

TALENT

VS.

SKILL

TALENT

=

SKILL

HIGHLY ACQUIRED

**Can you read a score like a
Harry Potter book??**

**Are you using someone else's
interpretation to PRACTICE
your conducting?**

**Do you practice moving your
body for conducting?**

**Do you move in ways you
wouldn't on the concert stage
during rehearsal?**

TWO EARS - ONE BODY

OUTGOING EARS - Your interpretation.

- HOW are you building your interpretation?

INCOMING EARS - Their interpretation.

- Prioritize WHAT to fix
- Show HOW to fix

OUTGOING/INCOMING BODY

- To build the physical skill set - MIRROR engages the correct myelin
- Are you creating myelin you don't want to habituate?

YOUR HUMANITY (P.I.E.)

PHYSICAL

Out of Balance

INTELLECTUAL

Towards Balance

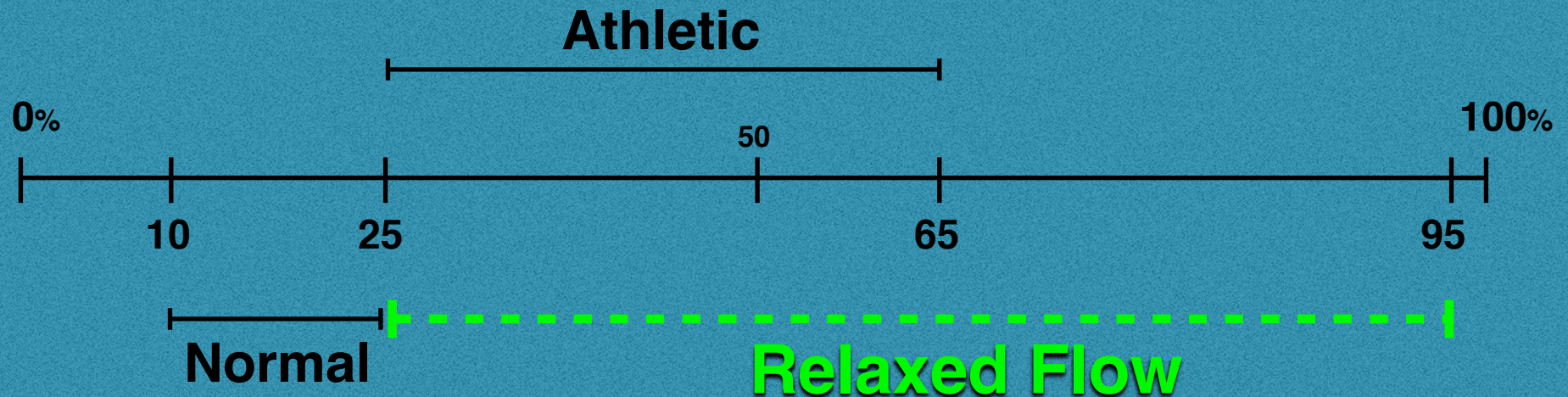
EMOTIONAL

(Life Balance)

WHY practice breathing?

