

| #  | Lesson                                                   | Level     | Step           | Comment |
|----|----------------------------------------------------------|-----------|----------------|---------|
| -  | <input type="checkbox"/> Introduction                    | -         | -              |         |
| 1  | <input type="checkbox"/> How to hold the flute           | Beginner  | Posture 1      |         |
| 2  | <input type="checkbox"/> Cover the holes                 | Beginner  | Posture 1      |         |
| 3  | <input type="checkbox"/> Breathing                       | Beginner  | Tone 1         |         |
| 4  | <input type="checkbox"/> Headpiece                       | Beginner  | Tone 2         |         |
| 5  | <input type="checkbox"/> Long notes                      | Beginner  | Tone 3         |         |
| 6  | <input type="checkbox"/> To the roof                     | Beginner  | Tone 4         |         |
| 7  | <input type="checkbox"/> Natural tone scale              | Beginner  | Tone 5         |         |
| 8  | <input type="checkbox"/> Bagfed & defgab                 | Beginner  | Fingers 1      |         |
| 9  | <input type="checkbox"/> Bridge area                     | Beginner  | Fingers 2      |         |
| 10 | <input type="checkbox"/> The seesaw                      | Beginner  | Fingers 3      |         |
| 11 | <input type="checkbox"/> E with keys                     | Advanced  | Fingers 4      |         |
| 12 | <input type="checkbox"/> Kids show intro                 | Beginner  | Fingers 5      |         |
| 13 | <input type="checkbox"/> Silent playing                  | Beginner  | Fingers 6      |         |
| 14 | <input type="checkbox"/> Counting                        | Beginner  | Rhythm 1       |         |
| 15 | <input type="checkbox"/> Jigs and reels on the beat      | Beginner  | Rhythm 2       |         |
| 16 | <input type="checkbox"/> Jigs and reels on the back-beat | Advanced  | Rhythm 3       |         |
| 17 | <input type="checkbox"/> Shuffle vs straight reels       | Advanced  | Rhythm 4       |         |
| 18 | <input type="checkbox"/> Diaphragm vibrato               | Advanced  | Rhythm 5       |         |
| 19 | <input type="checkbox"/> Articulation awareness          | Advanced  | Articulation 1 |         |
| 20 | <input type="checkbox"/> Octave jumps                    | Advanced  | Articulation 2 |         |
| 21 | <input type="checkbox"/> Tell a story and breathe        | Advanced  | Phrasing 1     |         |
| 22 | <input type="checkbox"/> Raise and lower the pitch       | Advanced  | Intonation 1   |         |
| 23 | <input type="checkbox"/> Whistle tones                   | Expert    | Intonation 2   |         |
| 24 | <input type="checkbox"/> Long notes                      | Beginner  | Repetition 1   |         |
| 25 | <input type="checkbox"/> Warm up routine                 | Any Level | Repetition 2   |         |
| 26 | <input type="checkbox"/> D Major                         | Beginner  | Scales 1       |         |
| 27 | <input type="checkbox"/> D Major Jig                     | Advanced  | Scales 2       |         |
| 28 | <input type="checkbox"/> D Major Reel                    | Advanced  | Scales 3       |         |
| 29 | <input type="checkbox"/> G Major                         | Beginner  | Scales 4       |         |
| 30 | <input type="checkbox"/> G Major Jig & Reel              | Advanced  | Scales 5       |         |
| 31 | <input type="checkbox"/> E Minor                         | Beginner  | Scales 6       |         |
| 32 | <input type="checkbox"/> E Minor Jig & Reel              | Advanced  | Scales 7       |         |
| 33 | <input type="checkbox"/> A Dorian                        | Beginner  | Scales 8       |         |
| 34 | <input type="checkbox"/> A Dorian Jig & Reel             | Advanced  | Scales 9       |         |
| 35 | <input type="checkbox"/> B Minor                         | Beginner  | Scales 10      |         |
| 36 | <input type="checkbox"/> B Minor Jig & Reel              | Advanced  | Scales 11      |         |
| 37 | <input type="checkbox"/> A Major                         | Advanced  | Scales 12      |         |
| 38 | <input type="checkbox"/> A Major Jig & Reel              | Advanced  | Scales 13      |         |
| 39 | <input type="checkbox"/> D Mixolydian                    | Beginner  | Scales 14      |         |
| 40 | <input type="checkbox"/> D Mixolydian Jig & Reel         | Advanced  | Scales 15      |         |
| 41 | <input type="checkbox"/> A Mixolydian                    | Beginner  | Scales 16      |         |
| 42 | <input type="checkbox"/> A Mixolydian Jig & Reel         | Advanced  | Scales 17      |         |
| 43 | <input type="checkbox"/> D Minor                         | Advanced  | Scales 18      |         |
| 44 | <input type="checkbox"/> D Minor Jig & Reel              | Advanced  | Scales 19      |         |
