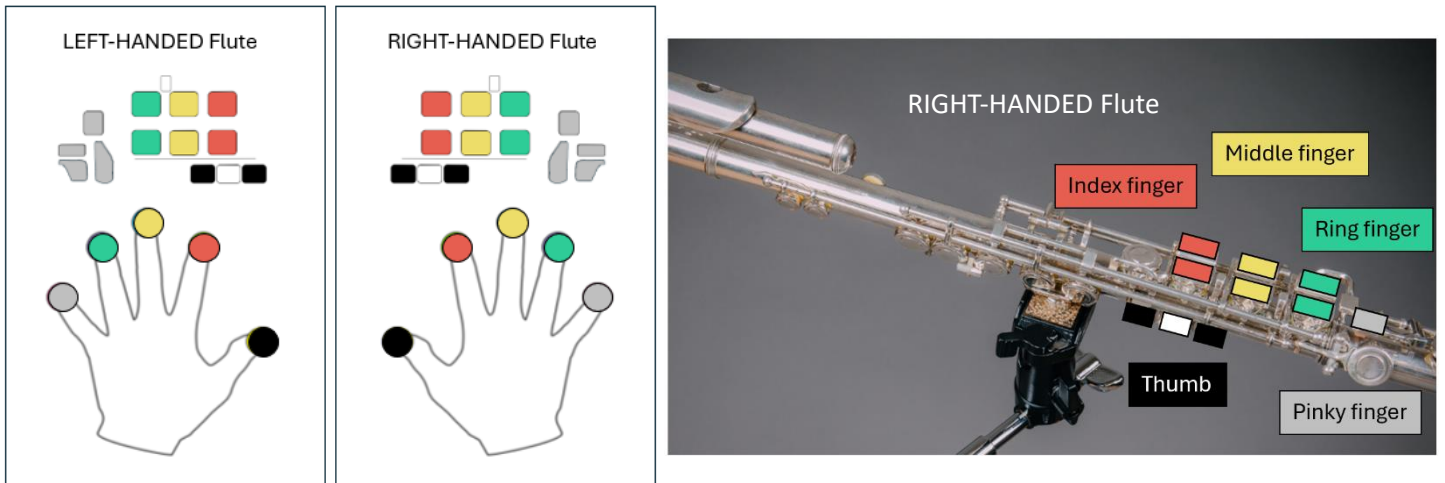


One Handed Flute Beginners Help Guide

The right-handed version is held to the right side of the player, exactly as one holds the standard flute. The left-handed version is held to the left side of the player.

Hand positioning

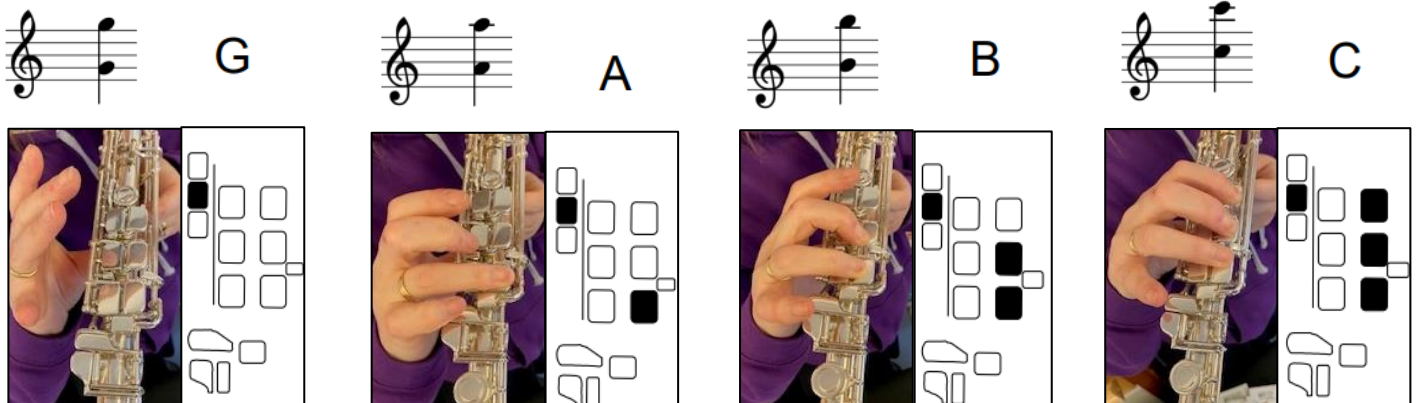
Rest thumb in the middle of the two black keys (white square) which is a support that doesn't alter any pitches. The two thumb keys (black squares) either side of the support alter the pitches.



Keys

- All holes are in usual places as the standard flute so that the pitches are the same with the use of extensions, so the player moves their hand forward and backwards to reach the notes.
- When you press the keys, you will be opening the hole rather than closing it.
- When no keys are pressed the note played is a G

Recommended starting notes:



[Click here for Full One-handed Flute fingering charts](#)

Alternatively, they can be found on The OHMI Trust Website under instrument – Instrument Fingerings Charts

Suggestions for starting books: Abracadabra, Flute Basics, Team Woodwind



Tip: To start with it is tricky to jump from the front keys to the back keys – having a good hand position can help with this when having to move quickly between the keys.

Things to avoid when starting on the one-handed Flute.

- For beginners - Moving from C to D is tricky as it involves moving the entire hand across and sliding backwards.
- Anything in D major can be difficult due to the thumb positions and changes. To solve this, you don't always need to have the thumb resting on the middle support, you can instead have it hovering over the D/C# thumb key.

Exams

There can sometimes be an imbalance in difficulty of scales and pieces between the one-handed and two-handed instruments.

- **ABRSM's** policy on reasonable adjustments for candidates with physical disabilities, including limb difference or impairment, is [here](#). It specifically addresses adapted instruments (with a link to OHMI) and includes the option of making minor adaptations to pieces to deal with aspects that are disproportionately difficult on the adapted instrument.
- **Trinity's** guidance on reasonable adjustments for practical exams is [here](#).
- **MTB's** policy on reasonable adjustments is [here](#)
- **LCME's** access policy is [here](#).