



Play It Today!



jFlute



**FREE
DOWNLOAD**
METHOD BOOK
BACKING TRACKS
& VIDEOS

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Introducing Nuvo WindStars!

WindStars is a band program for Elementary Schools using DOOD, TOOT, jSAX, Clarinéo and jFlute.

The “First Steps” series provides the foundation for playing all Nuvo instruments. When you feel confident with the basics you can download the WindStars Music Books and explore the WindStars website for more tunes. You will find music in many styles such as jazz, pop, rock, reggae and of course traditional tunes. We will continue to add new tunes and please feel free to contact us with suggestions.

One of the great things about Nuvo instruments is that they are all in the key of C (concert pitch) which means you can share music across instruments and if you want to add piano, guitar and even Orff music, it’s easy to do.



Why not perform at your school or in the local community? If you’d like to share your WindStars or individual performance videos, please contact us through the Nuvo website and we will happily post them on our YouTube channel.

To access the free WindStars music, go to www.nuvo-windstars.com and search the relevant instrument. You can listen to demonstration tracks as well as download backing tracks and sheet music. There is also a free iPad app that has playback options as well as interactive fingering charts for Nuvo instruments.

For more information, please visit www.nuvo-instrumental.com and www.nuvo-windstars.com



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jFlute – First Steps Book

The Nuvo Flute is fantastic fun to play and a great way to introduce younger players to the joy of playing the flute and to promote an interest in exploring other woodwind instruments. This First Steps book will guide you through the basics of playing the instruments and reading music notation. It doesn't matter if you have never read music, or even picked up an instrument before. This book is written to be used either on your own, or as part of a larger group or class. Most of the music in this book can be played by and with other Nuvo instruments, or any classroom instruments that play at concert pitch.

Teacher Tips

You don't have to be a woodwind specialist to have fun teaching Nuvo instruments. Be sure to check out our Nuvo Top Tips for Teachers download, where you can find games and activities to engage classes of all sizes regardless of your own musical ability.

Nuvo Superstars & First Steps Certificate

Look out for the 9 stars as you progress through the book, you can color them in when you reach them to show that you have learnt everything up to that point. You can also color the stars below to track your progress.



When you have finished the book, and can play all the tunes perfectly, you can print out the “First Steps Complete” certificate, fill in your name and put it on your wall!

Backing Tracks and Videos

Throughout the book you will find backing track and video icons as shown.



VIDEO 01 - Introducing the Flute



TRACK 01 - B Tune by Graham Lyons

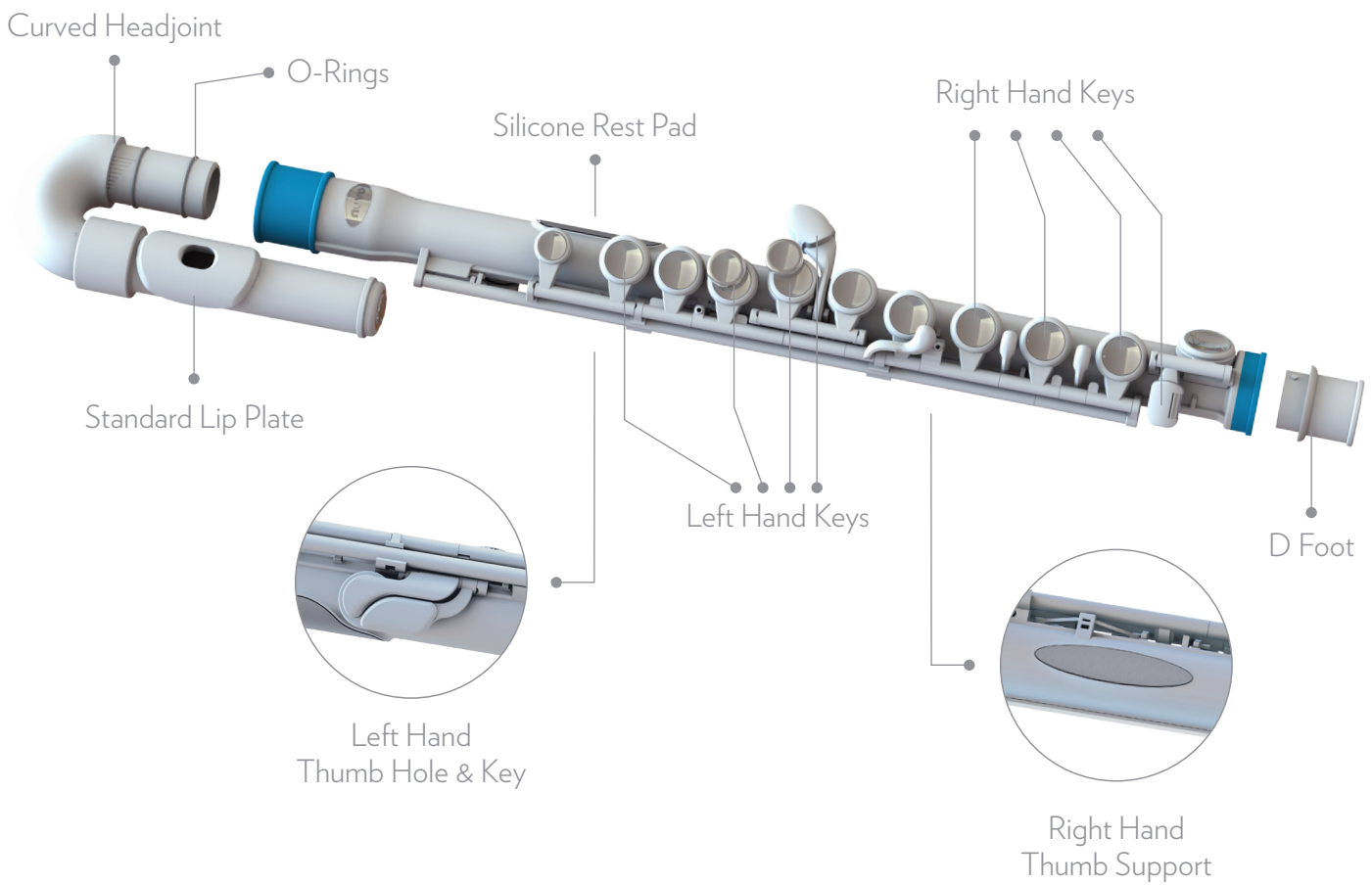
If you are viewing the PDF while online, you can click the icons to access the track or video. You can also download all the tracks and videos and manage them from your computer when not online.

