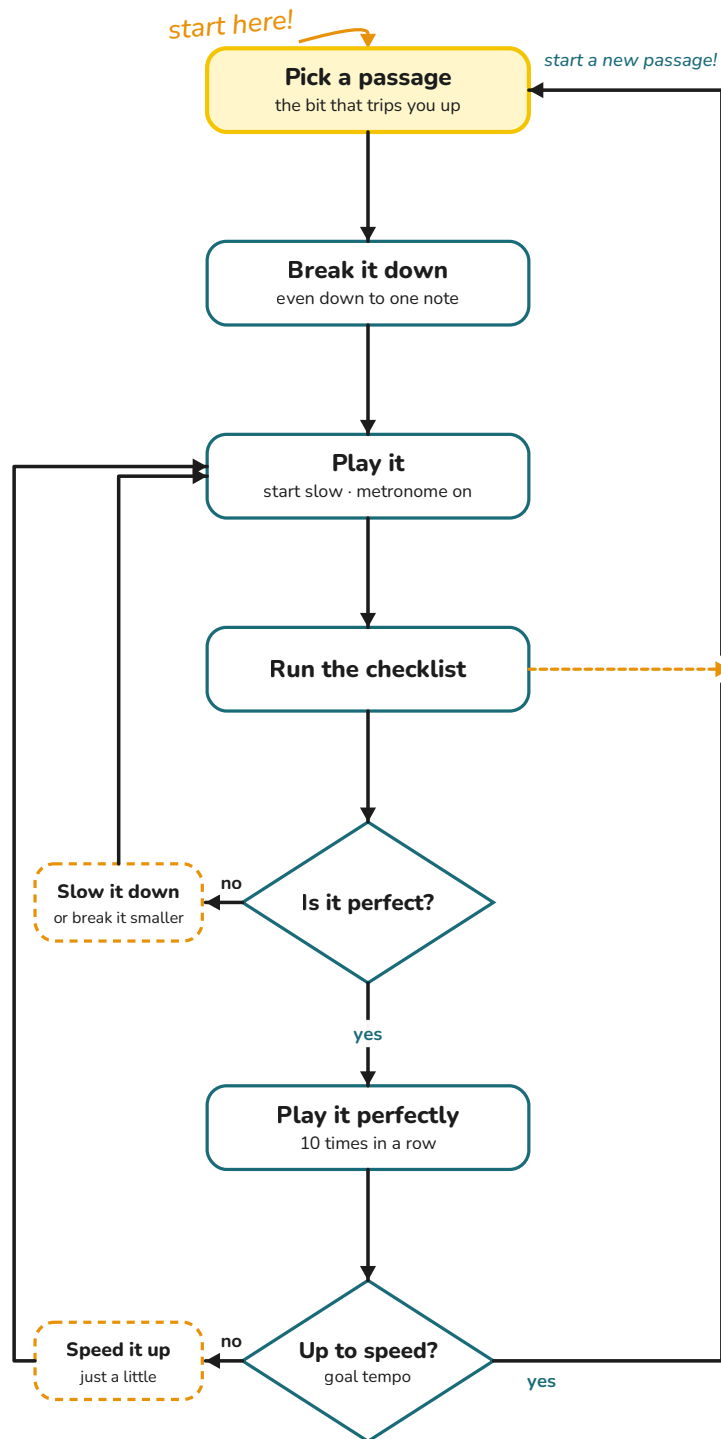


The Breakdown Method

How to practice any tricky passage — one tiny piece at a time.

How to use this map

- 1 Find the trouble spot**
Zero in on the one measure or two that keeps falling apart — not the whole piece.
- 2 Shrink it down**
Break that section into the smallest chunk you can play cleanly — even a single note.
- 3 Slow way down**
Slower than feels necessary. Metronome on, and watch every tiny detail.
- 4 Perfect it, ten times**
Once it's clean, lock it in with ten perfect reps in a row before you touch the tempo.
- 5 Speed up over time**
Nudge the tempo up a notch and repeat — across a session, that's how fast becomes easy.



The flute checklist

Before you speed up, double check:

- ☐ **Even and full in tone?**
- ☐ **Clearly articulated?**
- ☐ **Smooth between notes?**
(fingers together)
- ☐ **Good posture?** (relaxed jaw, shoulders & hands · sitting up tall, shoulders back)
- ☐ **In time with the click?**

REMEMBER

Practice does not make perfect.

Practice makes permanent.