

## Playing the recorder

- in order to prevent the infectious diseases -

### [Items to prepare]

1. Recorder
2. Mask
3. Clean gauze or thin handkerchief (use for draining and cleaning)
4. Plastic bag (put in 3. after using)
5. Tissue paper (wipe off water drops on the floor)
  - \* Do not use when cleaning the recorder.
6. A bottle of water

### [Before playing the recorder]

- Wash your hands, gargle and thoroughly take an appropriate social distance.  
(at intervals of 1-2m between people)
- Wear a mask when releasing the recorder from your mouth.

### [When playing the recorder]

- Take a break frequently to ventilate and hydrate the room.
  - \* Take an appropriate break to dry the water inside the recorder.
  - \* Drink water when you take a break. Your throat may dry out easily because you may have exhalation more than usual when playing the recorder.

### [Hint for recorder practice]

#### Basic points for teaching

- When you put the recorder deep into the mouth, the mouth will open out and saliva will easily flow into the recorder.
- When you play the recorder, you should be careful to close the gap between your mouth and the recorder. (Especially there is a small opening on both ends of the mouth which may cause splashes.)
- The students should handle the recorder carefully without swinging around them. It prevents water droplets from splashing to the surroundings and helps the recorder to last longer.

Warm-up exercises before playing the recorder (wearing a mask)

Proper breathing before playing the recorder.

1. Tonguing

(1) Practice various rhythms such as “Tu, Tu, Tu”, “Te, Te, Te”, “To, To, To”. It is also good to use sounds such as Du, De, Do that are hard to make splashes.

(2) Practice in the following order.

Voiced sound (speaking voice)



Unvoiced sound 1 (whispering voice)



Unvoiced sound 2 (inaudible voice, almost no breath)

2. Long tone singing

(1) Imagine a whispering breath in your ears, not in a loud voice.

Ex) Breeze, long breath, air conditioner "quiet noise", etc.

(2) Practice in the following order.

Voiced sound (1 - (1) extending one of the tonguing by 4 beats with one pronunciation)

Ex) “Tu—————”

1            2            3            4



Silent sound 1 (whispering voice)



Silent sound 2 (hoarse voice with little or no breath)

Ex) Try to extend longer by 4 beats, 6 beats, 8 beats, etc.

3. Playing the recorder

Practice the tonguing and long tone. Keep in mind what you did in steps 1 and 2 above.

**[After playing the recorder]**

- Refer to the "Cleaning Manual" to clean the recorder.
- Wash your hands immediately after playing the recorder or after cleaning.
- When water drops fall on the floor, wipe them with a tissue paper immediately.

**[Other points]**

- The recorder easily makes condenses in the winter season, so wrap the mouthpiece (beak and its surroundings) with your hands to warm it to about body temperature before playing.

The above notices are the measures to prevent infectious diseases when playing the recorder and do not mean that you will not be infected with the new Corona virus.