Introducing the jFlute



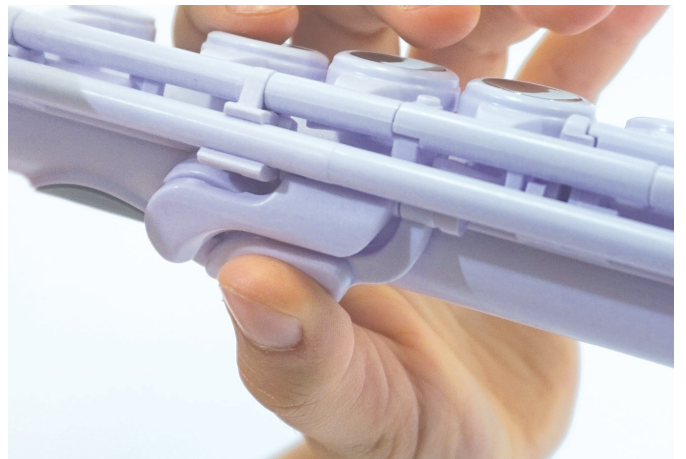
VIDEO 01 - Introducing the Flute

Your jFlute is made up of several pieces which you can see labelled below. To make learning the jFlute even easier, the flute actually fits fully assembled in the case, so all you need to do is lift it out and start playing.



Holding the jFlute

The jFlute, like a traditional flute, is played side on, this is different to many other woodwind instruments which are played directly in front of you. Start by holding the flute in front of you with the mouthpiece at the top. Place left hand thumb on key at the back of the jFlute and your first three fingers on the keys as shown below.



Your right hand thumb supports the flute and your right little finger should press the key at the end of the flute as shown here.



Good Posture

It is important to stand upright and bring your instrument up to your mouth. This will help you to produce good notes. Remember not to bend forward or dip your head towards your instrument.



Good



Bad

Playing Your jFlute



VIDEO 02 - Playing your Flute

If you can, do this in front of a mirror so you can see what your mouth is doing. The lip plate hole of the jFlute should be pointed straight upwards, and your head should be kept up. Bring the jFlute to your mouth, rather than trying to move your head towards the instrument. Feel for the near edge of the hole with your bottom lip, the lip should cover about a quarter of the hole. Now bring your lips together leaving a small oval opening in the middle of your lips. Try to blow a steady stream of air towards the opposite edge of the mouth hole, and listen to what happens.

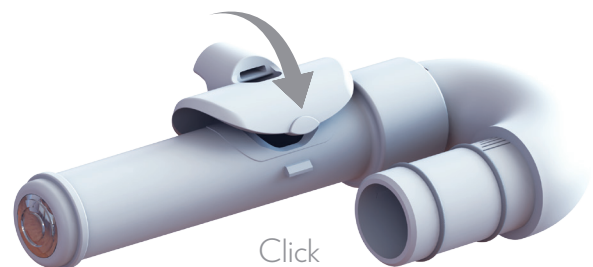
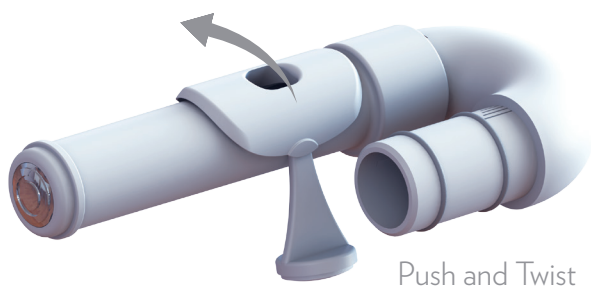


Not Making a Sound?

If you are unable to make a sound, don't give up! It can take several attempts to find the correct position. The U shaped headjoint on the jFlute moves independently from the body, so you can turn it a little to try a slightly different position. You can also change the angle at which the air hits the blowing edge. You could also try varying the amount of air, and how much of the lip plate hole you cover up.

Younger students may find the challenge of producing a sound a little frustrating at this early stage of their jFlute journey. These students might want to try changing the lip plate on their jFlute to the Firstnote lip plate. This is included with the flute and is specially designed to enable all students to produce a sound easily.

If you want to take your standard flute lip plate off and replace it with the Firstnote lip plate, it's easy to do; they simply clip into position. Use the tool provided, sliding it under the back edge of the lip plate as shown below. Then take the Firstnote lip plate and make sure the rubber o-ring is secure. Locate the lip plate on one side, and then squeeze firmly until it clicks into position.



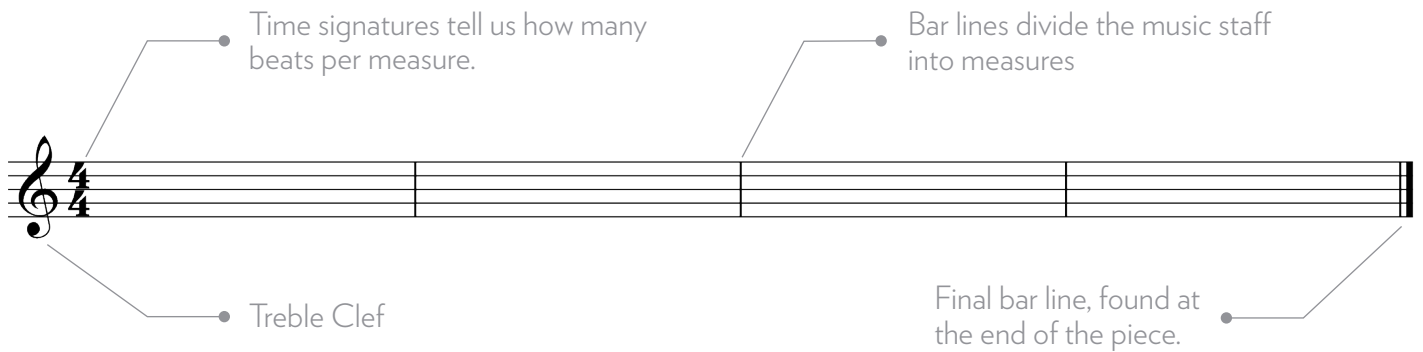
Playing Your jFlute with the Firstnote Lip Plate

Playing the jFlute with the Firstnote lip plate is simple; just raise the instrument up to your mouth, with the instrument pointing out to your right-hand side, close your lips around the mouthpiece as shown and gently blow. Keep your cheeks in and your head up. Try experimenting with less air and more air and listen to how the sound changes.



