

# JUST DO THIS!

Easy Rehearsal Tech  
to Give You Room to Grow

**2024 Western International Band Clinic**

**Patrick Sheridan**

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***We have the hardest job, but it is the greatest job.  
We get to teach kids music.  
- Sam Ormson, yesterday***

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**HARSH TRUTH:  
Teaching is a trade.  
None of us go to trade school. We learned the  
THEORY of teaching...  
not the  
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**So - you need time to grow.  
Time to become Cindi, Sam, Danielle, or Todd...**

**YOUR MUSICAL GROWTH**  
**while working as a professional**  
**REQUIRES**

**Critical Listening Practice**

**MUSICAL GROWTH**  
**while working as a professional**

# Critical Listening Practice

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What is your listening tendency?

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Listen to a song for each attribute separately.

**Dynamics**  
**Articulations**  
**Releases**  
**Tone**  
**Time**  
**Phrasing**  
**Intonation**  
**Balance**



# Critical Listening Practice

What is your listening tendency?

Listen to a song for each attribute separately.

**Dynamics**

**Articulations**

**Releases**

**Tone**

**Time**

**Phrasing**

**Intonation**

**Balance**

**Form**

**Harmony**

**Vibrato**

**Blend**

**Style**

**Orchestration**

**Color & Texture**

**Tempo variance**

How are you going to create  
**AWARENESS** for the following??

**INTONATION**

**TONE**

**TIME**

# ACTIVE INTONATION

WHEN DOES  
A = 440?

# ACTIVE INTONATION

**ACTIVE INTONATION = JUST INTONATION**

**What is the flattest note in a chord?**

**What is the sharpest note in a chord?**

# Chords of Just Intonation

All chords are based on root "C" which is "0" pitch.

+ or - is cents rounded to nearest whole number

**1/2 STEP = 100 Cents**

Maj	min	dim	Aug

Maj w/ add 6	min w/ add 6	dim w/ add b6	dom 7

**FLAT 31 cents** (arrow pointing to the Bb4 note in the dom 7 chord)

Maj 7	min min 7	dom 7 #5	dim 7

min 7 b5	dom 7 b5	min Maj7	Maj 7 #5

**SHARP 26 cents** (arrow pointing to the E#4 note in the Maj 7 #5 chord)

dim Maj7	dom 7 w/ add 9	dom 7 w/ add b9	Maj 7 w/ add 9

# Expect Pitch A = 44?

## Teach the Citizenship of TUNING

**The UCLA Wind Ensemble  
performs at A = 440  
Please prepare your  
instruments prior to all  
rehearsals and concerts to  
this pitch frequency.**



### UCLA Wind Ensemble

MUSIC C90G/MUSIC C482  
Spring Quarter 2012

Patrick Sheridan, Director

Ken Fisher, Teaching Assistant

The UCLA Wind Ensemble performs at A = 440  
Please prepare your instruments prior to all rehearsals and concerts to this pitch frequency.

Monday, April 2	3-4:50pm	Rehearsal
Wednesday, April 4	3-4:50pm	Rehearsal
Monday, April 9	NO REHEARSAL	
Wednesday, April 11	NO REHEARSAL	
Monday, April 16	3-4:50pm	Rehearsal
Wednesday, April 18	3-4:50pm	Rehearsal
Monday, April 23	3-4:50pm	Rehearsal
Wednesday, April 25	3-4:00pm	Rehearsal
Monday, April 30	3-4:50pm	Rehearsal
Wednesday, May 2	NO REHEARSAL	
Monday, May 7	3-4:50pm	Rehearsal
Wednesday, May 9	3-4:00pm	Rehearsal
Monday, May 14	3-4:50pm	Rehearsal
Wednesday, May 16	3-4:00pm	Rehearsal
Monday, May 21	3-4:50pm	Rehearsal in Schoenberg Hall w/Bill Reichenbach
Wednesday, May 23	3-4:50pm	Rehearsal in Schoenberg Hall
	7:20pm	Sound Check in Schoenberg Hall
	8:00pm	CONCERT
Monday, May 28	NO SCHOOL	
Wednesday, May 30	3-4:50pm	Rehearsal
Monday, June 4	3-4:50pm	Rehearsal
Wednesday, June 6	3-4:50pm	Rehearsal

#### Grading Considerations

Attendance is mandatory at all rehearsals and performances.  
Absences or late arrivals must be approved in advance.  
Proper stage etiquette and decorum (as defined by the Director) is required.

#### Concert Dress

Ladies - Concert Black  
Gentlemen - Black Tuxedo

#### Standards of Excellence

All students should consider themselves to be professionals in training and should regard their rehearsals and performances as they would professional engagements.

UCLA The Herb Alpert School of Music

Guide to  
**The Breathing gym**

by Patrick Sheridan

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# ACTIVE INTONATION

**ACTIVE INTONATION = JUST INTONATION**

- **Scales to a DRONE**
- **Parallel Scales**
- **Scales in a Round**
- **Krazy Khorales**

*RELATE THESE TO  
YOUR REPERTOIRE*

# Why practice breathing?

**TENSION** is the enemy of **TONE**



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**TENSION** is the enemy of **LIFE**

# Why practice breathing?

**TENSION** is the enemy of **TONE**

**TENSION** is the enemy of **LIFE**

**TENSION** is the enemy of **LEARNING**

# YOUR HUMANITY

(P.I.E.)

