

PERFORMANCE PRACTICE – TECHNICAL ASPECT		
What is it	What it means	It feels like
1. 'ANTICIPATE & SECURE' thinking	EVERYTHING you have learned so far has been converted into MUSCLE MEMORY actions – automatic but you have to CONTROL it by anticipating to secure them.	→ SECURING MUSCLE MEMORY ACTIONS. → 'TRAFFIC AIR CONTROL TOWER' – controlling the flow of your thoughts like 'planes'.
2. 'SLOW MOTION' CAMERA performance	Playing through SLOWLY the piece AS WRITTEN with attention to ALL DETAILS, WITHOUT STOPPING 3 times.	→ 'GIVING' YOUR HEAD MORE TIME. → THINKING OF ALL DETAILS.
3. PERFORMANCE STAMINA	Performing AS IF YOU ARE ON STAGE , 3 times without stopping for BUILDING 'PERFORMANCE STAMINA' .	→ STOP 'THINKING'. → 'LETTING GO' OF DETAILS. → BE 'IN THE MOMENT' PERFORMANCE.
FIND THE NATURAL BALANCE BETWEEN TECHNICAL AND ARTISTIC SIDES.		

HAVE YOU LEARNED IT	Action Words / Task
1. 'ANTICIPATE & SECURE' thinking	1. SECURE MUSCLE MEMORY ACTIONS 2. 'TRAFFIC AIR CONTROL TOWER' SENSE
2. 'SLOW MOTION' CAMERA performance	1. PLAY-THROUGH SLOWLY GIVING YOUR HEAD 'MORE TIME' 2. THINK OF ALL DETAILS
3. PERFORMANCE STAMINA	1. BUILD PERFORMANCE STAMINA - STOP 'THINKING' 2. 'LET GO' OF DETAILS 3. BE 'IN THE MOMENT' WHEN PERFORMING

REMEMBER
THE DETAIL
THE ACTION
THE FEELING