Introducing the Staff or Stave

Musical notation is written out using 5 lines called the staff, or stave. The notes are placed either in the spaces between the lines, or on the lines depending on which notes they are.



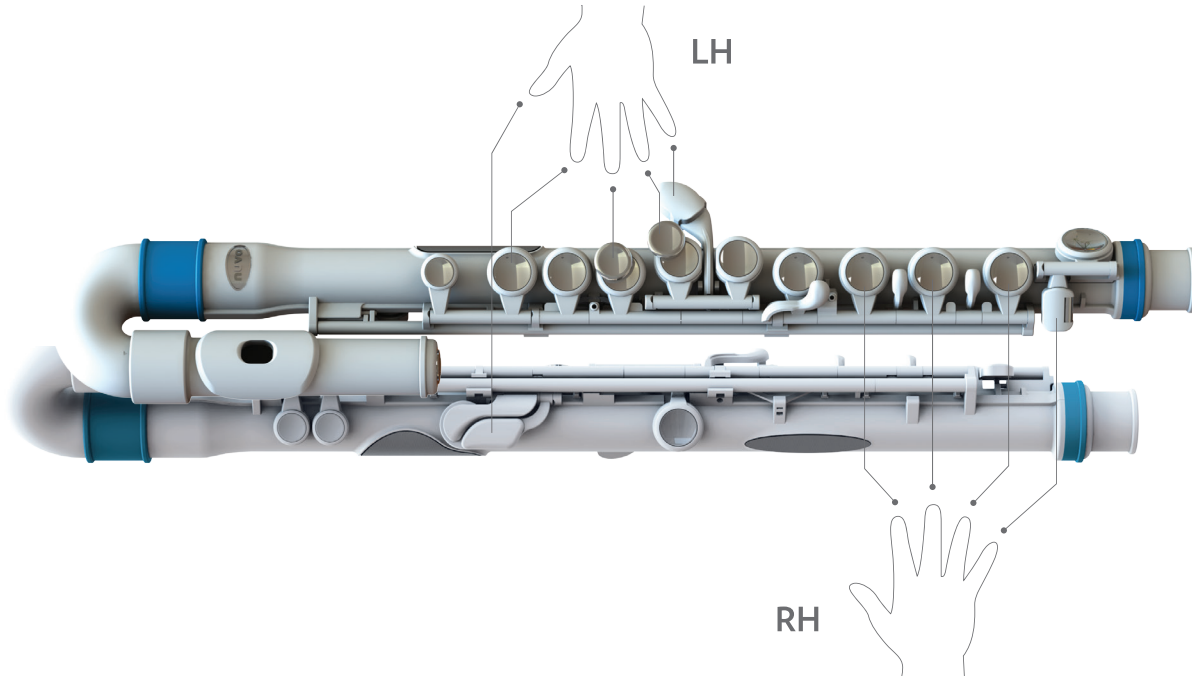
The first 3 notes we will learn on the jFlute are called B, A and G, this is what they look like on the staff. Notice how the B and G are on the line, while the A is in the space between the lines.



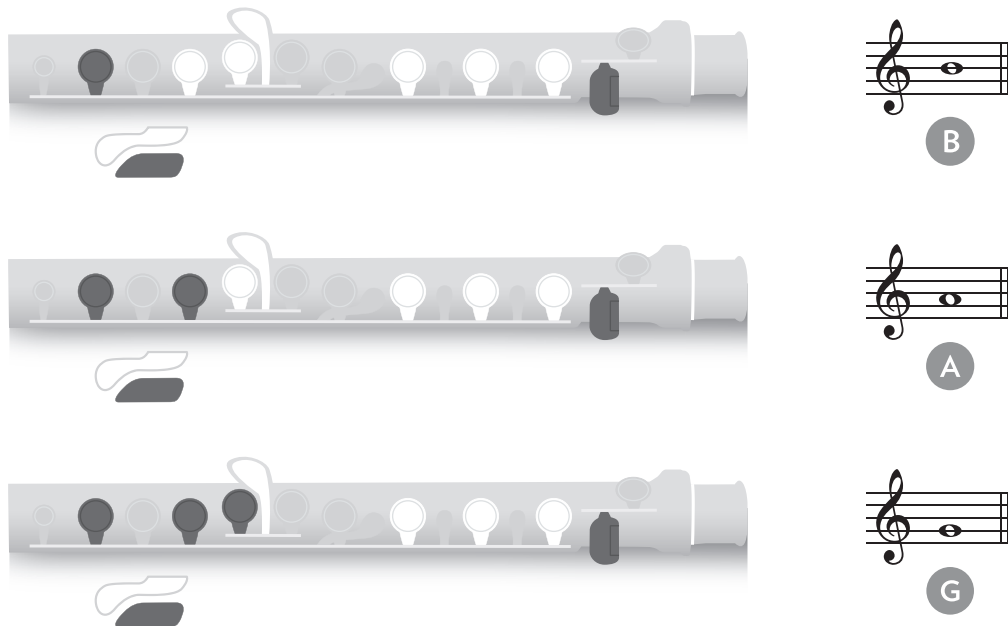
We will learn to read more notes at the same time as we learn to play them on our instruments.

Let's Play Some Notes: B, A and G

The first notes we are going to learn on jFlute are B, A and G. Remember how to hold your instrument - left hand at the top, right hand at the bottom. Remember to put your thumb on the key at the back, and your right little finger on the key at the bottom end of the flute.



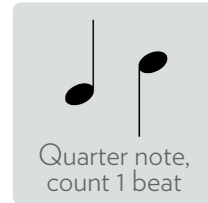
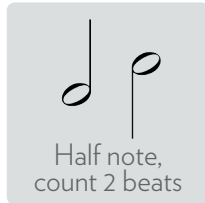
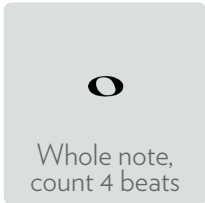
This is how to play the notes on your instruments;



Now have a go at playing the 3 notes, and try moving between them. Don't forget that your thumb should be on the back key for all 3 notes.

