

Technical Work and Skill Building

Technique is:

Anything that helps me do what I need to do what I wish to do with quality, for my own satisfaction and to be with the audience to take them on a journey for some reason

A vehicle to express my ideas, artistry, creativity

Means to co-create and commune with the audience

Technique removes boundaries form between intention and execution, and between artist and audience

There are techniques that are specific to your instrument and art form, and also to performing. A holistic performance plan synergizes all of these.

Any useful technique must be reliable, adaptable, and self- transcendent (must provide the framework for spontaneity, and new abilities to emerge.)

Deliberate practice

Deliberate practice relies on the amount and sophistication of your practice.

To improve, you must work at the border of what you can do, and what you cannot yet do.

Key to deliberate practice is working with a skilled coach who can help you respond to your desire by:

Help you know what matters because they have experience and expertise in their field

Telling you where you're being effective, and where you can keep improving

Having experience with the kinds of obstacles, challenges and skills that you are likely to encounter and need.

Coaching is a kindness to myself, as is my warmup, my singing and performing techniques, and using the Alexander Technique.

Developing Your Technique

What do you want to be able to do, and why?

Criteria for constructive thinking:

Constructive (A verb that is a yes)

Possible (Cooperates with your design, and reality)

Within your control

Ecological (Good for the whole)

To tell a story, you can be wherever you are in your technical process.

Exercises and Experiments

Legato:

Continual unfurling, renewing the desire to continue

Agility/ ornamentation:

Two directions of approach: One is at the speed of your current perception, the other is to ask for responsive movement beyond your ability to perceive

Trills:

Practice alternating pitches on for 4 bars on:

whole notes

half notes

quarters

eighths

sixteenths

Then let the movement go.

Do this on every vowel, every note, on both half and whole steps.

All this is done via coordinated movement, so that I am integrating whole self organization in to my singing process.

Sustainability

Performing and extending limits of your ability in a safe, ecological manner

Practice higher passages lower, and slowly move them up by half step. Learn the movement in a way that is not fatiguing.

Advance at a rate that establishes your mastery, and move ahead gradually as you are ready.

It may be better to do a great act, that you are comfortable with, than something less technically challenging if it takes you out of performing with your whole self.

Self awareness

Do you have a clear and accurate idea of your current capabilities, a reliable way to access the, and can you communicate them clearly?

What information do you need to know?

What is being asked of you?

This indicates that you are a professional and that you take seriously the endeavor. Contracts and clear communication serve and protect both parties.

Technique is anything that helps me do what I need to do, including:

drinking water

getting the accommodations I need

overall well-being

reasonable schedule

preparation time

what I wear, etc.

As a performer, I want to bring my whole self, and all of my resources to the task of being with an audience in skilled excitation. As an audience member, I want you to do the same.

"To hit a ball really well you have to be patient. You just have to wait, and if it's fastball you have to wait very quickly."

Alex Rodriguez