

EVELYN NALLEN

PRACTICAL PRACTICE

In the first of a mini-series, Evelyn Nallen provides details of exercises that will assist recorder players to use practice time as constructively as possible.

Before you start playing, always **WARM UP**

1. Fingers

Right Hand



* *Alternative fingerings G 1234567*

Left Hand



* *Alternative fingerings E 023*

This is a ten-minute exercise to improve strength, agility, coordination and circulation.

It is just a series of trills.

Using a timer or stop watch, spend one minute on each one. Don't tongue anything.

Concentrate on lifting fingers and breathing deeply.

There should be no other movement—don't move wrists or elbows and relax shoulders.

Try timing your breaths.

Repeat daily.