

THOUGHTS ON PERSONAL PERFORMANCE & TRAINING

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DO YOU LOVE TO PLAY?

- Then you LOVE to Training
- Training = PERFORMING!!!

INTERVIEW QUESTIONS

1. If you have a regular warm up routine, could you please describe it?
2. How do you go about learning new music? Do you have a regular process?
3. When learning new material, do you typically listen to existing recordings? If so, how frequently and during what stage of your progress?
4. When performing, how much of what you play is memorized? Do you utilize any mental or physical methods during or before the performance to avoid memory slips?
5. How do you address problem spots?
6. How often do you record yourself?
7. Do you train differently the weeks and days leading up to a performance?
8. Do you have a ritual the day of the performance?
9. How old were you when you started playing percussion? At what age did you start focusing on your "primary" instrument? Please give your best guess as to the number of hours per day you spent practicing during the given time periods: middle school, high school, undergrad, graduate school, early career, and currently.

EYE ON THE PRIZE

- *WHAT WOULD YOU DO IF YOU KNEW YOU COULDN'T FAIL?*

RESOURCES

- <http://thetalentcode.com/>
- <http://findingmastery.net/>
- <http://theinnergame.com/>
- <https://bulletproofmusician.com/>

THE ART OF TRAINING IS FINDING A PROCESS FOR REPETITION WITHOUT BOREDOM

THE BEST PROCESSES SPEED UP THE CYCLE OF FRUSTRATION AND RECOVERY

PERSONAL TRAINING SESSIONS ARE CHERISHED TIMES

- Schedule and keep to it!
- Optimal Space (@ THE U)
- Schedule optimal time of the day
 - Mine is Midnight to 2am!
- Keep a Journal

THE PERFECT “INNER GAME” SESSION – TIM GALWEY, (AUTHOR *INNER GAME OF GOLF*): FOR 1 HOUR SESSION

- Five-Minutes of Pure Play (10% - 6 minutes)
 - Preparation of Mind and Body (No restrictions and No Self 1)
- Twenty-Minutes of Focused, Deep Practice (30% - 18 minutes)
 - Focus on individual critical variables
 - Stay with each as long as learning is taking place
- Five-Minutes of Pure Play (10% - 6 minutes)
- Remaining Time: Performance (50% - 30 minutes)
 - Simulate playing conditions
 - Introduce psychological pressure my imaging
 - Deflating the lesson, jury, recital, performance, etc...

WARM-UP

- Repetitions of simple figures that loosen up the muscles by using material that is easily performed both physically and mentally.
- Establish ROUTINE with instruments being studied
- IMPROVISE (jam out on congas with your favorite salsa band)

KEEP A JOURNAL

- It's FUN to see and recognize your personal and musical JOURNEY
- Triple Channel Learning
 - Audio – Inner Ear
 - Kinesthetic – Act of Writing
 - Visual – Reading your OWN creation
- What to keep in journal?
 - Goals
 - Maps of achievement
 - Creative thoughts
- Writing increases cognitive awareness, goal setting skills and achievement

GOAL ORIENTATED

- “Begin with the End in Mind”
 - Triage approach
 - Prioritize Needs
- Define Immediate goals
- What is the greatest weakness right now?
- What technical problems are most deserving of attention?
- Identify a sequential learning process
- Understand long-term goals (the big picture) and how the designated short-term goals lead to them.

ENJOY THE PROCESS

- Like putting a puzzle together
- ‘BEGIN WITH THE END IN MIND’
- Break Down, Hands Separate
- Create Ex out of the Music
- Play Games (10 penny game, MET games, Porgy and Bess in EVERY KEY
- Practice until you can't get it wrong – TRY AND PLAY IT INCORRECTLY
- Practice for FEEL rather than Right vs Wrong
- Tap into your body's natural learning process

EAT SMALL BITES / CHEW THOROUGHLY

- Body works better with more reps / less time at once!
- Better to have four, 30-minute sessions in one day then two, 1-hour sessions or one, 4-hour session.
- Better practice 2 hours a day for 5 days then 5 hours in 2 days.

NO SUCH THING AS PRACTICE / ONLY REALLY SLOW, SMALL PERFORMANCES

- Encompasses all elements of musicality and technical facility
- **SLOW and DELIBERATE**
- “THE ONLY WAY YOU CAN EAT AN ELEPHANT IS ONE BITE AT A TIME”
- “THERE ARE NO HARD LICK, JUST HARD TEMPOS”

TIME MANAGEMENT

- Goal Oriented
- Schedule
- Find optimal length of sessions
- More reps / less time per rep
- Body works better with 4, 30-minute sessions then 2, 1-hour sessions or 1, 4-hour session
- Take time for breaks
- Usually, our body doesn't need a break, it just needs to do something else. Work in practice time for tambourine, cymbals, triangle in breaks

METRONOME GAMES

- Elongating time keeping (use half note instead of quarter note, etc...)
- Off beats (emphasize the “and” for instance, etc...)
- Apps:
 - Time Guru
 - Tempo Slow
 - Knock Box
 - Odd Metronome

MAKE TRAINING HARDER THEN THE GAME

- Practice difficult passages above the designated tempo
- Hands Separate
- “10 Pennies”
- Simulate Performance in practice
- Re-compose difficult passages to serve as a technical exercise
 - Add ornamentation
 - Increase intervallic relationships
 - Double material between hands

USE THE CLOCK

- Time things out instead of number of reps
- No Judging
- Goal Oriented – not watching the clock

SOCIAL MEDIA

- Tweet bar by bar learning or phrase accomplishments

TECH

- Video and Audio recordings / ANALIZE
- Make Video Projects – Chronological Documentary
- Video / Audio Practice Journal
- Musical Apps

RECREATE PERFORMANCE ENVIROMENT

- 3 kinds of People to play for
 - Your AMAZING
 - Your TERRIBLE
 - Your HUMAN
- Video / Audio
- Dress – Clothing
- Sneak into performance spaces @ midnight

IMPROVISE

- Really great performances have a sense of spontaneity
- Not X piece by X composer BUT X piece by YOU!
- Improvise in your practice sessions

OTHER TIPS

MUSICAL BINGO (RANDOM SELECTION OF PHRASES)

COPY MUSIC MANUALLY

BUILD BRIDGES / TRANSITION WORK

CREATE SPACE BETWEEN DIFFICULT PASSAGES

HANDS SEPARATE

IMAGERY

QUOTES

The only way you can eat an elephant is one bite at a time – Creighton Abrams

Build capacity by doing things that make you feel uncomfortable – Jimmy Smith

Success comes from peace of mind attained only through self-satisfaction in knowing that you did your best to become the best that you are capable of becoming – John Wooden

Success is a lot of LITTLE things done IN SUCCESSION at a high level CONSISTENTLY

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed – Michael Jordan

I've always considered myself to be just average talent and what I have is a ridiculous insane obsessiveness for practice and preparation. – Will Smith

If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes." – John Wooden

If you don't have time to do it right, when will you have time to do it over? – John Wooden

Perfection is not attainable, but if we chase perfection we can catch excellence – Vince Lombardi

How you do one thing is how you do everything – “Hired Guns”

You should set your dreams so BIG that EVERYONE LAUGHS at ‘em – Jim Harbaugh

There are no hard licks, just hard tempos – Bret Kuhn