations
3. Songbooks & Opera Melodies.
4. Interpretation - Peter-Lukas Graf

COMPREHENSIVE ETUDES INCOMPLETE LIST

Altes 26 Selected Studies (Schirmer)
Andersen Etudes, all volumes
Bach 24 Studies (Southern)
Berbiguier 18 Exercises (Schirmer)
24 Caprices/ Etudes of Boehm/ Moyse (Leduc)
Bitsch 12 Etudes (Leduc)
Bozza Arabesque Etudes
Casterede Etudes
12 Studies of Virtuosity of Chopin / Moyse (Leduc)
25 Etudes of Czerny/ Moyse (Leduc)
Dick Flying Lessons
Donjon Etudes (Modern Flutist)
Drouet 24 Etudes (Leduc)
Exercises Op. 15 of Fürstenau/ Moyse (Leduc)
Genzmer Modern Studies Book I & II (Schott)
Heiss Etudes
Jean-Jean Etudes Modernes (Leduc)
Karg-Elert 30 Caprices Study Guide / Porter (Modern Flutist)
10 Etudes of Kramer / Moyse (Leduc)
Mower Fingerbusters with CD (Itchy Fingers)
Piazolla Tango Etudes (Lemoine)
Paganini Caprices (International)
Rose 32 Etudes / Porter (Carl Fischer)
24 Daily Studies of Soussman/ Moyse (Leduc)
10 Etudes of Wieniawsky / Moyse (Leduc)

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