

# 1 Short Practice/Daily Warm-up

Long Notes  
Basic Breathing Exercises  
Vibrato  
Tonguing Exercises  
Scales in basic keys

Handwritten note: breathe in 4 hold 4 out 4 hold 4

# 2. Studies

Il flauto dolce et arbeco  
Malcolm Davies - Recorder routines  
Davis  
Bruggen  
Christopher Ball  
Boeke  
Baroque Solo Book  
Staeps: Daily Lesson / Tonfiguren  
Monkemeyer  
Linde  
Narcisse Bousquet - grands caprices (1864)

# 3. Extended Scales and Patterns

(for harmonic brain as well as fingers!)

Scales in Thirds/Fourths

Major, minor, chromatic, pentatonic, whole tone, modal, diminished scales

Vary between duplet & triplet rhythms

Scales which use highest register

# 4. Finger Exercises

Trills  
Finger Vibrato  
5-note scales in all major & minor keys

# 5. Tone colour and Nuance

Alternative fingering exercises

Quarter tone exercises

Diminuendo/crescendo shapes without altering pitch

Handwritten note: the waters for rec. Manual

# 6. Skills

Transposition & clef reading

French Ornamentation

Contemporary techniques

# 8 Preparation of pieces, with a view to performance

# 7. Articulation

Basic Single Tonguing

Double Tonguing including de ge, did'll

Hotteterre's Tu ru

Contemporary Tonguings - flutter tonguing - slap tonguing

Handwritten note: or slur patterns

9. Listen! To concerts and recordings