TENSION is the enemy of TONE

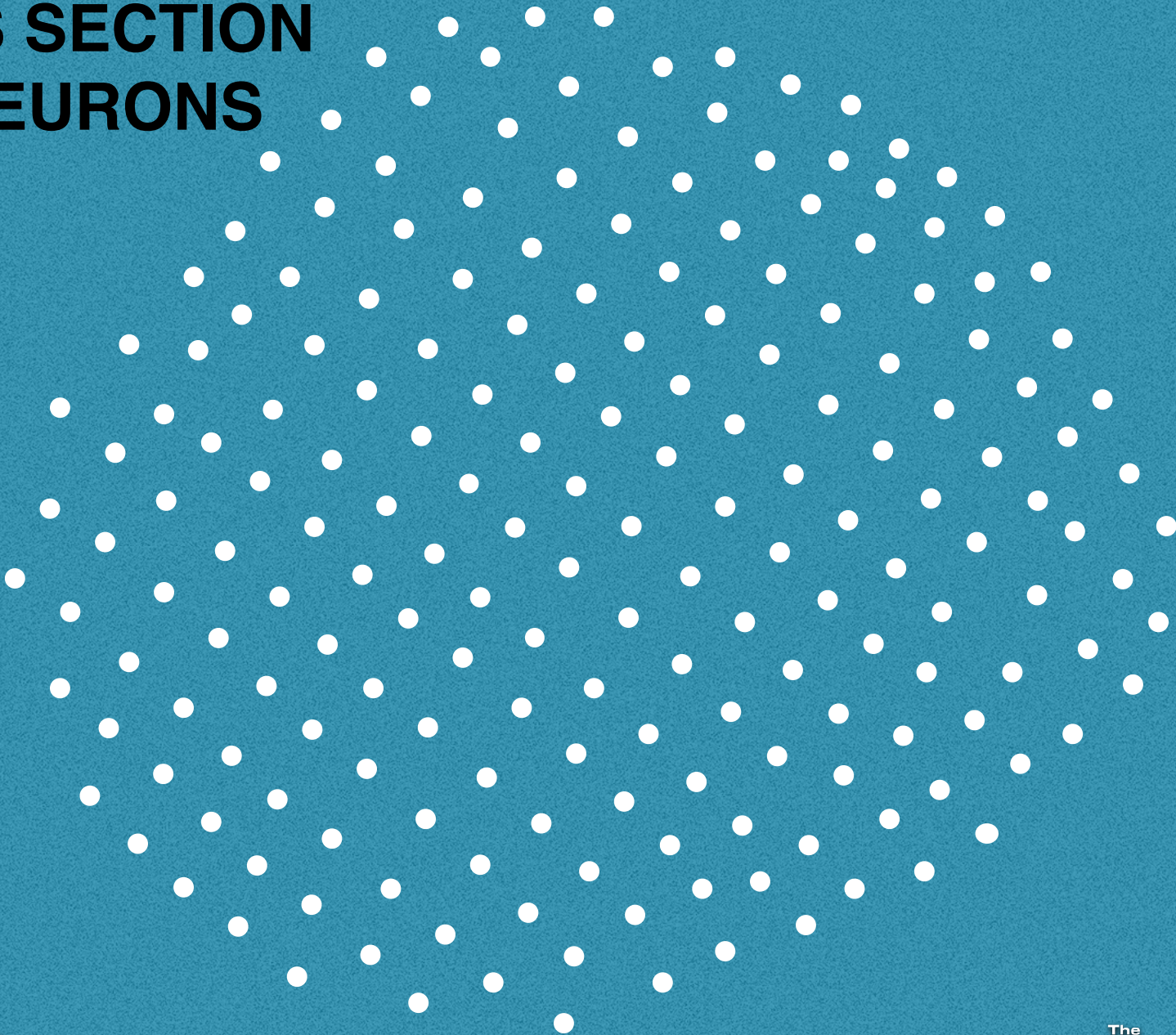
LUNG CAPACITY



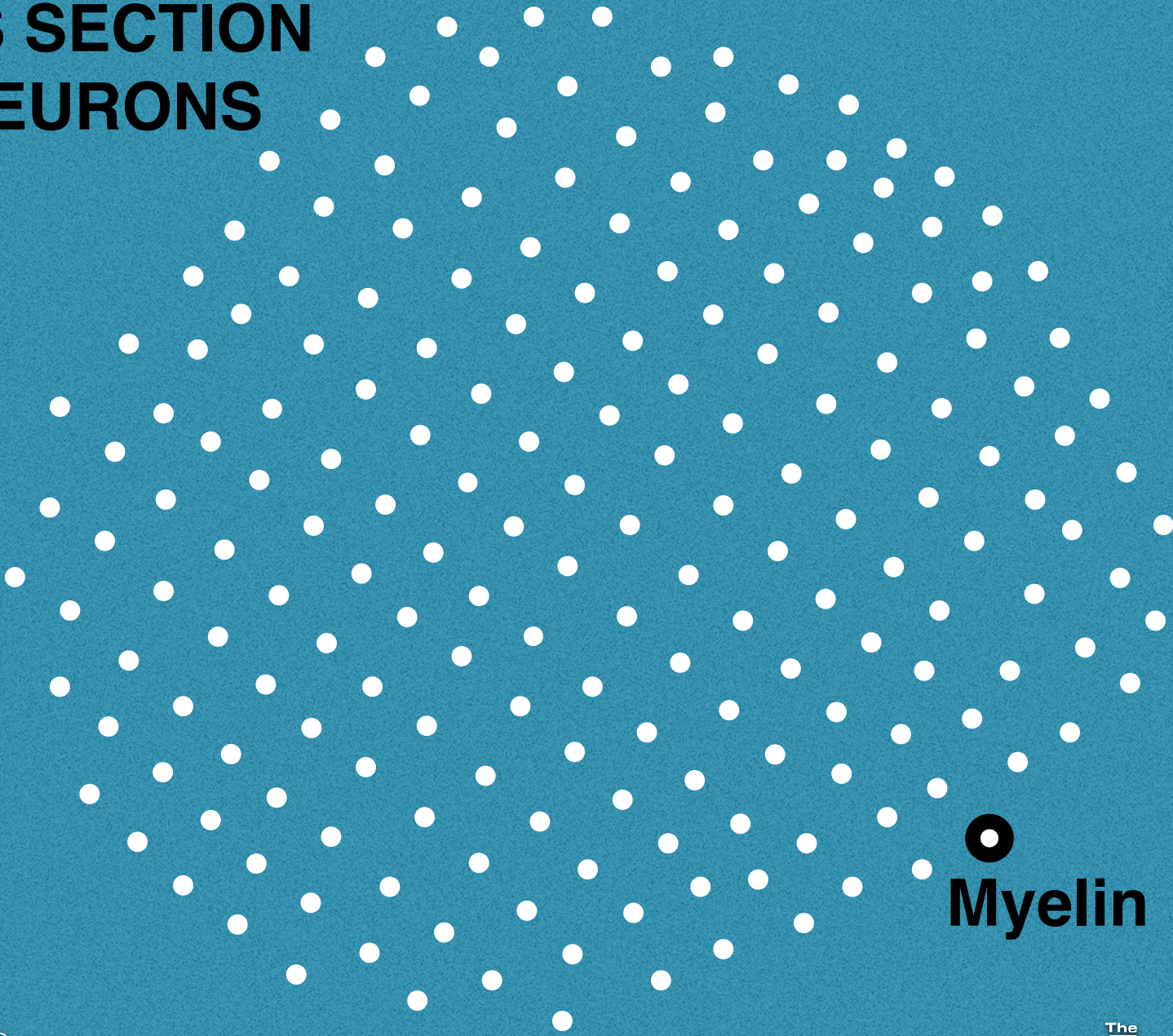
WHY practice breathing?

