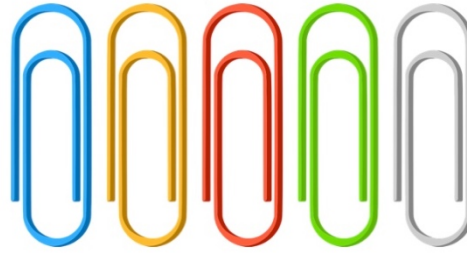




SHJO.clips



Create Listen Inspire Practice Share

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

CLIP #11

Create & Practice: "Journaling" – Designing/maintaining a practice log might make a big difference!

1. Reread this Fox's Fireside: <https://paulfox.blog/2018/02/19/practice-journals-are-notable-and-the-key-to-making-musical-progress/>
2. Peruse the samples below and the Microsoft documents provided on our website <http://www.shjo.org/clips>
3. Draft a daily practice diary/log/journal of your own. Copy extra blank sheets and place them in a binder.
4. What are the basic necessities? Be sure to include the lists of assignments, scales, warm-ups, musical and technical goals, repertoire, and lines or blank space to record time spent and comments/self-assessment.
5. Your mission is to archive three questions: What did I work on? How? and What do I need to do next?
6. Now get to work implementing your practice plan and documenting your progress!

Music Practiced:

1. _____
2. _____
3. _____

Metronome Setting:

1. _____
2. _____
3. _____

Time Spent:

1. _____
2. _____
3. _____

Practice Time:

Date	Date
What did you practice? Scale? Song? Which measures?	What did you practice? Scale? Song? Which measures?
What mistakes did you make? What can you fix next time?	What mistakes did you make? What can you fix next time?
How long did you practice?	How long did you practice?

Daily Practice Journal

Today's Date _____

Goals for Today:

1. _____
2. _____
3. _____

What did you do today?

Area	Time	Tasks	Thoughts/Observations
Technical			
Repertoire			
Performance			
Creative			

What worked really well today? What did you learn or discover?

Priorities for Tomorrow:

1. _____
2. _____
3. _____

Name _____ Date _____

Practice - week of _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Detailed Practice Session - Winds

Session Date	Session Start Time	Session End Time
Fundamentals		
Concept	✓	Time (in Minutes)
Breathing exercises		
Long tones		
Lip slurs (brass)		
Range exercises		
Dynamic exercises		
Scales		
Articulation exercises (other)		
Etudes		
Book (page/s)		
Exercises		
Measures		
Goal/Focus		
Strategies		
Time		
Literature (check off one)		
Solo (✓)	Ensemble (✓)	Band Music (✓)
Title		
Measures		
Goal/Focus		
Strategies		
Time		
Goal Setting/Reflection		
Evaluate today's practice session. Be specific and use this space for thoughtful reflection. (What went well, what didn't, what needs more work). Do you need to revise your goals to make them achievable?		
What strategies were most effective during this practice session?		
Based on today's practice session, set some specific goals for your next practice session.		

Additional templates are available at <http://www.shjo.org/clips>

Inspire: “TED Talks on Music – Part IV” – One of these “speakers” a day will chase away boredom!

- How Music Can Heal Our Brain and Heart <https://www.youtube.com/watch?v=NIY4yCsGKXU>
- Music and the Inner Self <https://www.youtube.com/watch?v=QUUFb-1hBtw>
- A Musical Genius <https://www.youtube.com/watch?v=9UotQ5T-f1o>
- Why Most Piano Players Fail <https://www.youtube.com/watch?v=T-cbdnPOHyc>
- The Harmonic Series in Music <https://www.youtube.com/watch?v=JDFa8Tsn6vY>
- Pop Music is Stuck on Repeat <https://www.youtube.com/watch?v=tjFwcmHy5M>
- Why We Love Repetition in Music <https://www.youtube.com/watch?v=1lo8EomDrwA>

Listen & Share: “Mr. Lampe’s Playlist” – Our bassoonist shares a couple music links! Check these out! We appreciate the suggestions and accompanying insightful commentary! Thank you, David Lampe!

1. "Toronto Symphony Fantasia" <https://www.youtube.com/watch?v=C3nxOF8wnMk>

This is Ralph Vaughn Williams Fantasia on a Theme by Thomas Tallis. This is my favorite video not just for the music but also for the brilliant aerial camera work. Notice that the orchestra is split into three parts. Orchestra I is in front, Orchestra II sits at the back of the stage and a string quartet plays separate parts around the 7-minute mark. That's Teng Li on the Viola. The Viola features very prominently in this piece. She's playing on a 300-year-old Amati viola. There are also videos with the score shown instead of the musicians. If you look at the score you can see the great detail Vaughn Williams put into composition. <https://www.youtube.com/watch?v=qlhZbvlCjY0>

2. "Paganini Hula Hoop" <https://www.youtube.com/watch?v=eOjO4ekcJQA>

Just for fun. Normally I find the Two Set guys annoying and only marginally funny. But this one is great. Paganini Caprice 24 is one of Hilary Hahn's regular recital pieces. You can watch the real recital version (not the hula hoop) version if you are interested. https://www.youtube.com/watch?v=gpnlrE7_1YA

3. "Hilary Hahn Tiny Desk" <https://www.youtube.com/watch?v=cBNTDII1-nQ>

This is more serious version of Hilary Hahn. There are hundreds of videos of her on the web. This is my favorite. Although she is a soloist who plays with orchestras all over the world, she's also the most unpretentious person. She plays with a washcloth under her chin "because of the friction." The Tiny Desk Concerts from NPR are all very good and worth exploring.

4. "Appalachian Spring Lincoln Center" <https://www.chambermusicsociety.org/watch-and-listen/video/2019-video-archive-2/copland-appalachian-spring-suite-for-ensemble/?playlist=3199>

On YouTube, it's just audio. The Lincoln Center Chamber Music Society Website has this video and also educational material on this piece and many others. Chamber Music means smaller groups of musicians. For this piece it's 9 strings, 3 woodwinds, and a piano. It's just amazing the depth of sound that this small group of musicians produce. Notice there's no conductor. They all just look around and eyeball each other to stay together.

5. "Jurowski Dances of Galanta" <https://www.youtube.com/watch?v=iPJZnrNtHpM>

An unsung masterwork written by the Hungarian composer Zoltan Kodaly. In addition to beautiful melodies and exciting virtuosic playing by the entire orchestra, it has one of the most prominent and important triangle parts in the orchestral repertoire. That's Vladimir Jurowski conducting. Russian conductors are the best. If you want to see another great conductor Google "Valery Gergiev." Here's a bonus video Tchaikovsky's Romeo and Juliet overture. <https://www.youtube.com/watch?v=Cxj8vSS2ELU>

We have heard Gergiev is not allowed to use a baton anymore. He conducted so vigorously, he kept chucking his baton into the orchestra. Sometimes he uses a toothpick to conduct.

All SHJO members are encouraged to pass on their favorite “online musical treasures.” Email them to pfox@shjo.org.