

With Your Own Two Hands

Self-Discovery Through Music

- Recognizing your individual talent
- Developing your own musical voice
- Finding your own musical path
- Realizing your musical vision

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With Your Own Two Hands Selfdiscovery Through

Richard Parncutt, Gary McPherson



With Your Own Two Hands Selfdiscovery Through:

With Your Own Two Hands Seymour Bernstein,1981 For anyone who s ever suffered through music lessons or sat paralyzed with fear at the piano here s a master teacher s remarkable self help guide to realizing all your musical talents It s a tested practical program for conquering nervousness sharpening memory and concentration building coordination and flexibility for demolishing the stumbling blocks that every musician faces So that you can know the joy of making the best music you can All with your own two hands Back cover *With your own two hands* Seymour Bernstein,1981 *From the Stage to the Studio* Cornelia Watkins,Laurie Scott,2023 An expanded updated and improved second edition of an essential book for aspiring teacher musicians Whether serving on the faculty at a university maintaining a class of private students or fulfilling an invitation as guest artist in a master class series virtually all musicians will teach during their careers From the Stage to the Studio speaks directly to the performing musician highlighting the significant advantages of becoming distinguished both as a performer and a pedagogue Drawing on over sixty years of combined experience authors Cornelia Watkins and Laurie Scott provide the guidance and information necessary for any musician to translate their individual approach into productive and rewarding teacher student interactions Premised on the synergistic relationship between teaching and performing this book provides a structure for clarifying the essential elements of musical artistry and connects them to such tangible situations as setting up a studio teaching a master class interviewing for a job judging competitions and recruiting students From the Stage to the Studio serves as an essential resource for university studio faculty music pedagogy teachers college music majors and professionals looking to add effective teaching to their artistic repertoire This second edition provides readers useful tools for understanding current and ever changing neurological and behavioral studies of music practice This edition also features best practice recommendations for online teaching in both individual and ensemble settings as well as new sections featuring financial advice for independent musicians and self employed studio teachers Beyond this the authors have added practical tips on essential writing and language skills for teaching planning self promotion job applications and advocacy They have also revised the book s discussion of additional training and certification requirements for teaching positions and provided updated information on professional music teaching associations Bringing it all together is the second edition s larger format ideal for including readers written responses plus a new user friendly worksheet style grid for cross referencing sequenced instruction with a variety of learning approaches **Practicing Music by Design** Christopher Berg,2019-06-14 *Practicing Music by Design* Historic Virtuosi on Peak Performance explores pedagogical practices for achieving expert skill in performance It is an account of the relationship between historic practices and modern research examining the defining characteristics and applications of eight common components of practice from the perspectives of performing artists master teachers and scientists The author presents research past and present designed to help musicians understand the abstract principles behind the concepts After studying *Practicing Music by Design* students

and performers will be able to identify areas in their practice that prevent them from developing The tenets articulated here are universal not instrument specific borne of modern research and the methods of legendary virtuosi and teachers Those figures discussed include Luminaries Franz Liszt and Frederic Chopin Renowned performers Anton Rubinstein Mark Hambourg Ignace Paderewski and Sergei Rachmaninoff Extraordinary teachers Theodor Leschetizky Rafael Joseffy Leopold Auer Carl Flesch and Ivan Galamian Lesser known musicians who wrote perceptively on the subject such as violinists Frank Thistleton Rowsby Woof Achille Rivarde and Sydney Robjohns Practicing Music by Design forges old with new connections between research and practice outlining the practice practices of some of the most virtuosic concert performers in history while ultimately addressing the question How does all this work to make for better musicians and artists **We Piano**

Teachers and Our Demons Zecharia Plavin, 2022-05-23 This book focuses on piano teachers and the many pains they encounter in their careers These pains play an essential role in blocking the musical inspiration of their students The author identifies with the sensitivities of the teachers aiming at the inspiration permeated and safer playing of their students The book penetrates the protective mechanisms of the teachers that on the one hand maintain their professional functioning while on the other hand block refreshing ideas It combines exploration of secure and culturally informed inspired playing coping with exaggerated anxiety and understanding the interaction of piano actions with pianist s physiology This book helps to open teachers perceptions of the ways to enable more secure and more inspired performances while remembering the inner feelings of the piano teachers Perspectives in Performing Arts Medicine Practice II Sang-Hie Lee, Steven

Specter, Ruth Bahr, Candace Burns, Marzenna Wiranowska, 2025-11-19 Performing Arts Medicine is a multidisciplinary specialization combining the fields of performing arts and healthcare The book focuses on performing arts medicine as an occupational health that impacts wellness in public health and imparts the arts in healing It shares knowledge from experienced practitioners novel research findings region specific dance experiences and uses of body mind movements for healing The first part opens with a chapter on vivid illustrations of the risky stage setups and long hours of bodily abusive practice and ends with a chapter that explores the new conceptual frame of neurophenomenology as a philosophy and methodology in musician training and rehabilitation The second and third parts address multi disciplinary collaborative voice care plans joint hypermobility performance anxiety resilience performance related traumatic stress disorder communal healing through drumming as medicine and dance as healing agent for societal and medical problems **Practicing**

