## Rehearsal Techniques Kim Wonders

## Region 2 Small Chorus Workshop June 7 & 8, 2019 Handout #2

## The 30 P's of a Wonderful Rehearsal

from Teaching Music With Passion - Peter Loel Boonshaft

- Purpose we should have goals that are clearly defined.
  - We have long range goals, the short range (rehearsal goals) are a means to reaching the long terms goals. Do your singers know what your goals are?
- Plan We should detail the sequence in which concepts should be taught. Have a plan for every rehearsal.
- Pedagogy Remember to teach something at every rehearsal. Are we teaching in
  every rehearsal, or are we just repeating a piece over and over again with the hope
  that it will improve? We don't usually need to do it again, we need to try to figure out
  WHAT to teach them to make it better.
- Possible We want to make certain that what we are asking our singers to do is possible, realistic, achievable, and appropriate.
- Posture Good posture is the foundation for correct breathing for singing.
- Preparation Know your music. Be prepared with the music you want to work on at every rehearsal.
- Pearl We need to make one beautiful pearl at every rehearsal. It can be one chord, one phrase, a well executed dynamic. We can say to our singers "Did you hear that?"
  - The pearl gives two things First, it gives them an example of our expectations. It encourages progress.
- Peace Learning cannot exist in chaos. If our rehearsals are not disciplined and quite, nothing will get done.
- Pace Keep the rehearsals moving. Change the pace. Don't start every song at the beginning. Work the key change, the chorus, the verse.
- Perceive We need to become aware of problems (challenges). We must work to hear pitch and tuning more attentively. We need to listen to and observe what is *really* happening, rather than what we want to see and hear. Make yourself better at listening and hearing what is going on.
- Pinpoint Break learning and growth down into very small steps. Every long journey is made up of a thousand single steps.

- Polish We must continue to grow as musicians. Roshi, a Zen Buddhist teacher said "Concentrate on polishing your own lantern so that others may follow it's light." We must make this a lifelong process of constantly getting better at our art. John Cotton Dana - "Who dares to teach must never cease to learn."
- Precise We must be precise as to what is wrong, what we want and what our singers can do to get there. We need to give specific information that they can act on.
- Positive We need to use positive reinforcement all of the time. I don't mean false
  praise. We must truthfully praise those things done well truly well. But it is equally
  important to acknowledge progress in ANY area. We have to be a positive spirit. We
  are the decisive element in our rehearsals. It is our personal approach that creates the
  climate.
- Pleasant Do we create a rehearsal environment that is pleasant? Is it safe and comfortable? Do they have moments of success? Do you singers know they can try, confident in the knowledge that they will be told when it is not correct, but praised when it is correct?
- Pleasurable Do you have fun in rehearsals? Do they have fun in rehearsals? Do our singers know that hard work can be very enjoyable?
- Pause Breaks from intense work are necessary. A story, a joke, something to break the monotony and redundancy of relentless, intense work.
- Pass There are those times when we have to just let go. Sometimes we have to change course in the midst of a challenging passage or section of a song. We don't want to be counter productive.
- People We have to remember that they are people. Our singers have entrusted themselves with us, they are must less concerned with our past accolades than they are about whether we care about them.
- Pep-Talk We always need to bolster their confidence. We need to be the one to instill determination. We have to be the one to build their enthusiasm.
- Passage the Letter Q Syndrome. We work so hard on letter Q that they won't know how to get to Q in context. We always need to look at the big picture.
- Past Always review what has been learned.
- Push- We always have to press them to be better, constantly raising the bar.
- Persevere We must continue the course no matter what. "Being defeated is only a temporary condition, giving up is what makes it permanent."

- Praise Allow them to achieve great results on a regular basis. We have to be
  encouraging along the way rather than wait until a goal is truly reached. If we don't
  praise them, they will not aspire. PRAISE ASPIRE same letters.
- Pride We have to show them how proud we are of them along the way. "We must help them to take pride in how far they have come, and to have faith in how far they can go."
- Plant We are farmers, we plant seeds.
- Perspective Remember what's really important; that they love and appreciate music, themselves and their world.
- Productive Do you and they feel the goals you establish have been accomplished?
- Passion We can never be afraid to show emotion.
- Potential Never underestimate their potential or your potential. "To achieve all that is possible, we must attempt the impossible. To be as much as we can be, we must dream of being more."
- Powerful Never lose sight of the power of what we do. We help people express their
  emotions and feelings. We help people to experience heights of excitement they have
  never known. We have the ability to touch people's souls. We can change their ives.