| 45 | <input type="checkbox"/> G Dorian                        | Advanced  | Scales 20      |         |
| 46 | <input type="checkbox"/> G Dorian Jig & Reel             | Advanced  | Scales 21      |         |
| 47 | <input type="checkbox"/> C Major                         | Beginner  | Scales 22      |         |
| 48 | <input type="checkbox"/> C Major Jig & Reel              | Advanced  | Scales 23      |         |
| 49 | <input type="checkbox"/> F# Minor                        | Advanced  | Scales 24      |         |
| 50 | <input type="checkbox"/> F# Minor Jig & Reel             | Advanced  | Scales 25      |         |
| 51 | <input type="checkbox"/> F Major                         | Advanced  | Scales 26      |         |

|    |                                                              |           |              |  |
|----|--------------------------------------------------------------|-----------|--------------|--|
| 52 | <input type="checkbox"/> F Major Jig & Reel                  | Advanced  | Scales 27    |  |
| 53 | <input type="checkbox"/> Another way to practice scales      | Expert    | Scales 28    |  |
| 54 | <input type="checkbox"/> Chromatic scales practice 1         | Advanced  | Scales 29    |  |
| 55 | <input type="checkbox"/> Chromatic scales practice 2         | Advanced  | Scales 30    |  |
| 56 | <input type="checkbox"/> Improvisation                       | Expert    | Other 3      |  |
| 57 | <input type="checkbox"/> Common triads                       | Advanced  | Triads 1     |  |
| 58 | <input type="checkbox"/> Other triads                        | Expert    | Triads 2     |  |
| 59 | <input type="checkbox"/> Notes without keys                  | Advanced  | Fingers 7    |  |
| 60 | <input type="checkbox"/> Cuts                                | Beginner  | Ornaments 1  |  |
| 61 | <input type="checkbox"/> Taps                                | Beginner  | Ornaments 2  |  |
| 62 | <input type="checkbox"/> Rolls                               | Advanced  | Ornaments 3  |  |
| 63 | <input type="checkbox"/> Rolls on the off-beat               | Expert    | Ornaments 4  |  |
| 64 | <input type="checkbox"/> Rolls from beneath                  | Advanced  | Ornaments 5  |  |
| 65 | <input type="checkbox"/> Rolls faster                        | Expert    | Ornaments 6  |  |
| 66 | <input type="checkbox"/> Inner vibrato                       | Advanced  | Ornaments 7  |  |
| 67 | <input type="checkbox"/> Outer vibrato                       | Advanced  | Ornaments 8  |  |
| 68 | <input type="checkbox"/> The worm                            | Expert    | Ornaments 9  |  |
| 69 | <input type="checkbox"/> Slides                              | Advanced  | Ornaments 10 |  |
| 70 | <input type="checkbox"/> Oriental vibratos                   | Expert    | Ornaments 11 |  |
| 71 | <input type="checkbox"/> Triplets                            | Advanced  | Ornaments 12 |  |
| 72 | <input type="checkbox"/> Grace notes                         | Expert    | Ornaments 13 |  |
| 73 | <input type="checkbox"/> Cranns                              | Expert    | Ornaments 14 |  |
| 74 | <input type="checkbox"/> Short rolls                         | Advanced  | Ornaments 15 |  |
| 75 | <input type="checkbox"/> Bounces                             | Expert    | Ornaments 16 |  |
| 76 | <input type="checkbox"/> Drills                              | Expert    | Ornaments 17 |  |
| 77 | <input type="checkbox"/> Cranns on the beat                  | Expert    | Ornaments 18 |  |
| 78 | <input type="checkbox"/> Flute vs tin whistle                | Any level | Other 4      |  |
| 79 | <input type="checkbox"/> Tips for learning tunes             | Any level | Other 5      |  |
| 80 | <input type="checkbox"/> Find a toy in each tune             | Any level | Other 6      |  |
| 81 | <input type="checkbox"/> Putting together a set of tunes     | Any level | Other 7      |  |
| 82 | <input type="checkbox"/> Runs                                | Expert    | Extended 1   |  |
| 83 | <input type="checkbox"/> Flutter tongue                      | Expert    | Extended 2   |  |
| 84 | <input type="checkbox"/> Stroking the cat                    | Expert    | Extended 3   |  |
| 85 | <input type="checkbox"/> Endings                             | Expert    | Extended 4   |  |
| 86 | <input type="checkbox"/> Dynamics                            | Expert    | Extended 5   |  |
| 87 | <input type="checkbox"/> Harmonies                           | Expert    | Extended 6   |  |
| 88 | <input type="checkbox"/> Octave playing                      | Expert    | Extended 7   |  |
| 89 | <input type="checkbox"/> Changing the key to practice scales | Expert    | Extended 8   |  |
| 90 | <input type="checkbox"/> Accompanying tunes on the flute     | Expert    | Extended 9   |  |