

aaron shearor book 2

Visualization Process

Step 1

- Segment music into phrases and sub phrases
- Clap the passage's rhythm in time
- Clarify rhythm and phrasing (analysis)(he says "strong and weak beats)
- Fix any rhythmic issues
- Read+visualize at tempo saying/singing solfege out loud and seeing motions of both hands in your mind

Talks about broken solfeggi where you solfeggi two parts (kinda singing it like a violin in Bach has to arpeggiate the chord instead of playing all the notes at once).

Step 2 pg 216-217

- Play SLOWLY on guitar while singing solfege once technical and phrasing issues are resolved
- Solve significant errors: These are either repeated mistakes or hesitations (in which you can't remember where you are going). Go back to the previous step and fix this.
- Don't skip back and forth, follow your order.
- When you can visualize a segment in full, go to the guitar.
- Try playing it at a reasonable tempo once it is secure slowly.

Possible problems

- 1) Trying to pre-read too much
- 2) You did not fix enough in step one and where not thorough.
- 3) The music is too complex for your abilities
- 4) The tempo you chose is too fast
- 5) If you can't reach a fast tempo within a reasonable time, select another piece.

Step 3 217-219

- Don't try to play from memory on the guitar until you can visualize it from memory and do solfege.
- Wait until you can visualize the whole phrase or section two times before playing on guitar from memory.
- Find spots you forget and review the score without the guitar, then go through previous steps again for these trouble spots.
- Always memorize without the guitar.

Air Guitar: visualize while singing the most important line and move your fingers as though you were playing. Focus on the left and then the right hand

Step 4 219

- Now play the whole passage from memory on guitar.
- Start from just before the segment you are trying to memorize and go just past it
- At first you may need to slow down or occasionally pause. It must be deliberate, not accidental.
- Stop and go back if you have repeated/frequent mistakes or hesitations
- Visualize measure one, play measure two, visualize measure three, play measure four. Do again but reverse order.

Great memorization procedure

-Play the first measure, then (without touching the strings) solfeggi and visualize the second measure, play the third measure, solfeggi and visualize the fourth, etc. Continue alternately playing and visualizing measure by measure without hesitation through the entire section or piece

when you reach the end of the piece or section, repeat the procedure except this time begin by reversing the order

Repeat the procedure until secure.

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- it may take several sessions of this process before things stick.
- Don't try to memorize too much or too quickly.
- take as much time as you need with each section
- it is not necessary or practical to solfeggi somethings like really fast arpeggios or trills. Instead, visualize the chord and its fingerings or the trill.

Visualization is the act of seeing in the mind the guitar and the motions of the body that are acting upon the guitar. This means being able to imagine the fret, note name, technique being applied, and motions of the body (shoulder, elbow, forearm, wrist, fingers) that are being applied in the passage being visualized. Visualization is a key component both of preparing to physically practice a piece and an important component of memorization. Being able to visualize a passage or piece clearly in your mind is a sign that a work has been effectively internalized.