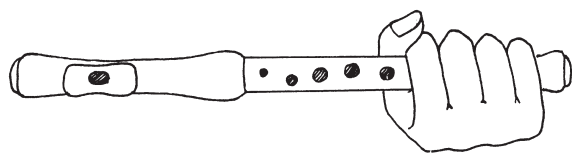
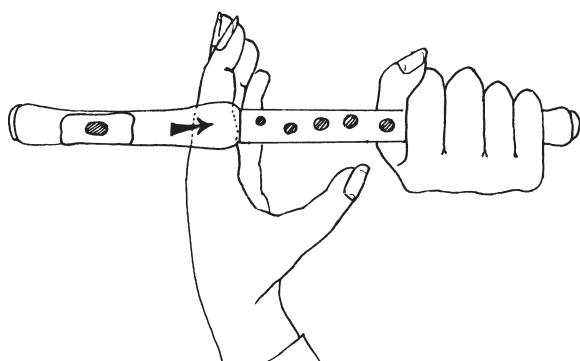


Sample page from

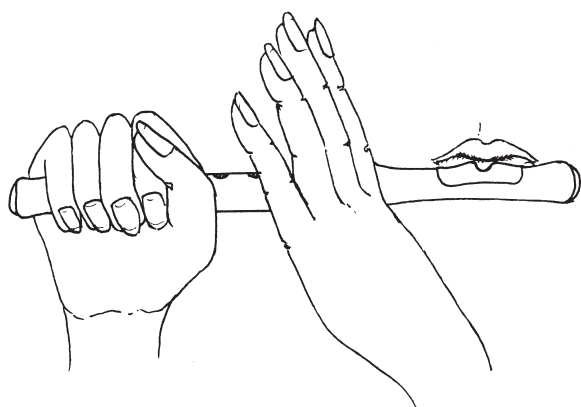
# myfife Method



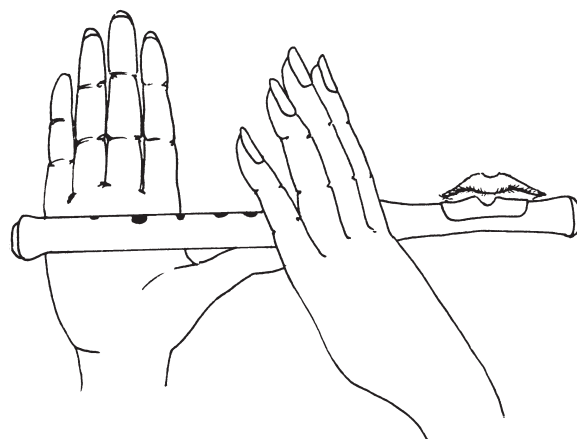
1. Hold myfife firmly in your right hand with the m of myfife nearest to you.



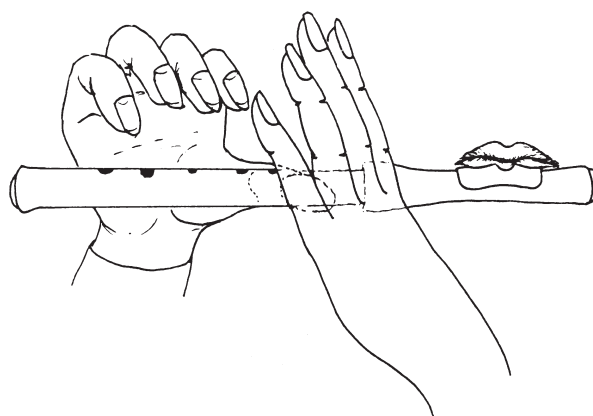
2. Place the bulb part of the fife on the top joint of your index finger



3. Put the fife against your lips - this is a point of contact. Feel the point of contact on the top joint of your left index finger pushing gently towards your top lip.



4. Open your right hand flat and gently push the fife away from you. The fife should feel well-balanced now.



5. But you can't play your fife like this as your fingers can't reach all of the holes. This is the hard bit. Swap the point of contact with the palm of your right hand with your right thumb. Feel your thumb pushing gently forward from behind the fife, try not to hold it up from below.

This can be found on pages 6 and 7 of The Fife Book