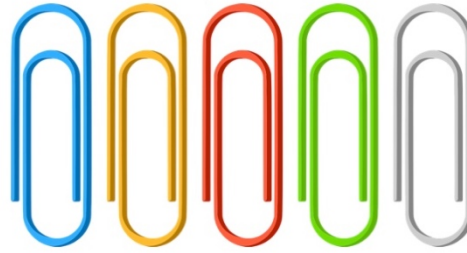




SHJO.clips



Create Listen Inspire Practice Share

Resources to keep up with your exploration and mastery of music.

CLIP #8



Did anyone notice the **April Fool's joke** in Mr. Fox's April 1 blog? (Hint: View the last link in the bibliography. Suitable for band?)
<https://paulfox.blog/2020/04/01/sharing-a-new-discovery-for-band/>

Inspire: "Free Theory Resources" – You could get lost in here doing comprehensive music training!

https://music-theory-practice.com/?fbclid=IwAR24j_lVWD2Gh-C3PqoCtCsub1EvugsClpfZDIMj9H-phIfAUuJUFvYAezk

Activities from basic music theory for the complete beginner (such as note flashcards) to advance concepts for music graduate students, including courses by Yale University, Berklee, University of Michigan, and more.

Listen: "TED Talks on Music – Part I" – Sit down and enjoy these inspiring lectures, at least one-a-day!

- Your Brain on Music: <https://www.youtube.com/watch?v=MZFFWY5fwYI>
- The Transformative Power of Classical Music: <https://www.youtube.com/watch?v=r9LCw15iErE>
- How Sampling Transformed Music: <https://www.youtube.com/watch?v=H3TF-hl7zKc>
- Bobby McFerrin Demonstrates the Power of the Pentatonic Scale: <https://www.youtube.com/watch?v=ne6tB2KiZuk>
- How to Truly Listen: <https://www.youtube.com/watch?v=IU3V6zNER4g>
- How Playing an Instrument Benefits Your Brain: <https://www.youtube.com/watch?v=ROJKCYZ8hng>

Practice: "Twelve Strategies for Success" – We'll let you in on Mrs. Fox's *secret formula*.

Try these daily for your personal music practice:

1. Create a calendar for tracking your music experience.
2. Schedule your practice and stick to the schedule.
3. Mark what you practice each time and make a note of what went well and what still needs some work. This will give you a very specific goal for the next practice session.
4. Find a quiet place to practice that is free from distractions like phones, tablets, computers, video games, TV, and family members.
5. Tune-up and warm-up.
6. Use a rotation of the materials you need to practice, for example
 - Day One: scales, etudes, solos, school music, SHJO music
 - Day Two: etudes, solos, school music, SHJO music, scales
 - Day Three: solos, school music, SHJO music, scales, etudes
 - Day Four: school music, SHJO music, scales, etudes, solos
 - Day Five: SHJO music, scales, etudes, solos, school music
 - Day Six: repeat order from Day One
7. Use a rubric to guide you through the process of successful performance.
8. Refine a selection: Pick out a passage to polish.
 - Play the whole passage three times
 - Using a metronome, play passage at quarter note = 72; repeat it at quarter note = 76; repeat it at quarter note = 80.
 - The next day, do that passage at 76, 80, 84, etc.
9. Practice add-ons starting with three notes in a passage and then repeat adding one note, repeat adding two notes, etc.
10. Do the add-ons "backwards," starting with the last three notes of the passage, and then play the last four notes, etc.
11. Reinforce the ending of a selection of the piece playing it five times; repeat this adding a line at a time.
12. If you are struggling with a rhythm pattern, mark the count (1, 2, 3 & 4) or mark strokes on the beats.

Another tip:

Look back to CLIP #2 to apply the "Ladder of Music Achievement"

<http://www.shjo.org/s/CLIP02.pdf>