

ANNETTE UPTON

2017 PORTLAND REGIONAL MUSIC WORKSHOP

POWER PRACTICE SKILLS

STAND UP IF...

ANNETTE

- ▶ Converted pianist
- ▶ Ward Organist for the Hillsboro Ward, Hillsboro Stake
- ▶ Training her seventh bishopric
- ▶ Computer Science background; Intel engineer
- ▶ Practices daily*
- ▶ Teaches piano and organ students how to practice*

DISCUSSION OUTLINE

- ▶ You'll get the music you deserve
- ▶ Skills that enable the best music

YOU'LL GET THE MUSIC YOU DESERVE

- ▶ Plan
- ▶ Set Goals
- ▶ Track Progress
- ▶ Don't Panic
- ▶ Pray

PLAN

- ▶ Douglas Bush: There is no reason why a bishopric cannot provide Sacrament Meeting topics six months in advance.
- ▶ How long does mastery require?
- ▶ Organize yourself to practice music for multiple Sundays in each rehearsal.
- ▶ Bonnie Goodliffe: The amount of time a piece has matters; not just the amount of practice time.

SET GOALS

- ▶ By what date do I want to play this song?
- ▶ Work backward
 - ▶ What do I need to accomplish weekly in order to be ready?
 - ▶ What do I need to accomplish today in order to be on track?

TRACK PROGRESS

- ▶ Write it down, somehow
- ▶ Reflect and understand
- ▶ Celebrate successes!
- ▶ Know if you are on track
- ▶ Identify strengths and weaknesses
- ▶ Understand Big Picture progress

DON'T PANIC

- ▶ Never panic-practice
- ▶ Even in emergencies
- ▶ Erodes confidence
- ▶ Unproductive
- ▶ Never panic-practice

PRAY

- ▶ Begin every rehearsal with prayer
- ▶ Express gratitude for talents
- ▶ Discuss goals
- ▶ Invite inspiration

IN REHEARSAL SKILLS

- ▶ Take breaks
- ▶ Work slowly
- ▶ Use a metronome
- ▶ Work in small sections
- ▶ Choose practice order
- ▶ Isolate
- ▶ Scout for details
- ▶ Pressure test

TAKE BREAKS

- ▶ 25 minutes playing; 5 minutes resting
- ▶ Enhances focus
- ▶ Rests body
- ▶ Active
 - ▶ Plan
 - ▶ Scout for details
 - ▶ ...

WORK SLOWLY

- ▶ Bonnie Goodliffe: There is a tempo at which you can play [a song] perfectly. Find it.
- ▶ Don't panic.
- ▶ Build desirable neural connections.

USE A METRONOME

- ▶ Bonnie Goodliffe: Use a metronome. It keeps you honest.
- ▶ “But I hate metronomes!”
- ▶ Metronome technology

SMALL SECTIONS

- ▶ “Small” is relative
- ▶ The harder the piece, the smaller the section
- ▶ Usually (a lot) less than a page

CHOOSE PRACTICE ORDER

- ▶ Linda Margetts: learn music from the end, working forward
- ▶ Work on the most difficult part first
- ▶ Work thematically

PRESSURE TEST

- ▶ Be able to play under extreme circumstances
- ▶ Play 3 times in a row, perfectly
- ▶ Play 20 BPM faster than indicated
- ▶ Play from memory
- ▶ Play a random section cold
- ▶ Play in a different location

ISOLATE

- ▶ Doing it all at once is difficult
- ▶ Notes, rhythm, dynamics, phrasing, gestures, articulation, posture, tempo, rubato, projection, fingering, pedaling...
- ▶ Pack 1 or 2 musical elements into the package at a time

SCOUT FOR DETAILS

- ▶ Find the performance indications
- ▶ “Look harder”
- ▶ Mark the details
- ▶ Color code

THE SKILLS

YOUR BEST TECHNIQUES

THANK YOU

- ▶ This is God's work
- ▶ Your contributions are tremendous
- ▶ And "don't forget to pray"