

PRACTICE TOOLS – PASSAGES – HOW TO RELEASE TENSION		
What is it	What to do	It feels like
1. FEELING 'EFFORTLESS'	USING the least possible muscle effort, pressure, and energy in your hands to achieving the desired 'sense of music flow' in technically demanding passages.	→ USING MINIMUM EFFORT → ACHIEVING 'MUSIC FLOW SENSE'
2. 'WALKING' PRACTICE	PRACTICING 'walking around' the room while playing a passage - taking your mind 'off' the physical aspects of using too much pressure in playing.	→ 'WALKING' WHILE PLAYING → LOSING SENSE OF PRESSURE
3. CONTROLLING 'FROM ABOVE'	VISUALISING yourself 'from above' as if someone else was playing and you are listening them from a distance (ZOOMING OUT) and not getting too involved therefore, just controlling the overall SOUND FLOWING of the passage making it seem EFFORTLESS .	→ 'ZOOMING OUT' OF PASSAGE → EFFORTLESS & FLOWING SOUND

HAVE YOU LEARNED IT	Action Words / Task
1. EFFORTLESS	1. USE THE MINIMUM EFFORT 2. DEVELOP A SENSE OF MUSIC FLOW
2. 'WALKING' PRACTICE	1. WALK WHILE PLAYING 2. TAKE YOUR MIND OFF PLAYING
3. CONTROL 'FROM ABOVE'	1. 'ZOOM OUT' OF PASSAGE 2. SOUND FLOW 3. EFFORTLESS CONTROL

REMEMBER
THE DETAIL
THE ACTION
THE FEELING