TENSION is the enemy of LIFE

CROSS SECTION OF NEURONS

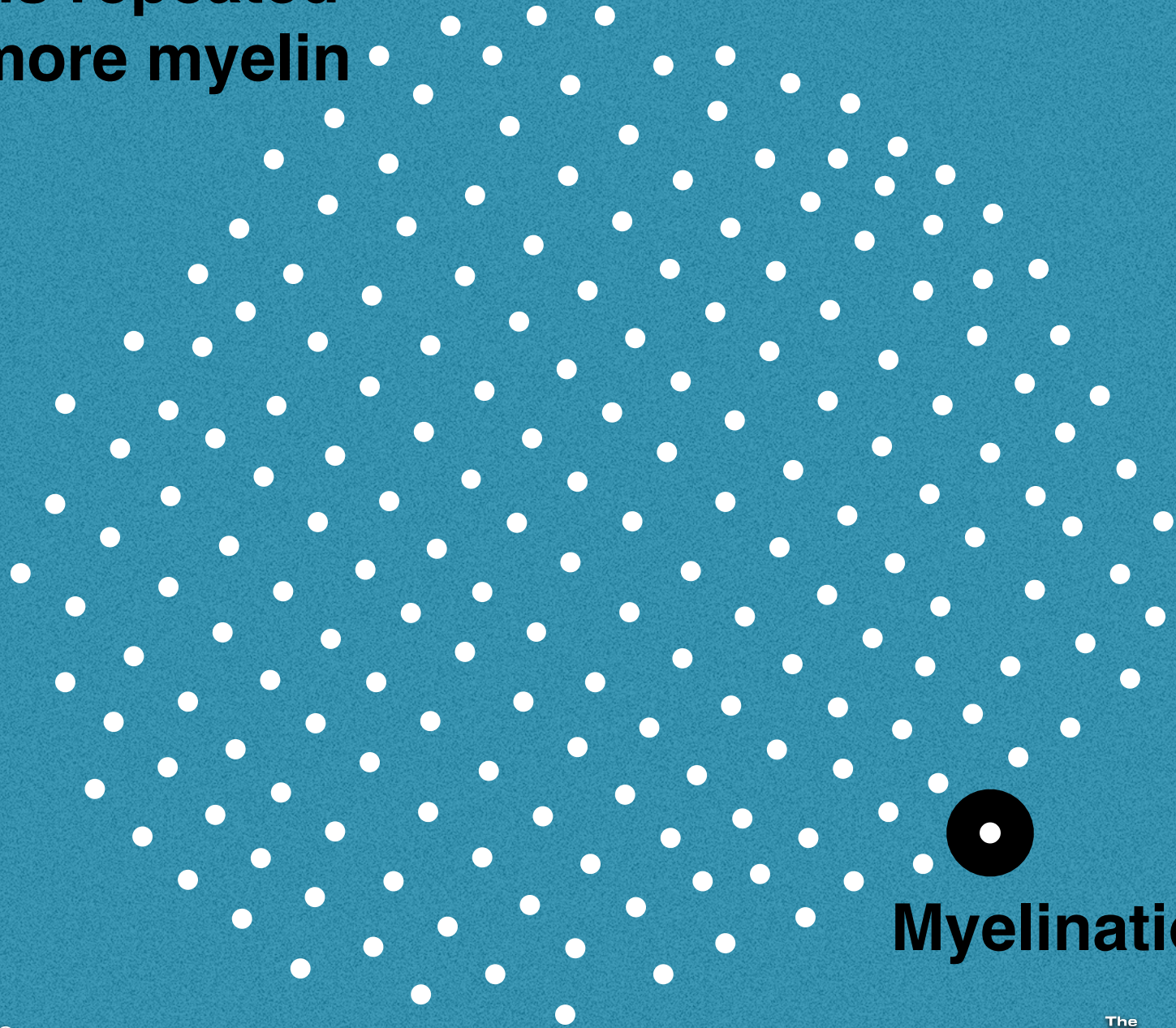


CROSS SECTION OF NEURONS



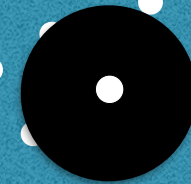
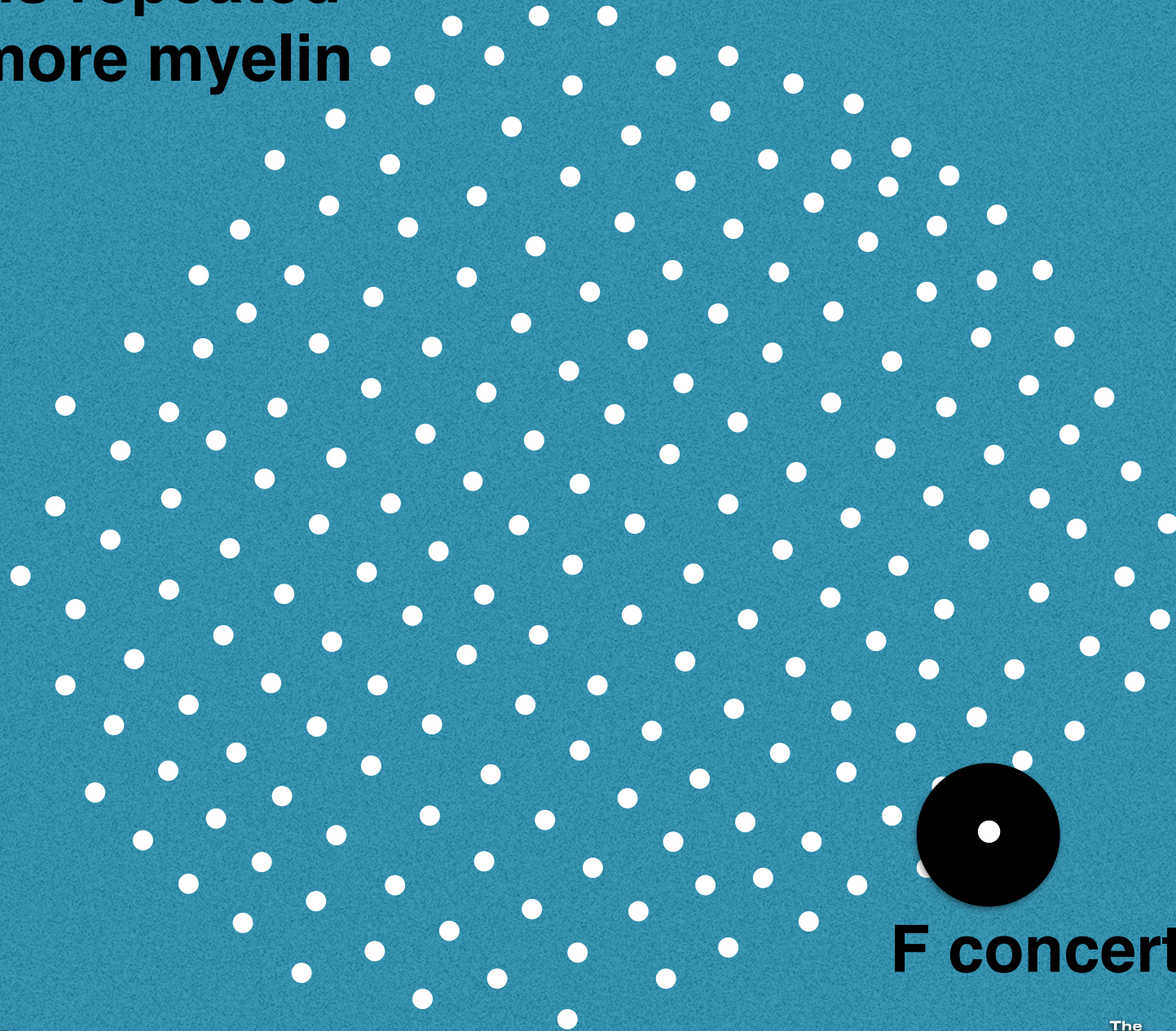
●
Myelin

