



the 3-Day Performance Challenge

One of the best things you can do as a musician is constantly bridge the gap between practice-mind and performance-mind. This Challenge gets you crossing this bridge in different ways, ensuring that what you've practiced becomes translated to performance.

Getting yourself in the performance mindset, hitting the record button, and then listening back with an open mind will become one of your most important routines!

Before you begin: !

Here are the guidelines for the Challenge:

- Choose a piece you've that's been on your stand for a little while, that you're comfortable with. Do not use a working piece. It can be an excerpt, a passage from a solo work, or etude.
- Decide where you will share your performances: Instagram (post or story), Facebook, YouTube?
- Try to record after you've warmed up, or towards the beginning of a post-warm up practice session - not after you've been practicing the piece for the past hour.
- Enter the performance mind space with awareness and be sure you take time before you start. Visualize the music beginning, and of yourself really performing for a group of people. Then breathe in the pulse and character of the music, and begin!

And, here are some recording tips so you can relax and focus on your performance:

- Make sure there's light: Face a window so there is light on you if possible.
- Background : Make sure you don't have piles of laundry laying around. A blank wall is a good option if you don't have an ideal spot.
- Make sure we can see you and your clarinet!
- Try to film yourself at a slight angle so your stand isn't blocking you!
- [Here](#) is an inexpensive ring-light that includes a phone mount.



THE PIECE I WILL PLAY IS: _____

Example: Beethoven 8 III. Trio or Mozart Exposition mm. ____

Throughout this challenge, remember these important tips! We love this advice from Chris Pell (Principal Clarinet of the Cincinnati Symphony):

- Trust yourself: Trust is the most helpful and important thing Chris incorporates in his playing. It's easy for all of us to doubt ourselves, and invalidate our own opinions. But your opinions and judgement do matter.
- When you record your performance, think about how effective you are as a communicator! We encourage you to turn on your recorder beyond this challenge, and do it constantly.
- Take care of your body and mind: sometimes hearing or seeing ourselves play can be embarrassing or even traumatic. Hitting "post" can be really hard! Physical exercise, awareness of self-criticism and actively giving yourself grace is important in this process!

DAY ONE: preparation and precision

Ok, let's get started! Day one is all about precision and accuracy.

- 1) Be sure you're warmed up and have a decent reed on.
- 2) Go ahead and record the piece as you've been practicing and preparing it. This will be your baseline.
- 3) Now turn on your metronome and find your ideal tempo. Internalize the pulse and when you're ready, turn off the metronome and record the passage. **This DAY ONE focus is all about precision in rhythm and pulse.** Go for clean technical delivery and impeccable rhythmic accuracy.
- 4) You have 3-4 takes, maximum! Be content with the take that represents your MUSICAL self the best. A tiny mistake here or there is inevitable. Remember: those recordings you listen to all the time are edited and recorded in professional studios! *Don't compare yourself to those!*
- 5) After you've recorded, put your best take in a Google Drive or YouTube playlist so you can compare your recordings at the end of the Challenge!
- 6) Share it in a post! And tag #thrive360 or #digitalclarinetacademy



DAY TWO: the bigger idea

On this second day, we will shift our focus to a broader vision of the piece.

Today, you will be communicating the big musical ideas:

- creating long phrases,
- where the "top" of the phrase is,
- spinning connective threads from phrase to phrase,
- thinking about how you will connect one phrase to the next when there are rests separating them
- how to descend from the top of the phrase with support and direction

- 1) Are you warmed up, ready to go?
- 2) Take some time to consider your phrasing. Make some markings in your music.
- 3) Decide on where you'll take breaths.
- 4) Do your 3-4 takes maximum!
- 5) Share in a post and tag #musicthreesixty or #digitalclarinetacademy

DAY THREE: taking musical risks

For DAY THREE, you are going to take musical risks, expanding your vision of the piece even further.

In this performance, go beyond what you think is a solid and stage-worthy rendition of the piece. This time:

- exaggerate your musical ideas
- challenge yourself to go further in expressivity or to bring out nuance in color changes, etc
- find the most special moments in the work and pull our attention to them
- take chance on "techni-colorizing" or bringing to vibrant vivid life, your music-making
- step out of your comfort zone with your sound so you can achieve character
- take this performance to the edge of "gross"

- 1) Are you warmed up, ready to go?
- 2) Find your tempo, feel the pulse...
- 3) Let go of judgement and play the piece with total freedom
- 4) Do your 3-4 takes maximum!
- 5) Share in a post! And tag #thrive360 or #digitalclarinetacademy



AFTER:

Compare your performances.

Take a few minutes to jot down your observations:

- What did it feel like internally as you took these three approaches?
- What did you like about each performance as you listened back to them?
- What will you keep from each approach?
- What will you discard?
- WHAT SURPRISED YOU?
- What other approaches can you incorporate into this exercise? (Intonation, articulation perhaps?)

Let us know about your experience! Share in a post and tag #thrive360 or #digitalclarinetacademy or you can always DM us or send an email to: info@music-threesixty.com

