HOLDING THE WHISTLE
In this picture you will notice that the left hand fingers play the top three holes and the right hand fingers play the bottom three holes. The whistle is balanced on your thumbs. Rest the whistle in the middle of your lower lip making sure not to let it make contact with your teeth. The whistle can be played sitting or standing. If sitting, make sure to sit up straight with the music at eye level.

COVERING THE HOLES
In this picture, we show the specific part of the finger which covers the holes. If your finger does not cover the hole properly, air will escape and it will cause shrill and squeaky noises when playing.

YOUR FIRST NOTE
Cover the top three holes with your left hand and blow gently into the mouthpiece. This is the note of G. At first, it may be difficult to play the note without getting squeaky sounds.

Check (a) that the holes are properly covered.
(b) that you are not blowing too hard.
Later try the D note – all holes covered. This is slightly harder to play as it is the lowest note on the D whistle. Don’t move until you can play these two notes and remember what to do if you are getting strange noise.

BLOWING
Blow softly to produce the lower notes. If you have any difficulty producing the low note of D try starting half-way with the note of G and play down the scale. To play the higher notes, (these are indicated by the + sign under the diagrams) blow a little harder. Make sure to keep a constant air pressure otherwise you will end up playing the low notes.

THE D SCALE
Below are the notes in the D scale listed from low D to high D’. The diagrams below the notes represent the various finger positions we use to attain these.
Memorise the following: ◊ This represents a hole on the whistle uncovered by the finger.
● This represents a hole on the whistle covered by the finger.

This is a complete table of notes we use on the whistle.

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Waltons Manufacturing Ltd. Unit 6A Rosemount Business Park Drive, Rosemount Business Park, Ballycoolin Rd. Dublin 11, Ireland. Tel. +353 +1 8207425 Fax +353 +1 8207426 Email: info@waltonsmusic.ie
USA Distributors: The James Import Company, PO Box 435 Woodlawn, NY 10470 USA
Tel. (800) 5415004 Email: sales@jamesimportco.com