Perfection Roger Chaffin, Gabriela Imreh, Mary Crawford, 2005-04-11 The memory feats of famous musicians seem almost superhuman Can such extraordinary accomplishments be explained by the same principles that account for more ordinary everyday memory abilities To find out a concert pianist videotaped her practice as she learned a new piece for performance the third movement Presto of the Italian Concerto by J S Bach The story of how the pianist went about learning memorizing and polishing the piece is told from the viewpoints of the pianist the second author and of a cognitive psychologist the first

author observing the practice The counterpoint between these insider and outsider perspectives is framed by the observations of a social psychologist the third author about how the two viewpoints were reconciled The CD that accompanies the book provides for yet another perspective allowing the reader to hear the polished performance Written for both psychologists and musicians the book provides the first detailed description of how an experienced pianist organizes her practice identifying stages of the learning process characteristics of expert practice and practice strategies The main focus however is on memorization An analysis of what prominent pianists of the past century have said about memorization reveals considerable disagreement and confusion Using previous work on expert memory as a starting point the authors show how principles of memory developed by cognitive psychologists apply to musical performance and uncover the intimate connection between memorization and interpretation

A Marriage of Philosophy and Music Erich Welling, 2014-04 How to use philosophy and music to open your horizons and enjoy being yourself put theory to work and help you experience personal growth is discussed in *A Marriage of Philosophy and Music* It is all about after After having a liberal education you are comfortable in modern culture and after further education and becoming a specialist in some field you enjoy using your skills We learn the ideas and methods of many social cultures and our own chosen specialty but we often neglect the liberal art of disciplining and enjoying the ideas and methods of our own individuality This book offers a path toward the education of privacy with the key words being selection design and beauty The book relates five areas of general human interest spirituality philosophy science art and body awareness The interrelation is accomplished by using personal patterns of experience that are available from philosophy and music Because of the plurality of subject matters and methods used in philosophy and music their patterns of discipline are comparable to self discipline *A Marriage of Philosophy and Music* attempts to create a path in this direction because besides the enjoyment of social culture and personal skills there is enjoyment in being yourself which is a neglected liberal art

Piano Pedagogy Gilles Comeau, 2013-01-11 *Piano Pedagogy* A Research and Information Guide provides a detailed outline of resources available for research and or training in piano pedagogy Like its companion volumes in the Routledge Music Bibliographies series it serves beginning and advanced students and scholars as a basic guide to current research in the field The book will includes bibliographies research guides encyclopedias works from other disciplines that are related to piano pedagogy current sources spanning all formats including books journals audio and video recordings and electronic sources

Benjamin Verdery Thomas Donahue, 2018-05-23 This book honors the classical guitarist Benjamin Verdery Professor at the Yale School of Music It contains personal reflections from his friends and colleagues which illustrate several aspects of Professor Verdery his influence on his peers his students and the classical guitar world features of his musical career and characteristics of his personality In addition there is an extensive essay by Professor Verdery himself in which he presents his thoughts and ideas on such musical endeavors as performing composing arranging teaching and recording Rounding out the book are listings of his compositions a

discography online video and audio files recital programs publications and related websites *The Routledge Companion to Music Cognition* Richard Ashley, Renee Timmers, 2017-06-26 WINNER OF THE SOCIETY OF MUSIC THEORY S 2019 CITATION OF SPECIAL MERIT FOR MULTI AUTHORED VOLUMES

The Routledge Companion to Music Cognition addresses fundamental questions about the nature of music from a psychological perspective Music cognition is presented as the field that investigates the psychological physiological and physical processes that allow music to take place seeking to explain how and why music has such powerful and mysterious effects on us This volume provides a comprehensive overview of research in music cognition balancing accessibility with depth and sophistication A diverse range of global scholars music theorists musicologists pedagogues neuroscientists and psychologists address the implications of music in everyday life while broadening the range of topics in music cognition research deliberately seeking connections with the kinds of music and musical experiences that are meaningful to the population at large but are often overlooked in the study of music cognition Such topics include Music s impact on physical and emotional health Music cognition in various genres Music cognition in diverse populations including people with amusia and hearing impairment The relationship of music to learning and accomplishment in academics sport and recreation The broader sociological and anthropological uses of music Consisting of over forty essays the volume is organized by five primary themes The first section Music from the Air to the Brain provides a neuroscientific and theoretical basis for the book The next three sections are based on musical actions Hearing and Listening to Music Making and Using Music and Developing Musicality The closing section Musical Meanings returns to fundamental questions related to music s meaning and significance seen from historical and contemporary perspectives The Routledge Companion to Music Cognition seeks to encourage readers to understand connections between the laboratory and the everyday in their musical lives