**Actions repeated
wrap more myelin**



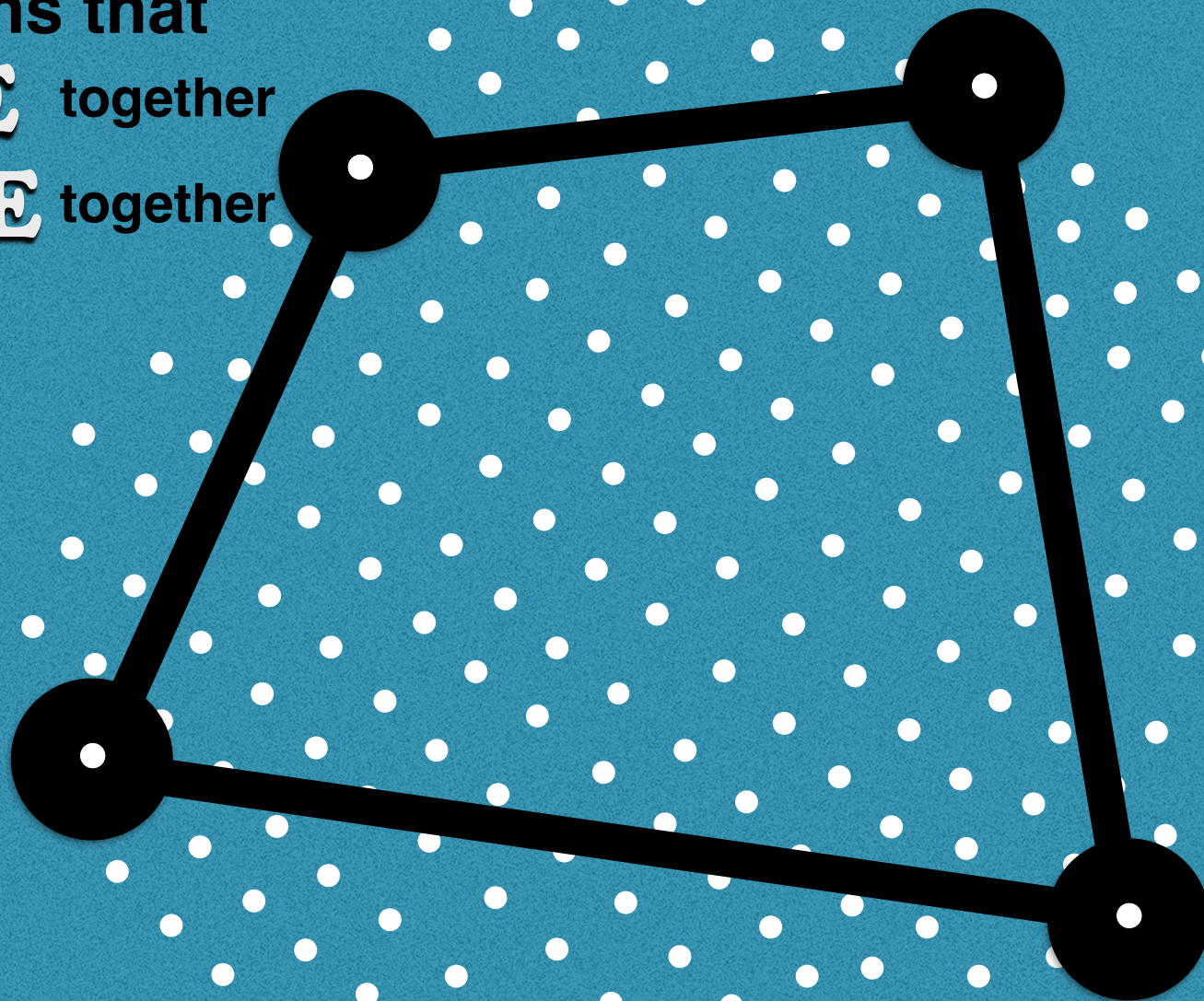
Myelination

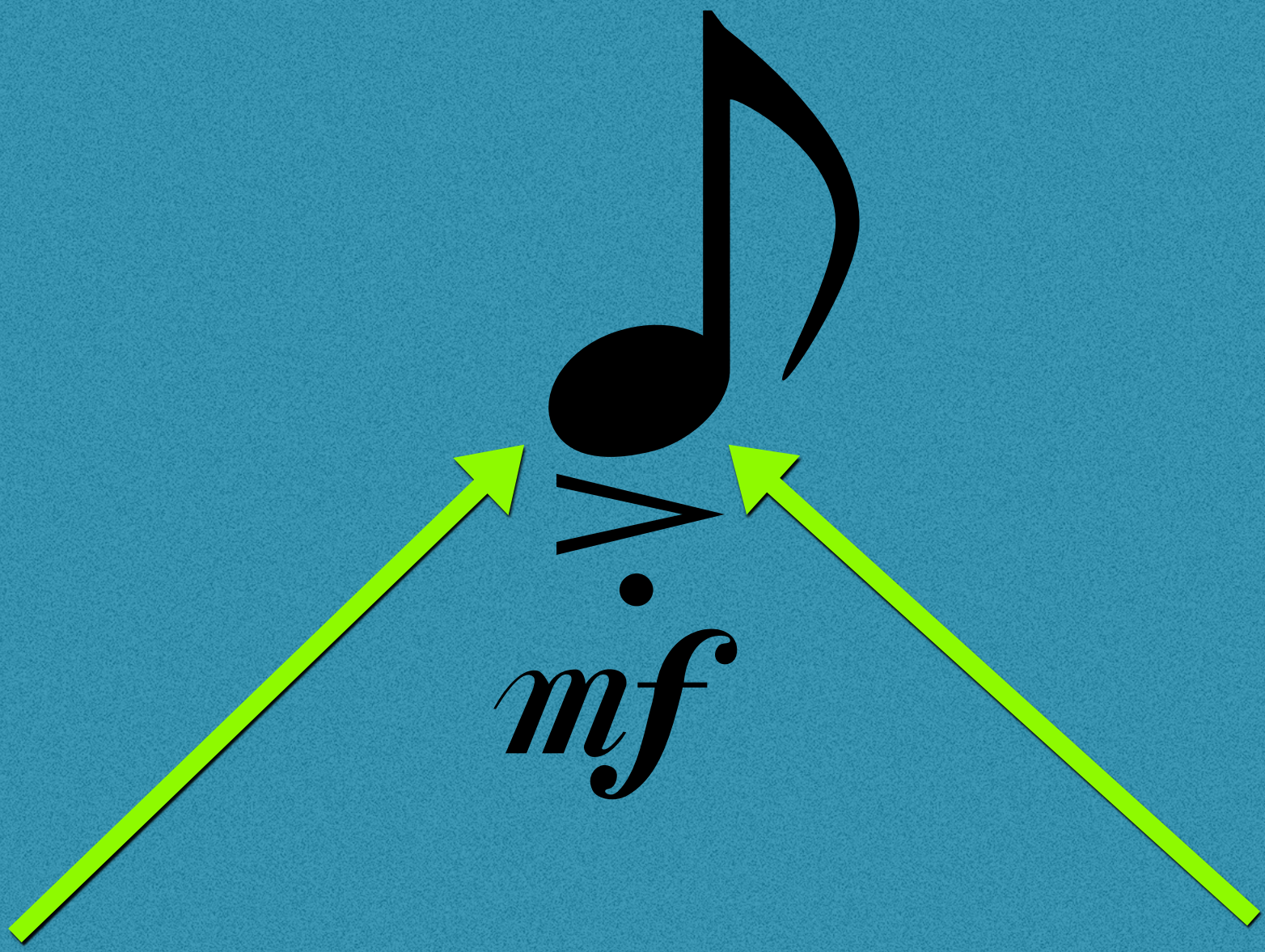
**Actions repeated
wrap more myelin**