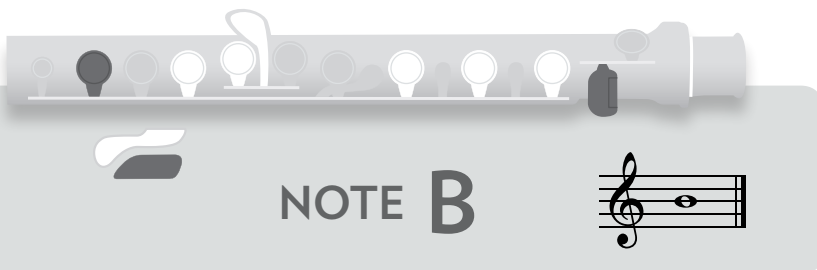
Note Lengths

Music notes don't just tell us what notes to play, but also how long to hold the notes for.



Let's Play Some Tunes

The first tune we are going to play only uses one note – B. First try to clap out the rhythm of the tune, then have a listen to the demonstration track. Try clapping along to the tune while looking at the music.



B Tune

Graham Lyons



This means rest for the count of 2 beats

Now try and play the tune on your instrument, follow the music as you play.

If we want the music to sound more interesting we need to use more than one note in a tune. Try playing these 4 tunes that use B, A and G. Notice the repeat sign at the end of each piece - this means you repeat the tune again from the start.



Button

Graham Lyons



This means repeat



Au Clair de la Lune

Trad.



Suo-Gan

Trad. Welsh



Up and Down

Bruce Hunnisett

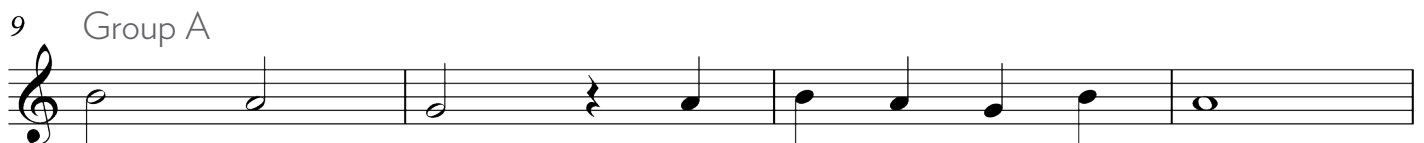
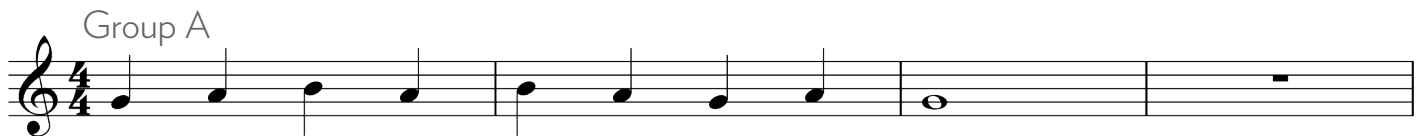


When you play Time Traveller first listen to the backing track, then try to play with the music. In the classroom you could split into Group A and Group B, taking a line each.



Time Traveller

Graham Lyons



Playing Duets

Music is usually played by more than one instrument at a time. A duet is a piece written for two players. Sometimes the two players have similar sounding lines, other times they have very different lines, but they always sound great when played together.



Rock Duo

Paul Barker

Part 1

Part 2

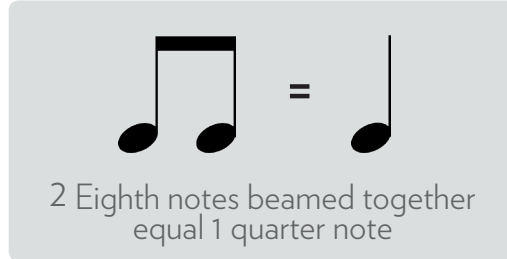
5

1

2

Introducing Eighth Notes

When we need notes that are shorter than quarter notes, we can use eighth notes. Each eighth note is worth half a quarter note.



See if you can spot the eighth notes in Donkeys, clap the rhythm, listen to the track, then try to play it.



Donkeys

Graham Lyons



Starting Notes with Your Tongue

When playing the jFlute, we should start some of the notes using our tongue. This is called articulation. Try playing a long B, and as you are blowing move your tongue up to the roof of your mouth. The note will stop. Now try doing the same but this time imagine you are saying “Tu, tu, tu”. Try to keep your lips still all the time. You are now tonguing the notes!

Try playing Hot Cross Buns, and think about tonguing all the notes.



Hot Cross Buns

Trad.





Eighth Note Workout!

Bruce Hunnisett

Musical notation for 'Eighth Note Workout!' in 4/4 time. The first staff contains four measures of music: a quarter note G4, an eighth note A4, an eighth note B4, a quarter note C5, a quarter note D5, an eighth note E5, an eighth note F5, and a quarter note G5. The second staff starts with a '5' above the first measure, indicating a fingering change. It contains four measures of music: a quarter note G4, an eighth note A4, an eighth note B4, a quarter note C5, a quarter note D5, an eighth note E5, an eighth note F5, and a quarter note G5. The piece ends with a double bar line.




Disco Duet


Paul Barker

Musical notation for 'Disco Duet' in 4/4 time, marked 'Moderato'. The piece is in two parts. Part 1 (top staff) starts with a dynamic marking of *mf*. It contains four measures: a quarter note G4, an eighth note A4, an eighth note B4, a quarter note C5, a quarter note D5, an eighth note E5, an eighth note F5, and a quarter note G5. Part 2 (bottom staff) contains four measures: a quarter note G4, an eighth note A4, an eighth note B4, a quarter note C5, a quarter note D5, an eighth note E5, an eighth note F5, and a quarter note G5. The piece ends with a double bar line.

