

Theory and Application

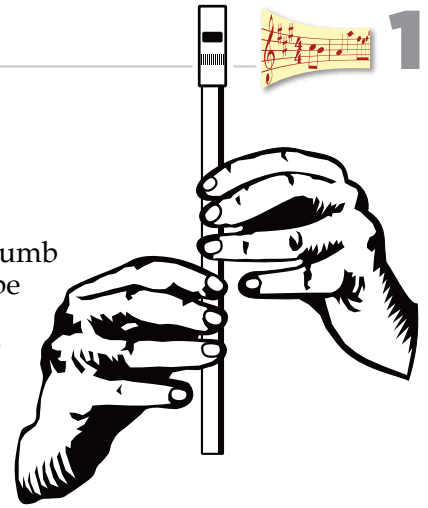
First Steps 1

1.1 Holding the Whistle

Place the tip of the mouthpiece in your lips. Try to avoid using your teeth to anchor it; just use your lips. Grip the whistle with your left hand and cover the top three holes with

the pads of your first three fingers. Your thumb will probably be behind your index finger or your middle finger. Now cover the remaining holes with the first three fingers of your right hand.

Again, your thumb will probably be behind your index finger or your middle finger. Try to have a firm but relaxed grip.



1.2 Making a Noise

Say "too" or "tuh", say it without making the sound in your mouth. Say it onto the palm of your hand and feel how there's a sudden blast of air produced after the "t". This is what we need to do before each note, and it's called tonguing. For now, every note will be tongued. **THE TONGUE STARTS THE NOTE.**

Start with your left hand covering the top three holes. Blow a steady stream of air through the whistle, firm, not too strong. You'll soon learn the

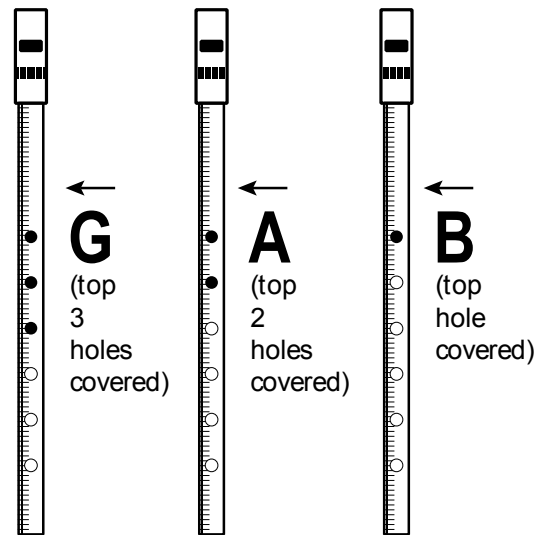
right strength. This note is called **G**. Now play three **G** notes. Saying tuh-tuh-tuh will help you make the right shapes with your tongue.

Take your ring finger off the third hole down so that you're covering the top two holes of the whistle. Again, blow a steady note. This note is called **A**. Play three **A**s in a row, remembering to say tuh-tuh. Experiment with going from two fingers down (the **A** note) to three fingers down (the **G** note) and

back and forth.

Finally take another finger off so that you're now just covering the top hole. Blow the note; this

note is called **B**. Blow three **B** notes in a row. Experiment going from **B** to **A**, from **A** to **G** and so on.



1.3 Reading the Music

Nigel's Whistle Method uses a form of notation to learn tunes, and if you don't know how to read music, you can pick up the tunes using this notation. The first thing you must do is start memorising the names of the notes on the whistle. So far all you've learned is three notes, **G**, **A** and **B**, so it

shouldn't be too difficult to learn three notes. We're going to keep adding notes to your repertoire, so soon you'll know most of the notes you need to play tunes on the whistle.

Look at the tune below, *Au Clair de la Lune*, also known as *Jesus' Hands Are*

Kind Hands, or *Silver Moonlight*. If you don't know the tune, you'll be using your ears to figure out how it goes, either from Nigel directly, or from a recording. When you know how it's supposed to sound, play the notes in the order below, giving it the rhythm you hear.

Note that at the end of the line of music or the line of notes there are a couple of dots. This is a symbol in music which means "play the section again", so when you reach the end of the line, go back and repeat it once.

1.4 *Au Clair de la Lune* (1) (traditional French)