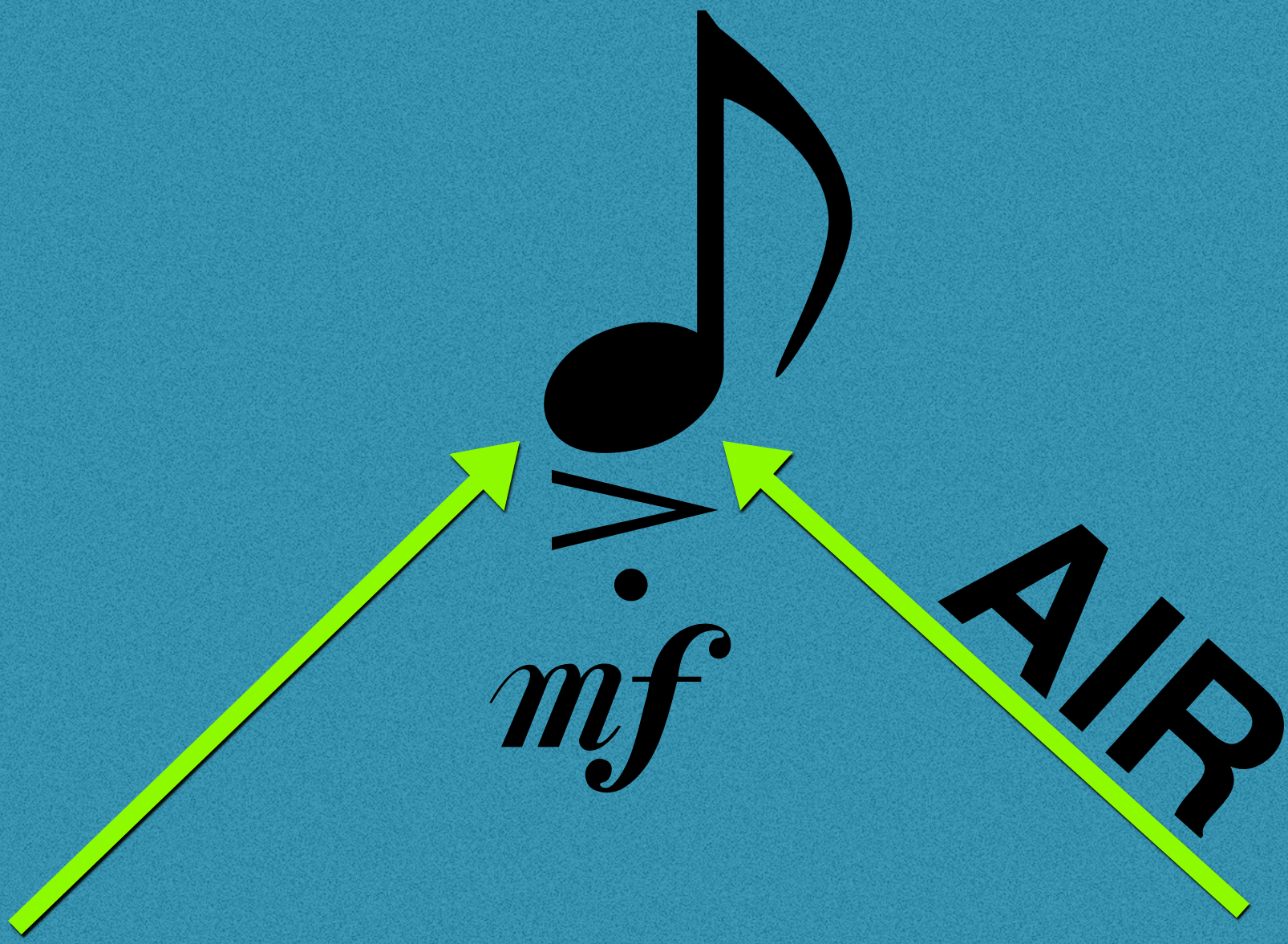


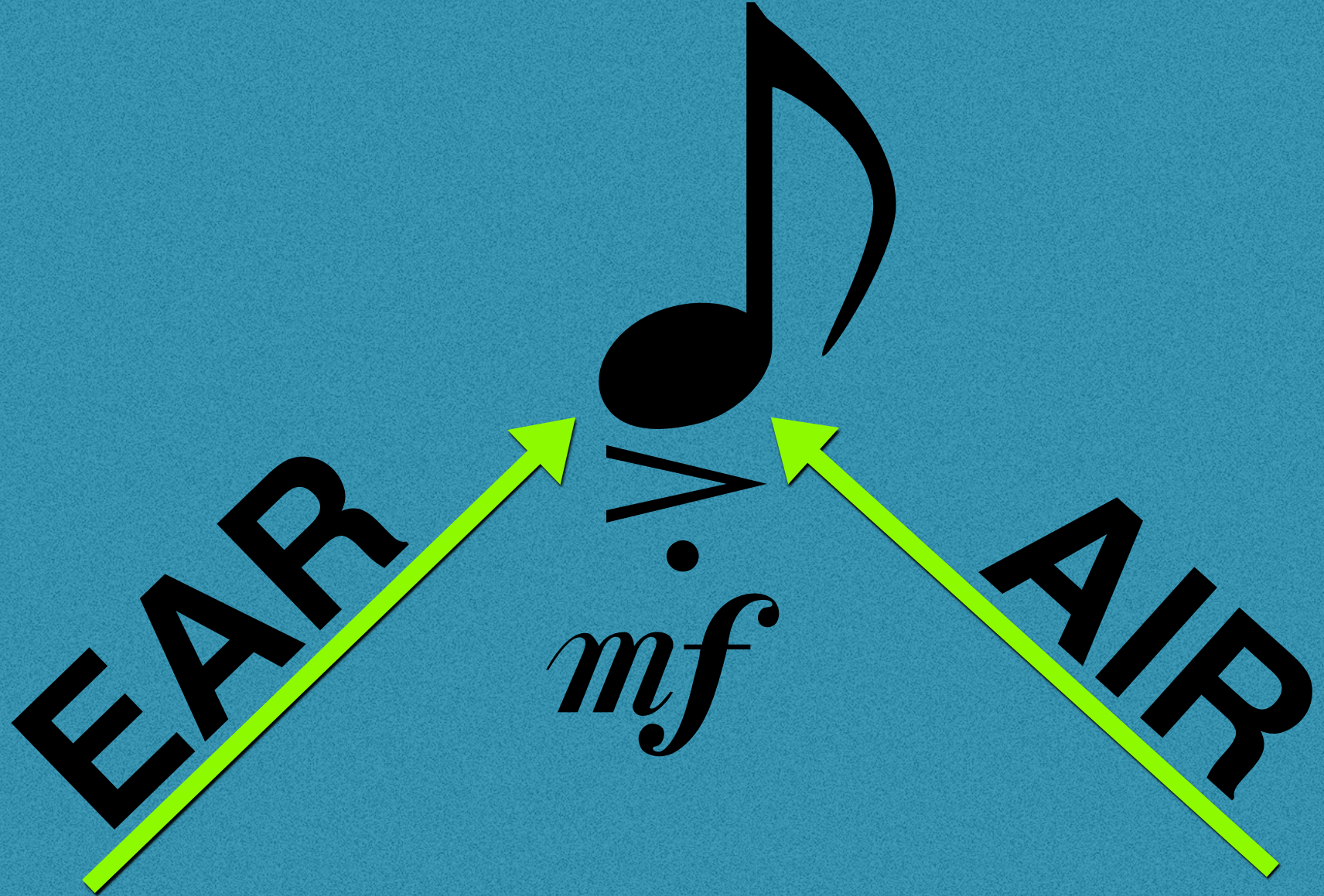
F concert

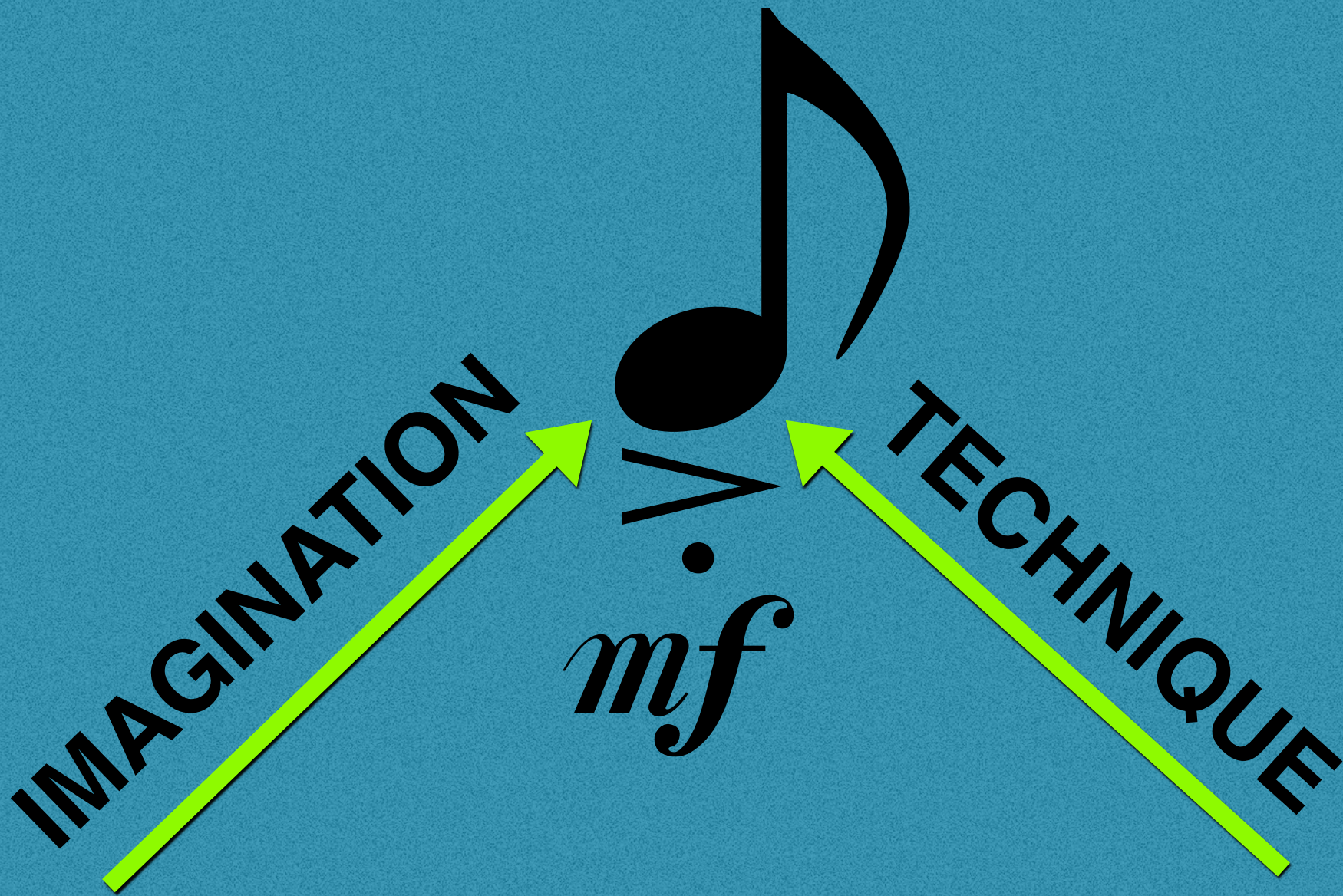
Neurons that
FIRE together
WIRE together











AIR

EAR

???

