

simulationtraining

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|-------------------------|-----------------------------|---------------------|-----------------------------|--------------------------|-------------------------|---------------------------|
| 1 Focal Point | 2 Clear Intention | 3 Breathe | 4 Release Tension | 5 Get Centered | 6 Process Cue | 7 Direct Energy |
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Excerpt or Piece: _____

Like anything else you do in the practice room, centering takes work - maybe 10, 15, 20 repetitions a day on a consistent basis to really start feeling it pay off in pressure situations. You'll find it easier to start "chunking" centering into a more condensed and more organic response, where it may only feel like 2 or 3 steps instead of 7.

At some point, however, you'll need to start kicking it up a notch, and learning how to use and channel the adrenaline response rather than fighting it. Simulation training will give you opportunities to do that. So, get a recording device, pick out about 90-120 seconds of high-energy music that is moderately challenging, and do seven repetitions ("reps") of getting your heart rate up, centering, and playing for about 2 minutes with the primary goal of experimenting with *using* the energy rather than fighting it. Listen back to the recordings and see what you notice, especially as you get to the 6th or 7th repetitions.

Notes & Observations: i.e. what did you notice? Were you able to channel the energy into your playing?

Rep #1 _____

Rep #2 _____

Rep #3 _____

Rep #4 _____

Rep #5 _____

Rep #6 _____

Rep #7 _____

Reflection:

What is one insight you gained? _____

What is one question you still have? _____
