

**TORI**  
**LUPINEK**  
*flutist*

*Advanced Practice Routine: 60 minutes*

1. \*Stretching
2. \*Breathing Bag with metronome
3. \*Advanced tone exercises
  - a. Trevor Wye *Practice Book for the Flute Book 1: Tone*
  - b. *Moyse De la Sonorite*
4. \*Articulation style and speed practice
  - a. Single tongue goal: 16th notes at quarter=100
  - b. Double tongue starting tempo: 16th notes at quarter=116
5. \*Advanced technique work
  - a. Taffanel and Gaubert *17 Daily Exercises*
  - b. Reichert *7 Daily Exercises*
    - i. Vary articulations and dynamics in both books
6. \*Etude
  - a. Altez *Twenty-Six Selected Studies for the Flute*
  - b. Mary Karen Clardy *The Flute Etudes Book*
  - c. Andersen Op. 15, 33
7. Duets: Voxman *Selected Duets for Flute Volume 2*
8. Orchestral Excerpts: Jeanne Baxtresser *Orchestral Excerpts for Flute Vol. 1*
9. Solo: grade 1
  - a. Bach Sonatas
  - b. *Flute Music by French Composers* ed. Moyse
  - c. 20th century/extended techniques
10. Band music
11. \*Cool down: End your practice with some nice, slow, low register notes using your best, most beautiful sound.

\*This is a lot of stuff to get done in 60 minutes! The items with the \* in front of them should be done Every. Single. Day. Items 6-9 can be switched out depending on what needs the most work.

But most importantly, HAVE FUN! :)