Let's Learn 2 More Notes: C and F



NOTE **C**



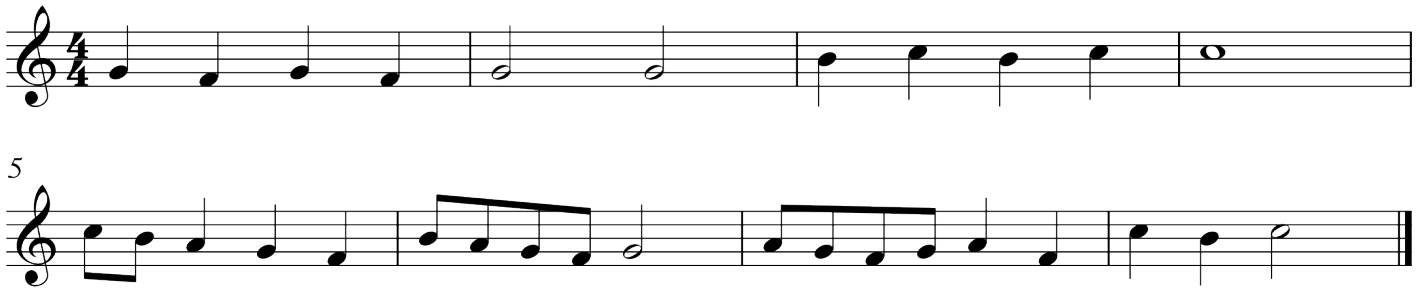
NOTE **F**



17

C Freeze!

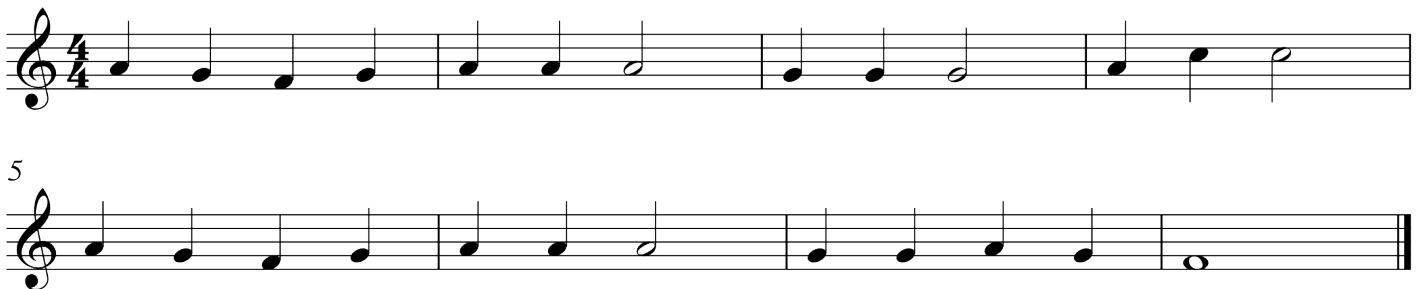
Bruce Hunnisett



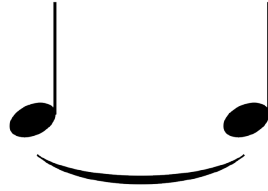
18

Merrily

Trad.



Slurs



If there are notes in a piece which should not be tongued, we connect the notes with a slur; this means those notes should be played in one breath, moving your fingers smoothly to change the notes. Remember to keep your air moving from one note to the next, so no gaps can be heard between the notes.

Try playing Merrily again, this time with some of the notes slurred. Try to play those passages in one breath, with no gaps.



Merrily

Trad.

Two staves of musical notation for the piece 'Merrily'. The first staff starts with a treble clef and a 4/4 time signature. It contains four measures of music: the first two measures have slurs under the notes, and the last two measures do not. The second staff starts with a measure rest labeled '5' and continues with four more measures, also featuring slurs under the notes.

Now try playing Hot Cross Buns again, this time using different notes. We call this playing in a different key.



Hot Cross Buns

Trad.

A single staff of musical notation for the piece 'Hot Cross Buns'. It starts with a treble clef and a 4/4 time signature. The first two measures have slurs under the notes, and the last two measures also have slurs under the notes.



The Flat Sign

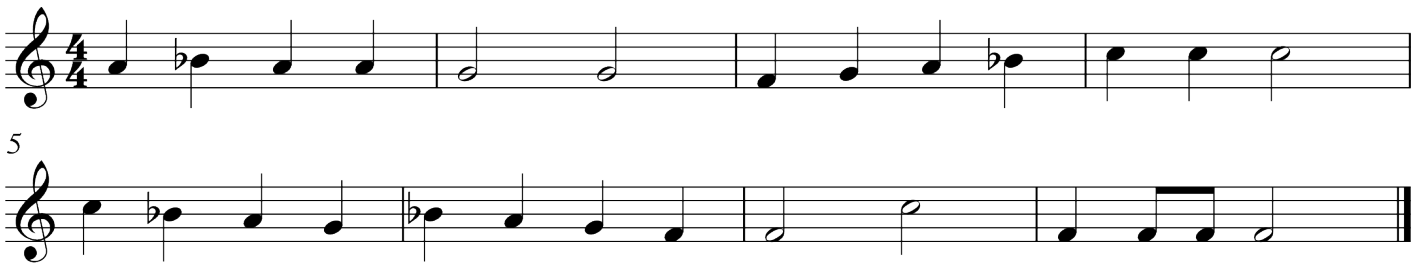
A flat sign can be placed in front of any note, it lowers the note by a half-step.

The next note we are learning is a B \flat . It sounds slightly lower than a normal B. Try playing this note, it should sound half way between A and B. Now play B, A and B \flat and listen to the difference between the notes.



B Flat, B Tall, B Tuneful!

Bruce Hunnissett



Little Hans

Trad.



Introducing the Dotted Half Note



A dot after a note adds half the value of the original note, so the dotted half note will be worth 3 beats.

Look out for the dotted half notes in this tune.



When The Saints

23

8

13



Let's Learn D

When you can move easily from C to D, try playing Twinkle Twinkle, look for the new D before you play the tune.

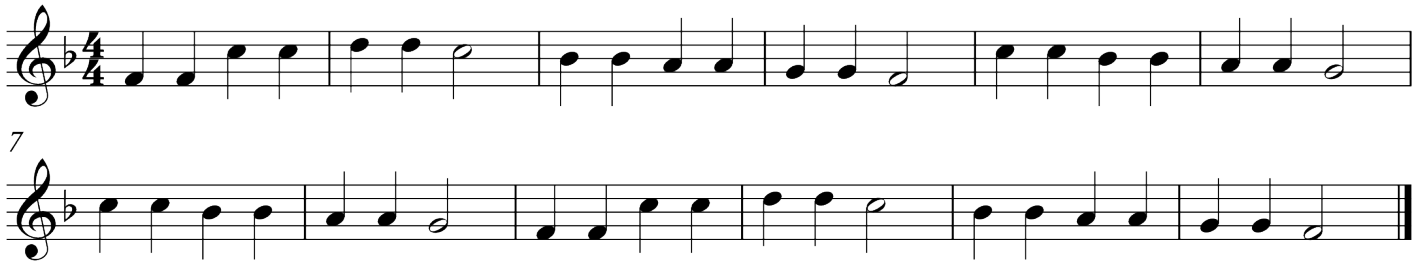
Key Signatures

If you look at the start of Twinkle Twinkle, you will notice a flat sign on the B line at the start of every line. This is called the key signature, and it means all the B notes in the tune should be played as B.



