

## **ARM Technique Challenge**

*A Technical Challenge by Brandon LePage*

The ARM Technique Challenge uses the books of Andersen, Reichardt, and Maquarre in a unique way to hit all of your technical downfalls! I promise if you follow the plan outlined on the next pages you will feel your fingers exploding with confidence over the following 4 weeks!

Please be sure to edit the tempos and amounts per day as needed! Since this challenge uses three books It enables you to truly choose your own adventure in technique! Add or subtract away to get the absolute most out of these exercises wherever you are in your flute journey.

**Happy Practicing!!**

## ARM technique Challenge

**Books:** Andersen Posthumous Preludes & Exercises (pub. Little Piper)  
Maquarre Daily Exercises for the Flute (pub. Little Piper)  
Reichardt Seven Daily Exercises for Flute (pub. Little Piper)

**Challenge:** 5 steps total

**1)** Each Day, begin with a simple tone warm up (such as harmonics) then move to the Andersen book. The Andersen I have selected is set up with groups of warm ups and technical exercises each beginning with a section of whole notes. Do one set each day to begin (more for tone and finger wake up then speed etc). You do not get a day off from this section, and tuner use is totally up to you (although It is advised).

**2)** Move on the the Maquarre and do the first daily scale exercise and chromatic exercise every day ALWAYS going up to high D. Mix the articulation changing them daily to get the most out of these exercises. You do not get a day off of this section.

*Speeds and Articulations example: M - 104 (slur two tongue two) T - 104 (tongue two slur two) etc.*

**3)** Each day you will now select two Major and two Minor scales to focus on. You will play the scales in six's (sextuplets) for two octaves three times around so you end on the root slurring once then again tongued. It takes three turns of the scale to get the root note back on the downbeat. Always take up to high D (adjust speed as needed). Sunday is a day off from this portion.

*Week 1 example:*

*M - CM/am,FM/dm @ quarter = 80, Tu - BbM/gm,EbM/cm @ quarter = 80, etc*

**4)** Going back to the Maquarre do all the exercises numbered 1 - 7 that correspond to the keys you are on that day. (This means for day one you will do all of numbers 1-7 for C Major, a minor, F Major, and d minor. Sunday is a day off from this portion of the challenge).

*Ex Week 1 Tempos (adjust as needed):*

*1 - 80, 2 - 60, 3 - 60, 4 - 104 (eighth note), 5 - 80, 6 - 60, 7 - 100 (eighth note)*

**5)** Finishing up with the challenge each day do one Reichardt exercise a day (7 in total). You do not get a day off from Reichardt. The goal by the end of the challenge is to be at or near the tempos notated in the Little Piper edition.

*Ex Week 1 Tempos: 1 - 60, 2 - 100, 3 - 112 (eighth note), 4 - 100, 5 - 112 (eighth note), 6 - 116, 7 - 112 (eighth note)*

Use this page to track your tempos and for any other notes you may need to take.  
Happy Practicing!

**Week 1:**

**Week 2:**

**Week 3:**

**Week 4:**