

100% ENERGY!—*Elevating Performance*

3 Concepts in Performance Elevation

“The performance execution of one’s musical ability can be sub-categorized into 3 elements of equal importance under the larger hierarchy of Energy.”

- ENERGY (100% of total success)
 - Sound (33.33%)
 - Technique (33.33%)
 - Rhythm (33.33%)

The Energy Overview...

“Every action must not only be full of musical intent, but also contain a subtle & intense energy. Note-by-note—phrase-by-phrase—passion and excitement must be the driving life-force behind your music, and so too, your performances!!”

- If you don’t love every detail about your playing...how do you expect someone else to!??
 - Bring every note to life with energy!
 - Remember the 1st day you brought home your horn??
 - Give every phrase a direction—no exceptions!
 - Your energy must lead to a musical goal...make a statement!!
- Performance Energy Execution:
 - Connect with your audience by showing your excitement to be on stage from the moment you walk out (*whether it’s true or not!*)
 - Don’t aim for perfection in a performance—aim to sound like you!
 - Elevate your practice room standards
 - Don’t aim to eliminate your nerves...instead, allow them to elevate your performance
 - Invite your audience to love what you love!
 - They will become more ‘forgiving’
 - They want you to do well!

Sound...

“...Your sound quality is the instrumental equivalent to your speaking voice...it is essential for the clear communication of your musical thoughts. Remember that sound...”

- Starts in the mind! *Think, play, evaluate & repeat*
- Is contingent upon a healthy, focused and gentle mouthpiece buzz with a open throat
- Must be an integral part of your daily practice routine; consistency in all registers is critical!
- Can be improved by regularly practicing the following:
 - *Extended Glissandi scales & arpeggios*
 - *Relaxing the body & throat—never ‘force’ a dynamic or pitch*
 - *Varying the air speed to accommodate dynamics & nuance*
 - *Recording yourself daily! Be extremely picky and never settle*
 - *Using a tuner at all times*
 - *Practicing Yoga and/or Swimming*

Rhythm...

“...Is the forward moving division of pitches in a metered sequence. Develop your sense of time & rhythm so that your placement of pitches is perfect. Guessing isn’t good enough—be precise!”

- Work with a metronome daily—preferably a DR. BEAT
 - Be creative in your use with the metronome
- Use notation programs to facilitate difficult rhythms
- Listen to as many recordings as possible, and sub-divide the entire time
- Generally, play *shorter* notes with more emphasis (more air) than *longer* notes
- Nothing says ‘amateur’ more than poor rhythm; it separates *ordinary* from *extraordinary*!

Technique...

“...Is the consistent execution of the fundamental skills, both instrumental and physical. It will provide the performer the necessary tools needed to access all musical literature. You can never have ‘too much’ technique...”

- Practice slowly 3x’s as often as you practice at tempi
- Focus on nuance:
 - Articulation, Energy, Release
 - Intonation & Slide Accuracy
 - Position Accuracy
 - Movement precision between pitches
 - Air, Tongue & Slide Coordination
 - Multiple Tonguing & Extended Techniques