

## It's all me to me

### **Abstract**

Introduction to the How to Become a Better Musician development program

Beginning: A short presentation of a jazz standard or playing it live

- What do we need to be able to make music?

- What is not important, what can we leave out?

Illustration on the jazz standard presented above.

- What are the three elements that exist?

All/Nothing (Breathing)

- What are we developing? Instrument?

- Short description: metronome

- Description: jazz standard/

Step 1-2-3-4; 1-3; 2-4; 4; 4

Metronome 1-3; 2-4; 4; 4 ...

- What are the three elements?

Purpose, ind(ul)s, intention, desire/attention (discipline), focus

- "Artificial" conditions

The focus is not on memorization, repetition serves a different purpose here.

Dismantling and varying the structure is the opposite of the usual.

How artificial are we? What is happening inside us?

Metronome - nature

- Master rhythm/ Main/Basic rhythm

Illustration, jazz standard

Joint rehearsal

Joint rehearsal with a metronome

1 minute

- Main rhythm Unisono: sharing, understanding, appreciation, strength, pride,

joy,

help

- Main rhythm Sharing: personally, distribution: intention/display, implementation

Left - Right, Hand - Foot

- Main rhythm Division: 2 groups

Give and take, support, responsibility

Deeper level: strength, help,

Intention/implementation

The power of music: healing

- What are the three elements?

In/out - now

Now=present (I am, participation) I enter and exit the now, from the present/into the present/presence

(Breathing)

- 1 round: unison - sharing

4 unison - 4 sharing - 4 unison

(1 round: sharing in unison)

- Division: 3 groups

- Division: 2 groups single, double, triple

- Clave

- Leader - follower

**Keywords:** Double bass training