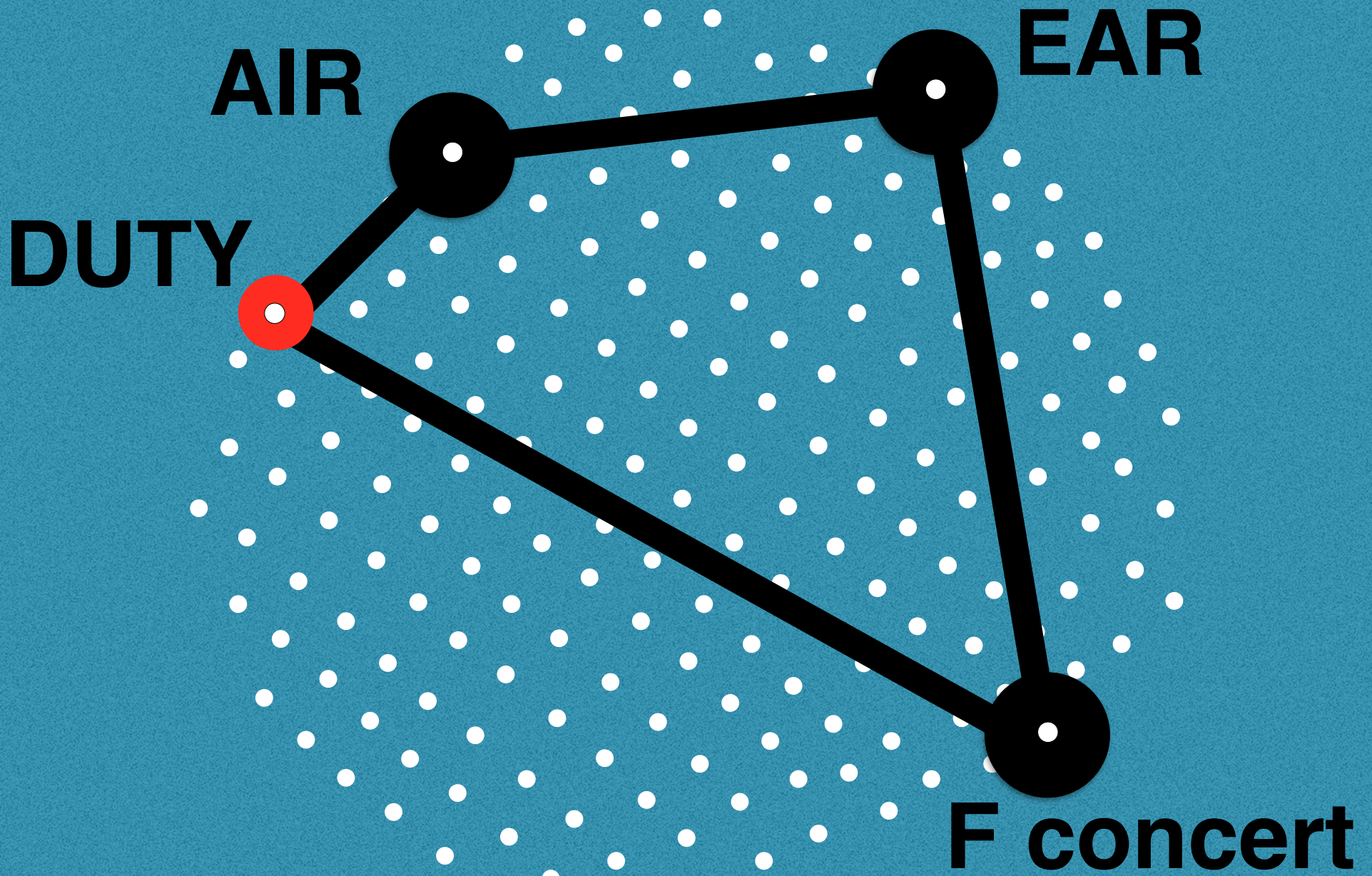
F concert

AIR

EAR

JOY

F concert



AIR

EAR

FEAR

F concert

AIR

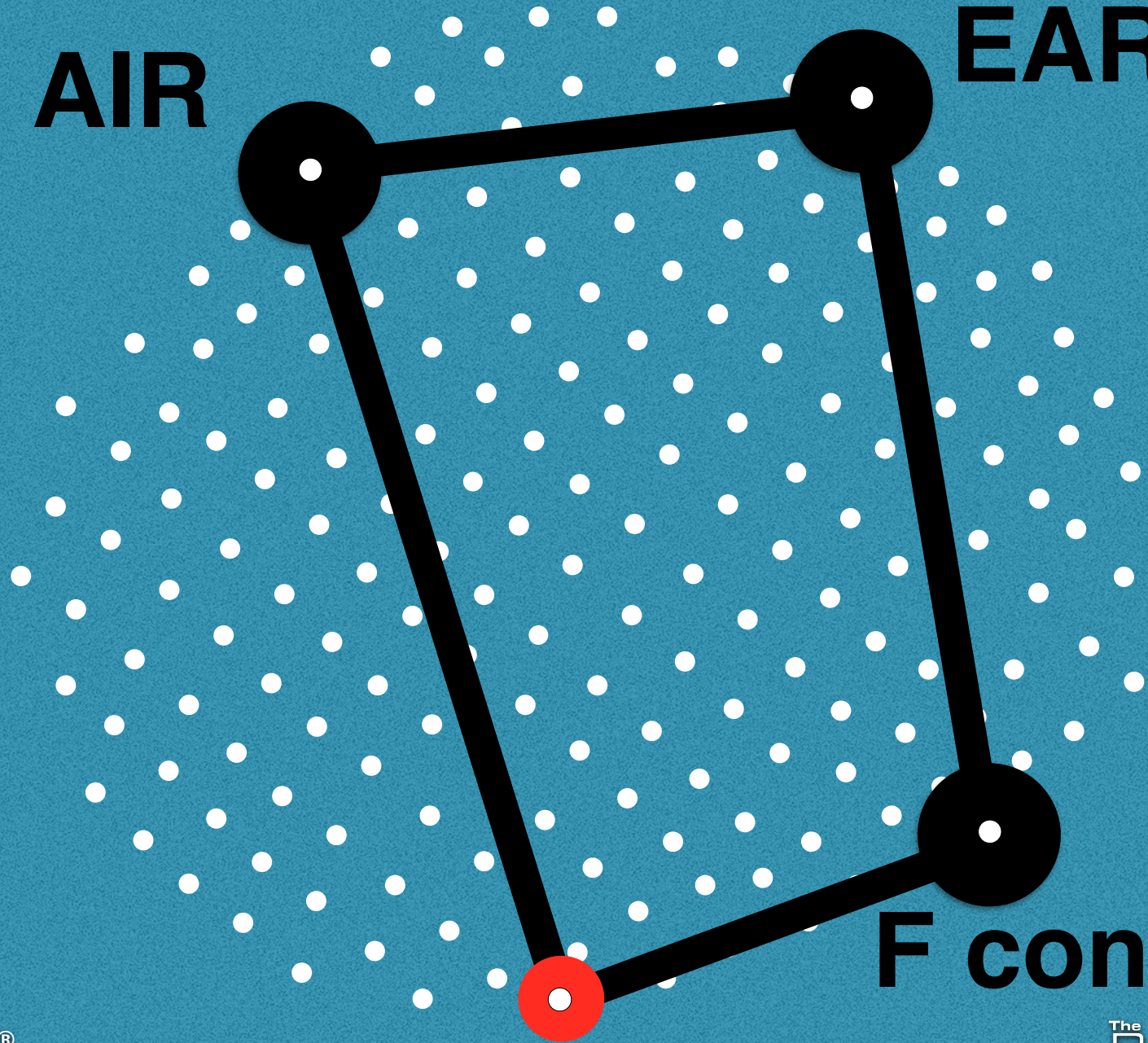
EAR

ANGER

F concert

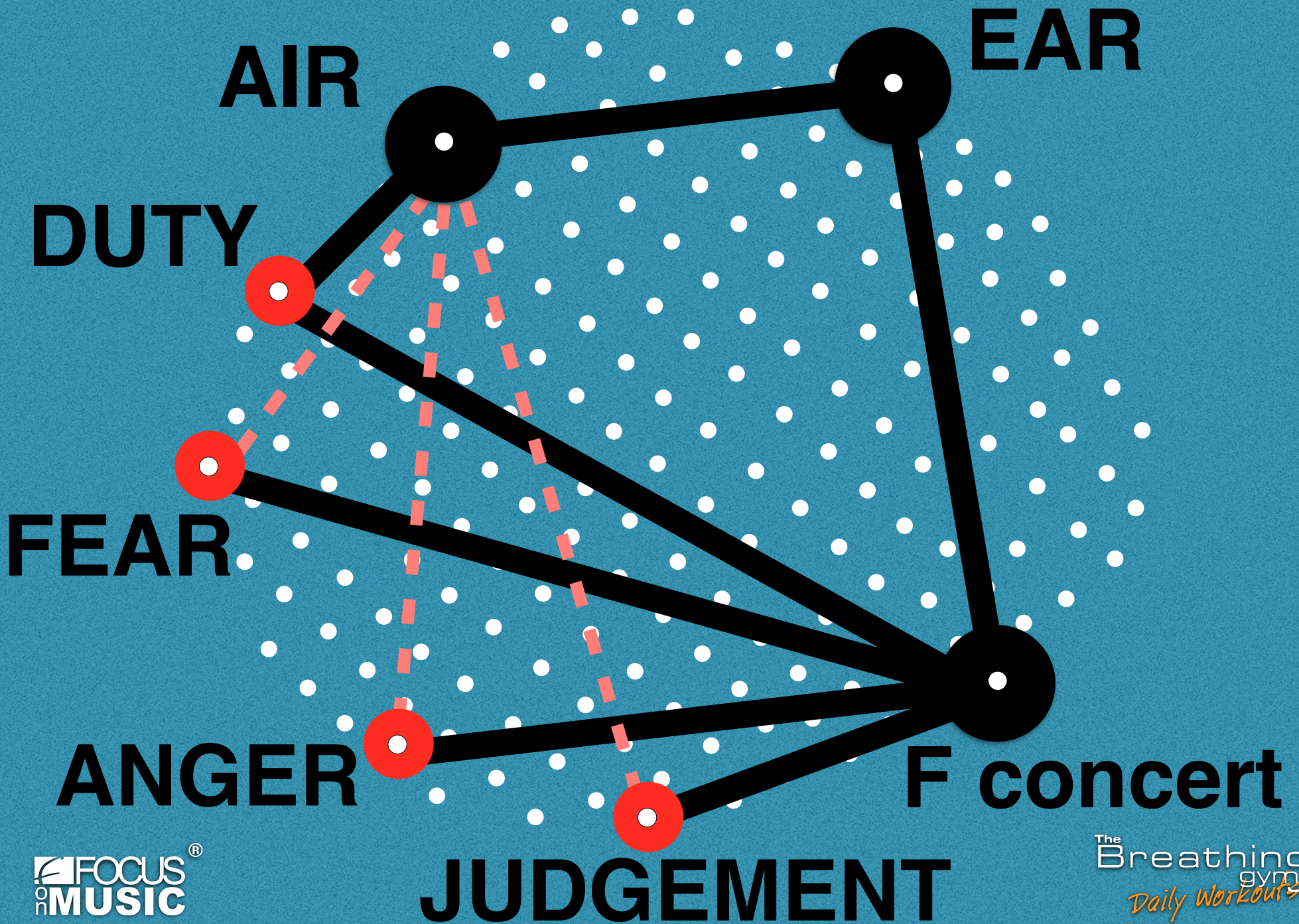
AIR

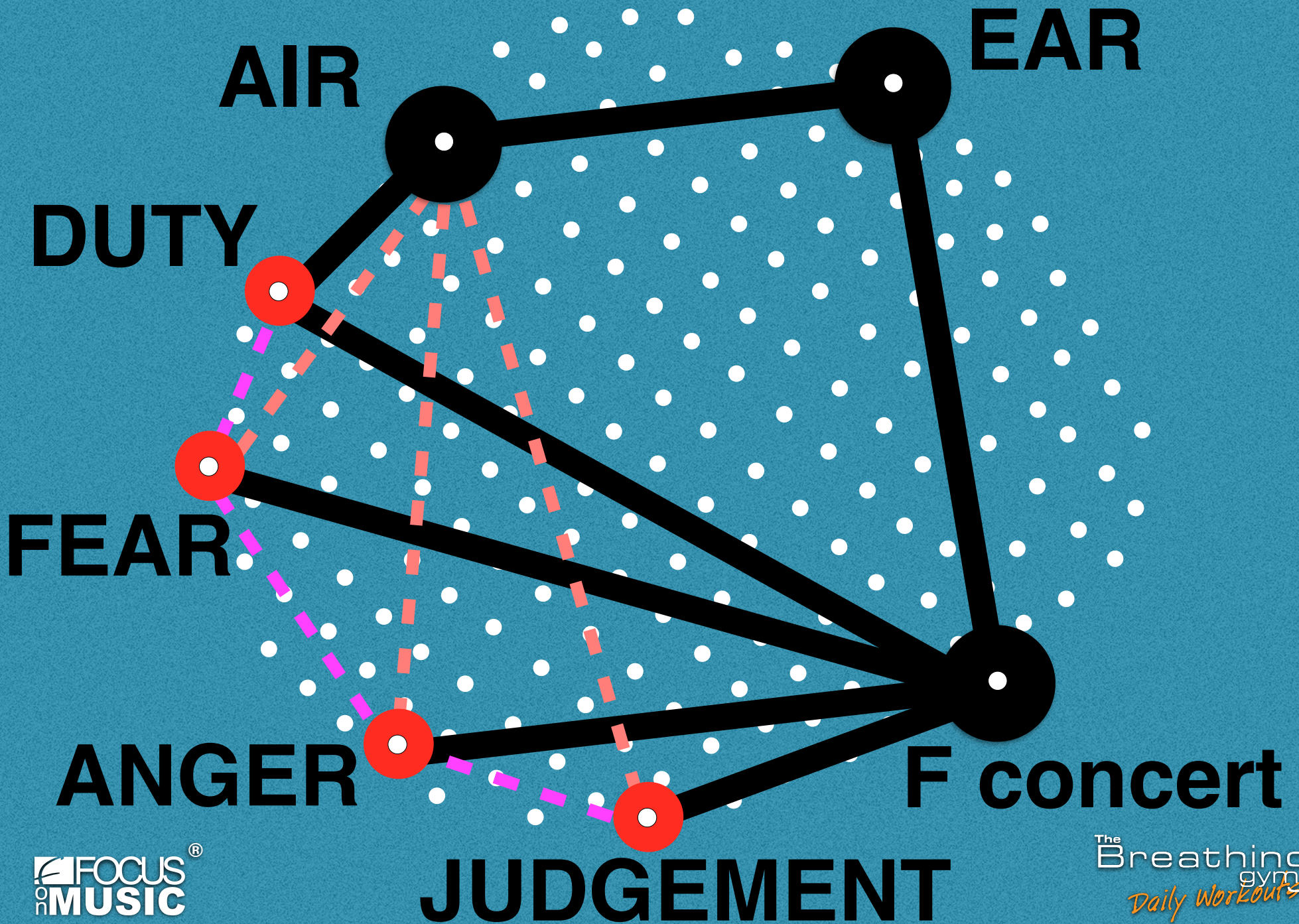
EAR



F concert

JUDGEMENT





AIR

EAR

JOY

F concert

YOUR HUMANITY (P.I.E.)

PHYSICAL

Out of Balance

INTELLECTUAL

Towards Balance

EMOTIONAL

(Life Balance)

A List - 'Awesome (Self) Teacher'

(Healthy Playing)

Love

Flow

Movable

Acceptance

Trust & Momentum

Glass full

Positive Expectations

Self Confidence

Something to offer

Communication/Meaning

Relaxed/Energy flows thru body

Proactive

Focus is on the Solution

Focus of attention on concept ahead

Focus on the music (EAR)

Patience

LETTING it happen

Gratitude

B List - 'Bad (Self) Teacher' (Unhealthy Playing)

Fear

Isometric

Stuck

Judgment

Checking

Glass 1/2 empty

Negative Expectations

Self-Consciousness

Something to prove

Perfection and execution

Tension

Reactive

Focus is on the Problem

Focus of attention on sensory feedback

Focus on playing instrument (mechanics)

Impatience

TRYING to MAKE it happen

Distance/Disconnected

A List - 'Awesome Teacher'

Healthy Playing

Love
Flow
Movable
Acceptance
Trust & Momentum
Glass full
Positive Expectations
Self Confidence
Something to offer