Musical Excellence Aaron Williamon, 2004-06-17 Musical Excellence offers performers teachers and researchers new perspectives and practical guidance for enhancing performance and managing the stress that typically accompanies performance situations It draws together for the first time in a single collection the findings of pioneering initiatives from across the arts and sciences Specific recommendations are provided alongside comprehensive reviews of existing theory and research enabling the practitioner to place the strategies and techniques within the broader context of human performance and encouraging novel ways of conceptualizing music making and teaching Part I Prospects and Limits sets out ground rules for achieving musical excellence What roles do innate talent environmental influences and sheer hard work play in attaining eminence How can musicians best manage the physical demands of a profession that is intrinsically arduous throughout a career that can literally span a lifetime How can performers teachers and researchers effectively assess and reflect on performance enhancement for themselves their colleagues and their students Part II Practice Strategies presents approaches for increasing the effectiveness and efficiency of practice These are examined generally for the individual and ensembles and specifically for the tasks of memorizing sight reading and improvising music Musicians

spend vast amounts of time and energy acquiring and refining their skills but are there particular rehearsal strategies that they can employ to produce better performance results or to achieve the same results more quickly What implication does existing knowledge of human information processing and physical functioning have for musical learning and practice Part III Techniques and Interventions introduces scientifically validated methods for enhancing musical achievement ordered from the more physical to the psychological to the pharmacological however they all address issues of both mental and physical significance for the musician Collectively they stand as clear evidence that applied cross disciplinary research can facilitate musicians strive for performance excellence Throughout the book highlights ways for musicians to make the most of their existing practice training and experience and gives them additional tools for acquiring and developing new skills Each chapter is underpinned by physical and psychological principles relevant to all performance traditions that demand dedication and resilience unique artistic vision and effective communication *Kindling the Spark* Joanne

Haroutounian,2002-03-28 Gathering perspectives of musical talent from the psychological musical and educational fields *Kindling the Spark* is the only single sourcebook that defines musical talent and provides practical strategies for identifying and nurturing it Joanne Haroutounian uses her experience as teacher researcher and parent to clarify central issues concerning talent recognition and development in a way that will easily appeal to a wide audience The book describes the different stages of development in musical training including guidelines for finding a suitable teacher at different levels social and psychological aspects that impact musical training and research on talent development by ages and stages from infancy and preschool years through the teen years An important feature of the book are sparkler exercises designed to provoke observable talent behavior in home school and studio settings The book also includes an Appendix of Resources which lists books media organizations and specialized schools that offer additional information on musical talent identification and development For music educators in both public school and private studio settings as well as for parents and their musically inclined children *Kindling the Spark* provides an invaluable summary of the research on talent and a wealth of resources for developing it *Beethoven's Anvil* William Benzon,2002 7F

Why does the brain create music This text argues that the key to music s function lies in the very complexity of musical experience As well as being both personal and social the creation of music taps into the whole spectrum of human skills both physical and mental **The Musician's**

Journey Jill Timmons,2023-10-17 *The Musician s Journey* is a resource guide for musicians looking to develop their careers From the process to all the practical details that must be part of an effective career strategy any musician can embrace the vast array of resources provided in this helpful and accessible publication The new edition incorporates current brain research recent job trends in higher education insights from the COVID 19 pandemic and new true life stories from a diverse group of musicians as well as an expanded bibliography and a new chapter on grant writing Musical Performance John

Rink,2002-12-12 Table of contents *The Science & Psychology of Music Performance* Richard Parncutt,Gary

McPherson, 2002 What type of practice makes a musician perfect What sort of child is most likely to succeed on a musical instrument What practice strategies yield the fastest improvement in skills such as sight reading memorization and intonation Scientific and psychological research can offer answers to these and other questions that musicians face every day In *The Science and Psychology of Music Performance* Richard Parncutt and Gary McPherson assemble relevant current research findings and make them accessible to musicians and music educators This book describes new approaches to teaching music learning music and making music at all educational and skill levels Each chapter represents the collaboration between a music researcher usually a music psychologist and a performer or music educator This combination of expertise results in excellent practical advice Readers will learn for example that they are in the majority 57% if they experience rapid heartbeat before performances the chapter devoted to performance anxiety will help them decide whether beta blocker medication hypnotherapy or the Alexander Technique of relaxation might alleviate their stage fright Another chapter outlines a step by step method for introducing children to musical notation firmly based on research in cognitive development Altogether the 21 chapters cover the personal environmental and acoustical influences that shape the learning and performance of music

Making Music and Enriching Lives Bonnie Blanchard, Cynthia Blanchard Acree, 2007-06-22 Addresses comprehensive across the board issues that affect the teachers students and musicians This book shows specifics not only about how to teach music but also about how to motivate and inspire students of any age

Making Music at the Piano Barbara English Maris, 2000 Beginners can make music at the piano and play musically even during the earliest phases of piano study and this book shows how Written for early level adult piano students of any age the book enables students to play gratifying music while continuing to develop their skills steadily whether they are working in a private studio or in a piano class environment Throughout the book features numerous Concepts to Consider focusing on conceptual learning and Activities to Explore which build on the Concepts and emphasize ways to strengthen the kinesthetic aspects of learning The author discusses nearly every aspect encountered by the beginner from appropriate goals and good playing habits to the basics of how people learn and how the piano works She provides a hands on explanation of the characteristics of music playing and suggests specific strategies for using practice time effectively and for developing rhythmic security and technical control of sound For students who to play as well as practice this book is the ideal guide

[The Piano Quarterly](#), 1985

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