

11
2010
Normline

Foreword:

Welcome to the 2010 Troopers Horn line

There are many exercises contained in this technique book, however one should not just consider these purely warm-up exercises. Yes they can be used for that, however I consider these exercise more to get in phase with your instrument and in phase with the 71 other members of the horn line. They will push your abilities, so practice them.

There are some that may look simple; however these are the ones that should be given the most attention too. Regardless of difficulty, range, or dynamic, these exercises should be approached with nothing less than the **most beautiful sound you can produce**.

Sing them. Really. Sing them, with accurate pitches and musicality before you even put the horn to your face. Your development as a musician depends on your ability to hear in your mind's eye the music you are about play in your head. Your instrument is just an extension of the sound in your head.

There is also a variety of supplementary information that has been compiled that relates to life on and off the road. Please take time to read and digest these sections, you may not need them now, however they may prove useful when you least expect it. We will go over all of these in more detail at various points during the season.

Our Goal this season is simple:

Be phenomenal performers.

Be phenomenal individuals, on the field and off.

Be phenomenal Troopers.

Welcome to the Ride of you life!

IF...

By Rudyard Kipling

IF you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
' Or walk with Kings - nor lose the common touch,
if neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

Approach:

Mental Focus Exercises

Here are 3 exercises that you can use to expand a strong, clear mental focus.

1. Strengthen concentration.

Twice a day, practice holding a specific object in mind steadily for 5 to 10 minutes. The item should have some detail that you can imagine, but it should also be simple to “see” it in your mind. Some good examples: an apple, a pencil, the face of your child or pet, your house as it looks from the outside, and so on. Choose something you won’t have trouble picturing, but something that requires you to focus in order to see it clearly. Call up a strong mental image of it, and then try to keep your focus on the object for a full 5 or 10 minutes without losing your focus.

This is hard to do at the beginning because your mind is probably untrained. Random thoughts and pictures may keep popping in and you’ll have to keep pulling your attention back to the object again. Don’t let this stop you! Remember, the only reason you struggle with this is because you don’t have a strong ability to focus yet. As you keep working at it daily, you’ll notice that you find it easier and easier to concentrate. The stronger your ability to concentrate during your focus sessions, the more you’ll notice you’re not having trouble concentrating at other times either.

2. Empty your mind.

Another focus-killer is a head full of scattered thoughts. You know those days when you’ve got a million things going on and you’re trying to remember them all at once and you keep forgetting things anyway? Emptying your mind can do wonders for scattered thoughts! Before you do this exercise, first make a list of everything you can think of that you need to remember. This will help you feel more comfortable about releasing your scattered thoughts.

Then, set aside 5 or 10 minutes to focus on quieting your thoughts. Though this exercise is called “empty your mind,” you really can’t completely empty your mind of thoughts. Your thoughts will keep on flowing through your mind the whole time. However, you can detach and simply let them pass by. You become an observer of sorts, watching your thoughts flow by. You’re aware that you’re having thoughts, but you don’t latch on to them and start actively “thinking” about them. You simply sit in a space of peace and being while your thoughts flow calmly past. This experience is hard to describe, but once you master it you’ll have discovered a powerful technique for releasing stress and improving your focus in a very short period of time!

3. Visualize for practice.

If you’ve got an important goal or task coming up and you’re feeling unsure about your ability to do it, visualize it first! Many studies have been done on the power of visualization, and the general consensus is that performing tasks and activities mentally over and over again is equally as effective as performing them physically! That means that visualization can serve as a powerful practice session that helps you master anything – including better time management!

Try visualizing yourself staying balanced, calm and focused throughout the course of your day, easily handling any surprises and interruptions, and feeling happy and proud of yourself at the end of the day. Visualize yourself giving a successful speech, getting better at sports activities, or anything else you want to master. The trick is to go through it completely in your own mind, seeing and feeling what you would see and feel while it’s really happening. The more you do this the more proficient you will become at it and the more you’ll start seeing results in your physical activities.

4 Levels of Ensemble Awareness



Level 1: The Individual (me)

How do I sound right now? Is this how I normally sound? What do I need to get my sound? Is it a physical problem or is it a mental problem?

Level 2: My trio

How does my sound relate to my playing trio (people on both sides of me)? Am I matching sound concepts, articulation and pitch? How is my balance compared to both of these people? Can I only hear myself? Can I only hear them?

Level 3: My Section

How does my trio fit into our section sound concept? Are we matching equal contribution from other trios in the section? Are we leaders, followers or should we be out of the way?

Level 4: The Horn line

How does our section sound fit into the horn line sound concept? Should we be the leaders, the followers or should we be out of the way? Who has the most important part? Are we melody or harmony? What is the horn line trying to accomplish in each and every section of music and how do we fit into that?