Communication/Meaning
Relaxed/Energy flows thru body
Proactive
Focus is on the Solution
Focus of attention on concept ahead
Focus on the music (EAR)
Patience
LETTING it happen
Gratitude

B List - 'Bad Teacher'

Unhealthy Playing

Fear
Isometric
Stuck
Judgment
Checking
Glass ½ empty
Negative Expectations
Self-Consciousness
Something to prove
Perfection and execution
Tension
Reactive
Focus is on the Problem
Focus of attention on sensory feedback
Focus on playing instrument (mechanics)
Impatience
TRYING to MAKE it happen
Distance/Disconnected

WHY MUSIC?

They came to the band room needing to express something unspeakable.

Make it fun to attempt.
Make it safe to fail.

Celebrate with them the gift of universal expression from day one.

Keep it fun.

TWO EARS - ONE BODY

OUTGOING EARS - Your interpretation.

- HOW are you building your interpretation?

INCOMING EARS - Their interpretation.

- Prioritize WHAT to fix
- Show HOW to fix

OUTGOING/INCOMING BODY

- To build the physical skill set - MIRROR engages the correct myelin
- Are you creating myelin you DO NOT want to habituate?

TWO EARS - ONE BODY

OUTGOING EARS - How to refine your interpretation.

- PLAY your instrument - JOIN a group - PLAY for your students
- Sing/Play EVERY line in the score
- GO TO concerts
- CRITICAL listening - list musical attributes and focus on one per listening

