

<b>STAGE THREE – PERFORMING THE MUSIC</b>			
<b>What is it</b>	<b>What it means</b>	<b>What to do</b>	<b>Feels like</b>
1. <b>PERFORMANCE TEST</b> - start playing the whole piece without stopping.	<ul style="list-style-type: none"> <li>→ <b>'DRIVING THE CAR'</b> - thinking of the music fully submerging yourself 'in the moment'.</li> <li>→ <b>MONITORING</b> technical details 'at the back of your head'.</li> </ul>	1. <b>EXECUTING 'AS WRITTEN'</b> the piece (as in performance) but in 3 speeds: 2a. <b>SLOW PACE</b> – as on 'slow motion camera'. 2b. <b>INTERMEDIATE PACE</b> – to gaining better sense of music flow 'at speed'. 2c. <b>FAST PACE</b> (up-to-speed) – as written, focusing on music and letting Muscle memory to taking over technique.	→ <b>FOCUSING ON MUSIC</b>
2. <b>DIVIDING TO SECTIONS</b> again and improving on any mistakes.	→ <b>PRACTICING</b> slowly separately one or several sections again.	1. <b>'FIXING THE CAR'</b> – improving on any remaining technical problems, repeating details separately and slowly if needed.	→ <b>FOCUSING ON DETAILS</b>
3. <b>PERFORMING PLAYING 'THE MUSIC'</b> , not the notes – beautiful sound / phrasing / style.	<ul style="list-style-type: none"> <li>→ <b>THINKING</b> about musical details and making a beautiful sound</li> <li>→ <b>LETTING</b> technical details working in the background – muscle memory.</li> <li>→ <b>BUILDING UP</b> 'Performance stamina'.</li> </ul>	1. <b>LISTENING</b> as you are playing - sound quality is the priority. 2. <b>FOCUSING</b> more on overall monitoring rather than particular details. 3. <b>INCREASING</b> the 'Performance stamina' by practicing consecutively 3 times with no stopping as if performing on stage.	→ <b>LISTENING TO YOURSELF</b> → <b>BUILDING ON STAMINA</b>
4. <b>PERFORMING</b> being 'in the moment'.	<ul style="list-style-type: none"> <li>→ <b>ALLOWING</b> your sense of natural music ability to 'taking over' your technical knowledge.</li> <li>→ <b>ENJOYING</b> the moment of performing!</li> </ul>	1. <b>SECURING</b> all details technically beforehand so you can think more about performing the music. 2. <b>IMMERSING</b> with your heart and soul 'in the performance moment' and with your brain controlling 'muscle memory' 'at the back of your head'.	→ <b>BEING AN ARTIST</b>

HAVE YOU LEARNED IT	Action Words / Task	STAGE 3
1. PERFORMANCE TEST	1. PERFORM THE PIECE 2. 'DRIVE THE CAR'	→ FOCUSE ON MUSIC
2. DIVIDE TO SECTIONS	1. REVISE SLOWLY SECTION 2. 'FIX THE CAR'	→ FOCUSE ON DETAILS
3. PLAYING 'THE MUSIC' NOT 'THE NOTES'	1. PRIORITISE QUALITY SOUND 2. BUILD PERFORMANCE STAMINA	→ LISTEN TO YOURSELF
4. PERFORM 'IN THE MOMENT'	1. MUSIC ABILITIES 'TAKE OVER' TECHNICAL DETAILS 2. 'FEEL' THE MOMENT	→ BE AN ARTIST