

## Circle of Observation

You can't solve a problem on the same level that created it. ~ Albert Einstein

OBSERVATION is a key to improving. Use this technique on a part that is giving you trouble, or a part that just does not seem to be improving. Observe these **4 things**, one at a time. Circles are infinite, keep adding to your circle!

YOUR GOAL IS TO HAVE A BEAUTIFUL BALANCE OF THESE 4 PARTS.

1. **Listen** to and Observe your Tone, Technique, Expression and Rhythm.

2. **Decide** which one of these parts needs the most attention.

3. **Select** one of these to work with in your practice.

4. **Focus** on that particular part while you practice.

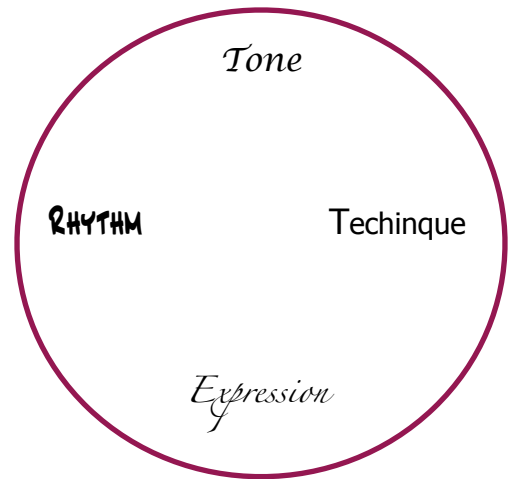
5. Use a few Creative Practice Ideas to **Improve** this part. Play with it!

6. Now **observe again, did the part you focused on improve?**

If not explore other possibilities. It may be tension in your body causing tone problems, or rhythm causing technique difficulties, or expression is missing...???

7. Use this process of OBSERVATION as you need it.

**Listen, Decide, Select and Observe. Explore, Play & Discover...**



ENJOY OBSERVING EACH PART & HOW THIS EFFECTS THE WHOLE OF YOURSELF AND YOUR PLAYING!

**More Ideas:** [See Creative Circles.](#) **Listen:** Jascha Heifetz, violin **CD:** EMI - Violin Masters **Look:** [Jascha Heifetz - Bach Chaconne](#)

## Add a Note

Perseverance...many things which cannot be overcome when they are together, yield themselves up when taken little by little... ~ Plutarch

Use this practice technique for: **Virtuosic** passages, **difficult finger patterns** and melodic phrases with **large intervals**.

Play with a **steady pulse**. **Breathe in tempo** and **add a rest** between repeated passages.

### ADD A NOTE

Helps you gradually learn to play a **virtuosic passage, tricky finger patterns, melodic difficulties** : and to be able to have a calm mind and body while performing it.

This technique has us separate the music into a part that we can **play with ease** and then gradually add a note. Then add the connecting notes.

### HOW TO ADD A NOTE:

1. Play the first two notes and do not hold on to the second note.
2. When you are happy with those two notes, try to play them with even less muscular effort. Repeat a few times.
3. Now add another note... and another...
4. When you have added all the notes, try at a faster tempo, until you reach your maximum tempo.
5. In slow passages this helps you understand, clarify, and color your musical line with ease.

**More Ideas:** Add to your Practice Techniques. **Listen:** [Mark Sparks, Flute](#) **CD:** [Recital Works](#) **Look:** [Brahms 1 Rehearsal](#)