Twinkle Twinkle

Trad.



Dis is "D" Tune!

Bruce Hunnisett





The Sharp Sign

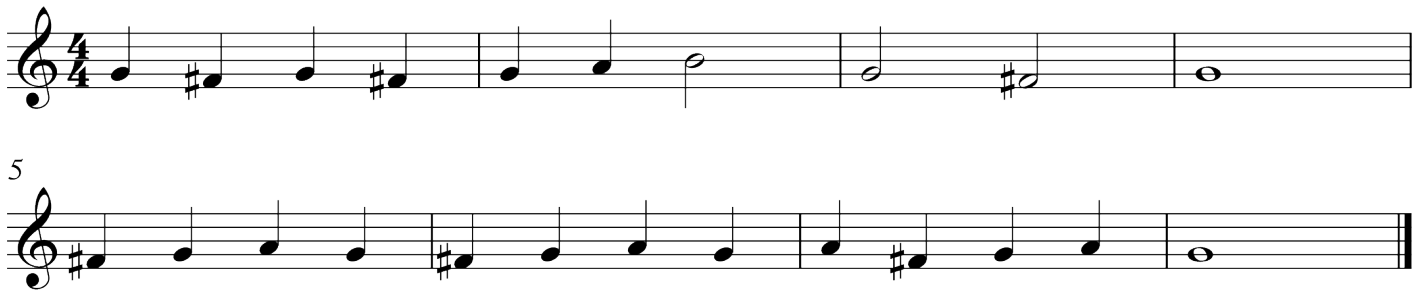
A sharp sign can be placed in front of any note, it raises the note by a half-step.

The next note we are learning is an F#. It sounds slightly higher than a normal F. Try playing this note, it should sound halfway between F and G.



That's Sharp

Bruce Hunnisett



Let's Learn Two More Notes: Low E and Low D.



NOTE E



NOTE D



These 2 notes are the lowest notes on the jFlute. It might seem hard at first to get a good sound, if the notes keep sounding high when you play, it might be because you are using too much air, so start by trying to play these notes very softly.

Let's revisit some tunes from earlier in the book, but this time we are going to be using these new notes. Look at the key signature of these tunes, notice the sharp sign? This tells us all the F notes must be played as F#.



Au Clair de la Lune

Trad.



28

Suo-Gan

trad. Welsh



29

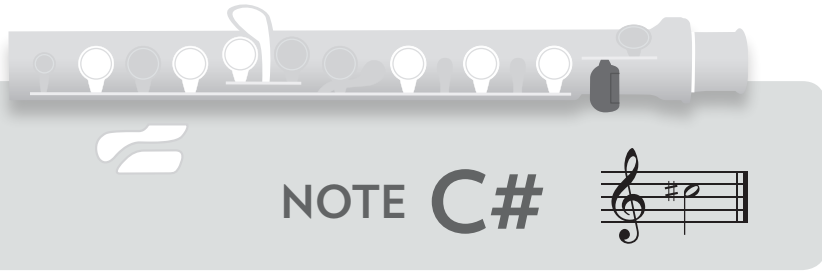
Up and Down

Bruce Hunnissett



5





Let's Learn C#

To play C# we take all our fingers off the keys except our little finger on the right hand. It can feel like you might drop your jFlute, but if you're holding it correctly it will stay in position.

Try playing this exercise to help you get used to the C#.

C# EXERCISE



Practice all the notes by playing the scale below. It goes from a low D all the way up to a high D. In music we call this a major scale. Look at the key signature, it has F# and C#, be sure to play those notes accurately or the scale won't sound correct. This type of scale is the foundation for all kinds of music.

The D Major Scale



Try playing the scale both slurred and tongued, it's a great way to warm up and get your fingers moving.

Now that you have learnt to play more notes, it's possible to play more interesting tunes. Take your time with each tune, and try to master each one before moving on. Remember it's a good idea to start slowly and gradually practice the tunes a little faster each time.



London Bridge Is Falling Down

Trad.

Part 1

Part 2

5

1

2

Remember the repeat sign introduced earlier? In this old favorite you need to repeat the first line once then continue with lines 2 and 3.



Old Macdonald Boogie

Trad.



Introducing Time Signatures

All of the music we have played so far has been in 4/4, meaning it has 4 quarter note beats in each measure. This is called the time signature.

Country Waltz and Morning have a time signature of 3/4, meaning they only have 3 quarter note beats in each measure. So take care, and count carefully.



Country Waltz

Paul Barker

5

Coun - try waltz, a Coun - try waltz.

Let's all join in with the coun - try waltz.



Morning

Grieg



Happy Birthday To You

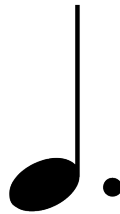
Trad.

5

Happy Birth - day to you.

Happy Birth - day to you.

Introducing the Dotted Quarter Note



The dotted quarter note is worth 1½ beats. It is often paired with an eighth note, to make 2 complete beats as in Michael Row the Boat Ashore and Ode to Joy.



Michael Row The Boat Ashore

Trad.

35

5

9

ya. Mi - chael row the boat a - shore, Hal - le - lu -

ya, Hal - le - lu - - - - - ya.



Ode To Joy

Beethoven 1770-1827

5

9

13



This Old Man

Trad.

5

This old man. he played one, he played knick knack on my drum. With a

knick knack pad-dy whack, give a dog a bone, this old man came roll - ing home!

This is a great duet to play with a partner, or in two small groups. Learn a line each, and then try swapping the lines you play.



Jingle Bells

Trad. Arr. Paul Barker

Part 1

Part 2

5

1

2

9

1

2

13

1

2



Chinese Whispers

Paul Barker

7

The next piece uses a new sign called a natural sign in front of the note C in measure 4. This sign cancels the effect of the C# sharp sign in the key signature and lasts until the end of the measure.