INCOMING EARS - How to maximize reacting to their interpretation.

- LESSON PLAN WHAT to fix. PLAN AHEAD...focuses your ears!
- Make sure non-conducting expectations are supported with pedagogy that supports it

OUTGOING/INCOMING BODY

- PRACTICE in a MIRROR ONLY.
- PRACTICE basic conducting skills and OUTGOING BODY

Chords of Just Intonation

All chords are based on root "C" which is "0" pitch.

+ or - is cents rounded to nearest whole number

Maj	min	dim	Aug
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Maj w/ add 6	min w/ add 6	dim w/ add b6	dom 7
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Maj 7	min min 7	dom 7 #5	dim 7
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min 7 b5	dom 7 b5	min Maj7	Maj 7 #5
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dim Maj7	dom 7 w/ add 9	dom 7 w/ add b9	Maj 7 w/ add 9
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Resources

www.BodyMap.org

The Structures & Movement of Breathing
by Barbara Conable

CONTACT

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In Band, we exist to make each other better.

Keep it fun.

**They came to the band room
NEEDING to express something unspeakable.**

**Make it fun to attempt.
Make it safe to fail.**

REMEMBER: IT'S NOT FRUSTRATING, IT'S FUNNY.

**Celebrate with them
the gift of universal expression from
DAY ONE.**