

"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus. And you must not stay there. You must go beyond them." - Bruce Lee

Individual-Practice/ Rehearsal Refinement

The goal: consistent-excellence, defined: Performing, musically, without a single musical/ technical error the first time, every time, on-demand of you, a producer, a teacher, a band, etc. This applies to, yet not limited to: Reading, dynamics, phrasing, fluidity, feel, musicality, coordinated independence, groove, cutting-a-figure with a band, etc.

Achieving Consistent-Excellence: Five-Time-System

1. Admitting and correcting errors, in the moment. This applies when making a repeated musical/ technical error in the same measure or phrase two times in a row, not three times, **two!**
2. Take that section out of original context, independently of the entire piece, and work it utilizing the five-time-system.
3. Count aloud, when necessary, assists the mind greatly to better focus on the rhythm, independence, etc. in question.
4. Practice the part in question at a tempo, using a metronome that allows you to perform the part in question without errors. At least a reasonable initial start-tempo, that allows for minimum errors.

Essence of how to habituate consistent-excellence:

Repeat that section 5 times, consecutively, without one single error. If you make an error at any time during those 5 consecutive repetitions, even if it's the last note of the fifth repeat. Start your repetitions count over from zero until you **can** play it 5 times, consecutively, without one single error. It's possible a start-tempo is too quick to eradicate the errors, if so, lower the tempo until it's manageable.

On the other hand, once you have accomplished the goal at a given tempo. **Slowly** increase your tempo, by no more than 3-4 clicks on the metronome. (You'll undoubtedly desire avoiding undoing your learning, by making errors for what you learned correctly. So avoid increasing the tempo too quickly) Next – start the 5 Time System at that new tempo. Increasing the tempo gradually each time, using the Five-Time-System for each new tempo, until you arrive at the desired musical/ technical goal and tempo...

NOTE: Depending on the complexity of a groove, fill, etc. and your experience with a style, you may find it necessary to assign a higher standard of repetitions to achieve the consistent-excellence you desire for your goal. For Example: 8 Times, 16 Times, 12 or 32 Times, or even a 5 minute repetition.

- MIND SET - Next time and every time you're practicing or at a lesson, rehearsal or performance even if it takes 2 weeks fine – when you play a piece, you play it the very first time you start it... without a single error. That means none of the, "Oh let me try that again". No no no... the FIRST time!
- On-demand means every time. Hence, not only that first time, but "on demand" means every time during that lesson, performance or rehearsal, you may again be asked to play that piece of music without a single error. And you in fact **can** make it a reality.

I am certain, beyond a shadow of a doubt, when you use the above components for working up a solo or exercise and the System toward correcting errors, you can make it happen.

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