Blues in D

Paul Barker



Good King Wenceslas

Trad.

5 Good king Wen-ces - las looked out, on the feast of Ste - phen.

9 When the snow lay round a - bout, deep and crisp and e - ven.

13 Bright - ly shone the moon that night, though the frost was cru - el.

When a poor man came in - sight, gath'-ring win - ter fu - el.

Notice the 2/4 time signature of the next tune. This tells us there are 2 beats in each bar.



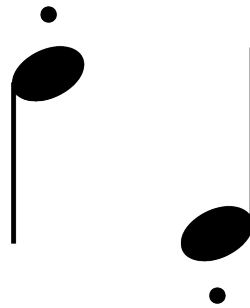
Yankee Doodle Dandy

Trad.

Yan-kee doo-dle went to town, a rid-ing on a po-ny.

5
Stuck a fea-ther in his hat and called it Mac-car-o-ni!

In this slightly different version of the tune Donkeys, you can see dots below some of the notes. These tell us that these notes should be played “Staccato”



Staccato notes should be played short and detached, so each note is clearly separate from the note that follows it.

Try playing Donkeys, start and stop the staccato notes clearly with your tongue so each note sounds shorter and is detached from the following note.



Donkeys

Graham Lyons



The Chase

Paul Barker

Part 1

Part 2

5

1

2



Molly Malone

Trad.

In Dub - lin's fair ci - ty, where grils are so

pret - ty, I first set my eyes on sweet Mol - loy Ma -

lone. She wheeled a wheel bar - row through streets broad and

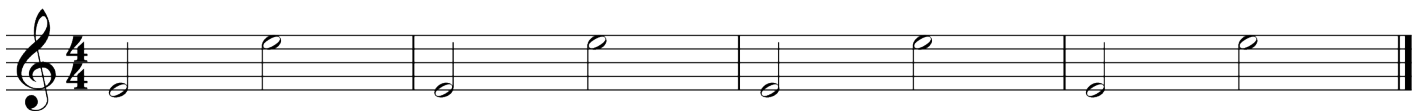
nar-row, cry-ing 'cock - les and mus-sels a - live a - live oh!

Let's Learn High E and High F



These new notes have the same fingering as their low note namesakes, to get the higher note to sound we need to direct the air stream slightly more across the lip plate and increase the speed of the air a little.

Try playing these exercises, jumping from the low E note to the high E note.



Now try the same on the F note, don't turn your flute when move between the notes, try to keep it still.



“Study in F” uses these new notes, see if you can spot them before you try and play it.



Study In F

Paul Barker



Kookaburra

Marion Sinclair

Now you can play the high F, you can also learn the F major scale:

The F Major Scale



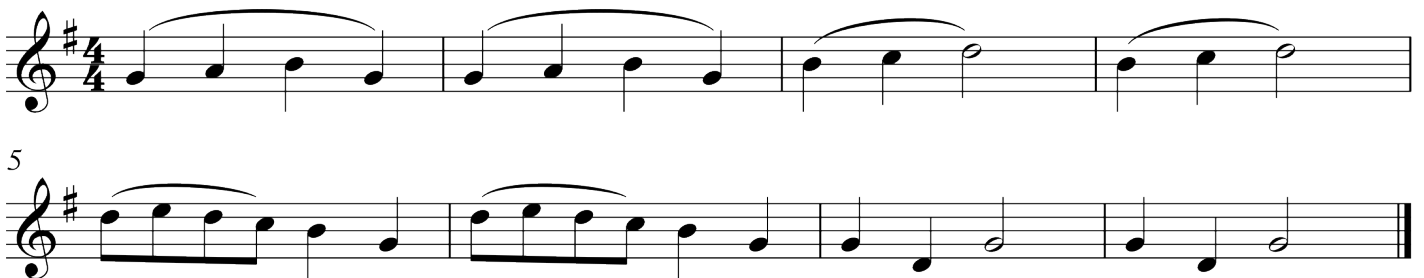
The Elephant Can Can

Offenbach 1819-1880



Frere Jaques

Trad.





Space Trax

Paul Barker

50

5

9



Oh Susanna

Trad.

51

7

13

First and Second Endings

In Smooth Trax and Reggae Trax you can see sections marked 1 and 2 towards the end. These are called first and second endings. The first time you play the measures marked 1, and then when you repeat the piece you skip the first ending and play the ending marked 2.

Ties

A tie is a curved line connecting two notes of the same pitch. The two notes are added or "tied" together and played as a single note.



These two tied eighth notes would be played as a single note lasting one quarter note



Reggae Trax

Paul Barker

Introduction

Let's Learn High Eb

High Eb is very similar to High D, but for Eb you leave your right little finger down on the Eb key.

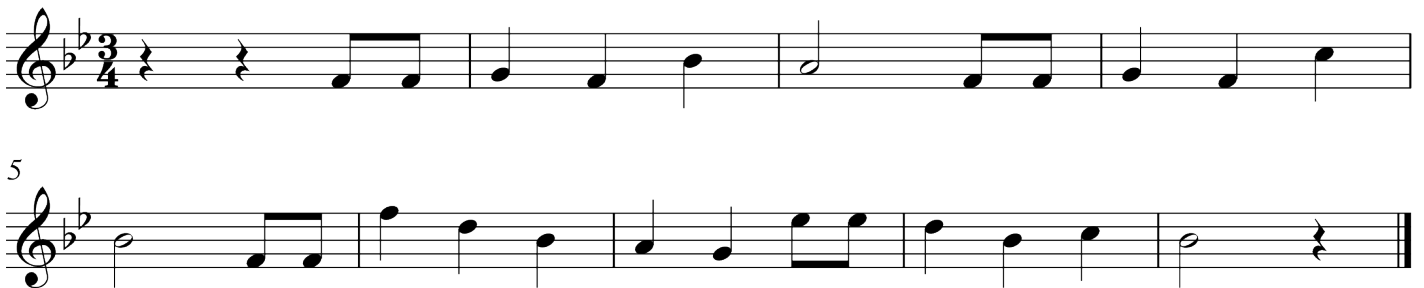


Lets try playing Happy Birthday again, but this time in a different key, look at the key signature. There are 2 flat signs, Bb and Eb, try and find the Eb notes before you play it.



