



First Lessons Native American Flute: How to Sit on a Rock

Andrew Bishko

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New owners of the Native American Flute are often told to go “sit on a rock” and teach themselves how to play. Through eight lessons introducing the technique and theory of both the outer and inner “game” of Native American Flute improvisation, players of all levels learn to express the music growing inside themselves. The exercises in this volume are presented in fingering diagrams and Nakai TAB—an easy-to-learn derivative of standard music notation most commonly used for Native American Flute. Includes access to online audio.

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