Happy Birthday To You

Trad.



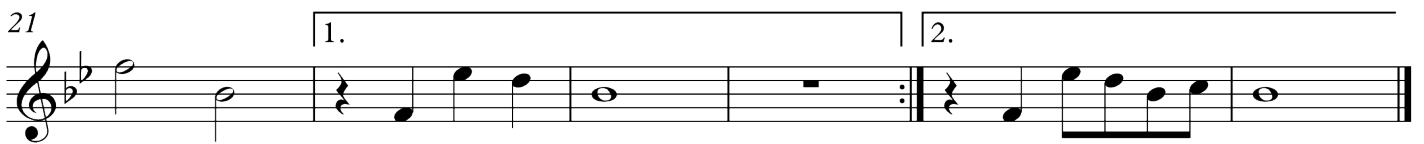
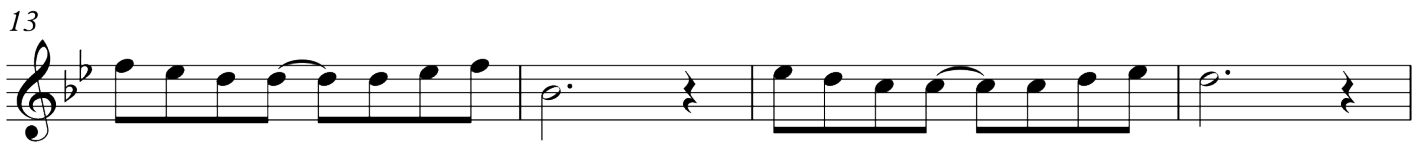
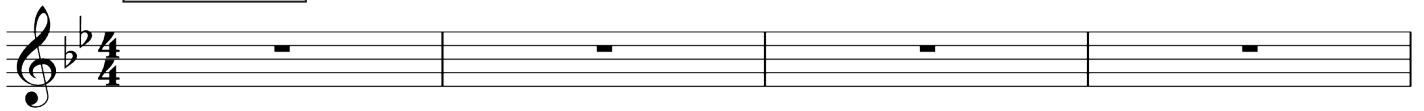
Don't forget to check the key signature of "Smooth Trax".



Smooth Trax

Paul Barker

Introduction



Congratulations!

Congratulations! You have completed all the music in the book. You now know all the main notes in the low register of the jFlute, and have made a good start on the next register. It is possible to play even more notes and the fingering chart at the back of this book shows you how to do that.

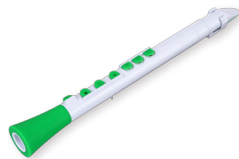
If you want to learn even more great tunes, you can move on to one of the Windstars books for jFlute, where you can find a whole range of pieces spanning all different genres of music.

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Accessories



CONGRATULATIONS!

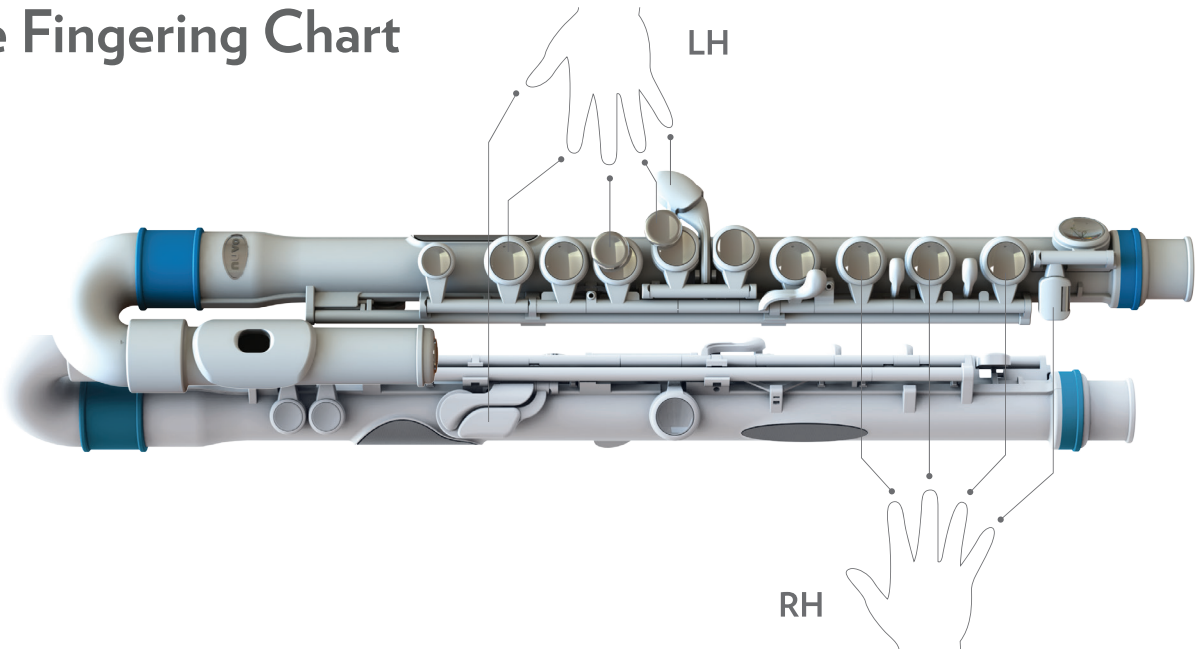
You have completed the jFlute First Steps Book

Presented to

By

Date

jFlute Fingering Chart



The Low Register

<p>D</p>	<p>G# A#</p>
<p>D# Eb</p>	<p>A</p>
<p>E</p>	<p>A# Bb</p>
<p>F</p>	<p>B</p>
<p>F# Gb</p>	<p>C</p>
<p>G</p>	<p>C# Db</p>

The Middle Register

D

G# | A^b

D# | E^b

A

E

A# | B^b or

F

B

F# | G^b

C

G

C# | D^b

The High Register

D

F

D# | E^b

F# | G^b

E

G



Play It Today!

BY

Bruce Hunnisett, Paul Barker, Graham Lyons, Dr. Cassandra Eisenreich

The Nuvo Play It Today Series have been prepared and edited by 4 widely experienced music educators to provide a basis for playing or teaching with Nuvo instruments. Introducing basic technique and enough notes to play simple fun tunes solo or in a group. This is the perfect method for developing the necessary skills to further explore the wealth of music available to download from the WindStars website.



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