PHYSICAL



INTELLECTUAL



EMOTIONAL

(Life Balance)

# The Breathing gym

## SEQUENCE

### **Stretches for the Spine**

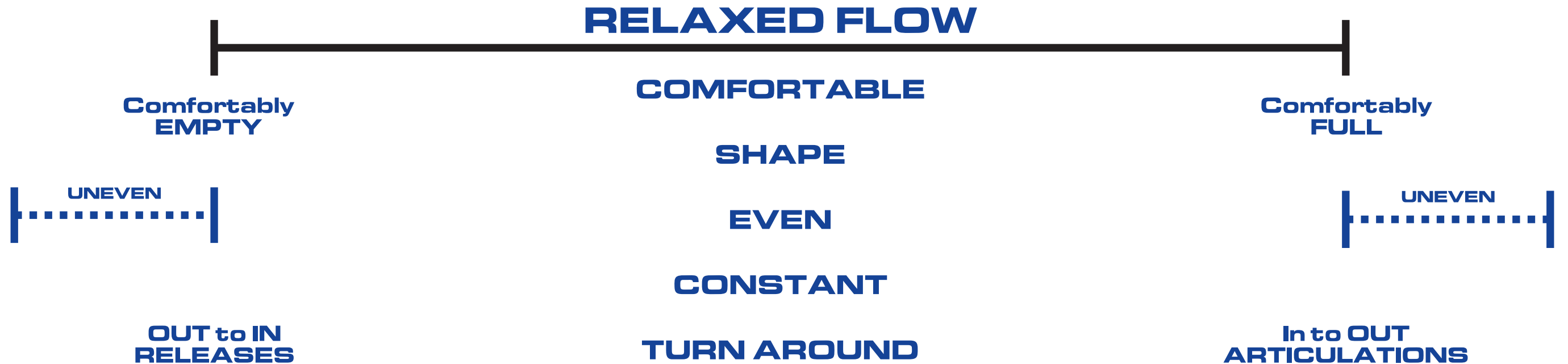
### **Workout Therapies**

### **Relaxed Flow**



**RELAXED FLOW**  
is  
**COORDINATED BREATHING** with a **MIND** full of **TONE**

**FLOW FORM**  
(The Rules for Relaxed Flow)



# The Breathing gym In Rehearsal

**Stretches for the Spine**  
(if needed for movement reset)

**Relaxed Flow on Instrument**

**Wind Pattern**

**Wind Horn**

**One Note/Low Note**

# The Breathing gym

In the Practice Room

1 - **SING**

2 - **WIND**

3 - **PLAY**

**SING** = Sing what you see

**WIND** = Choose Wind Pattern/Wind Horn/One Note

**PLAY** = Match your Air to your Ear





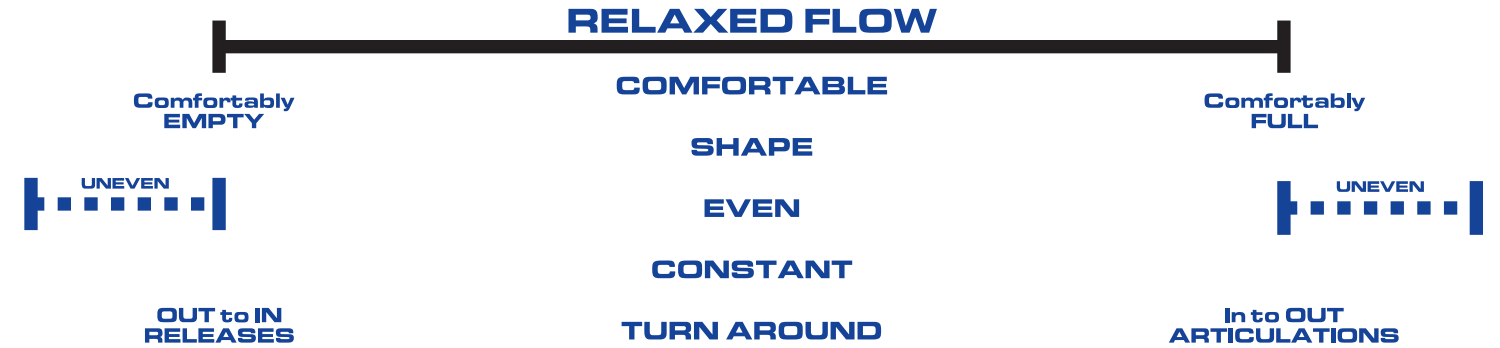
# Quick Breath Exercise



## FLOW FORM

(The Rules for Relaxed Flow)

**RELAX** as the breath gets shorter.  
This is very **COORDINATED** breathing.  
You are practicing **FLOW FORM** quickly.



For faster tempi ♩ = 104-172

↓ out      ↓ in      ↓ out      ↓ in      (etc.)

↓ out      ↓ in      ↓ out      ↓ in      (etc.)

↓ out      ↓ in      (etc.)

**Repeat**  
as many times  
as necessary

# WHO is in charge of the TIME??

**WHO is in charge of the TIME??  
The Conductor?**

**The Drums?**

**BASS F(X)?**

**WHO is in charge of the TIME??**

**WE ARE.**

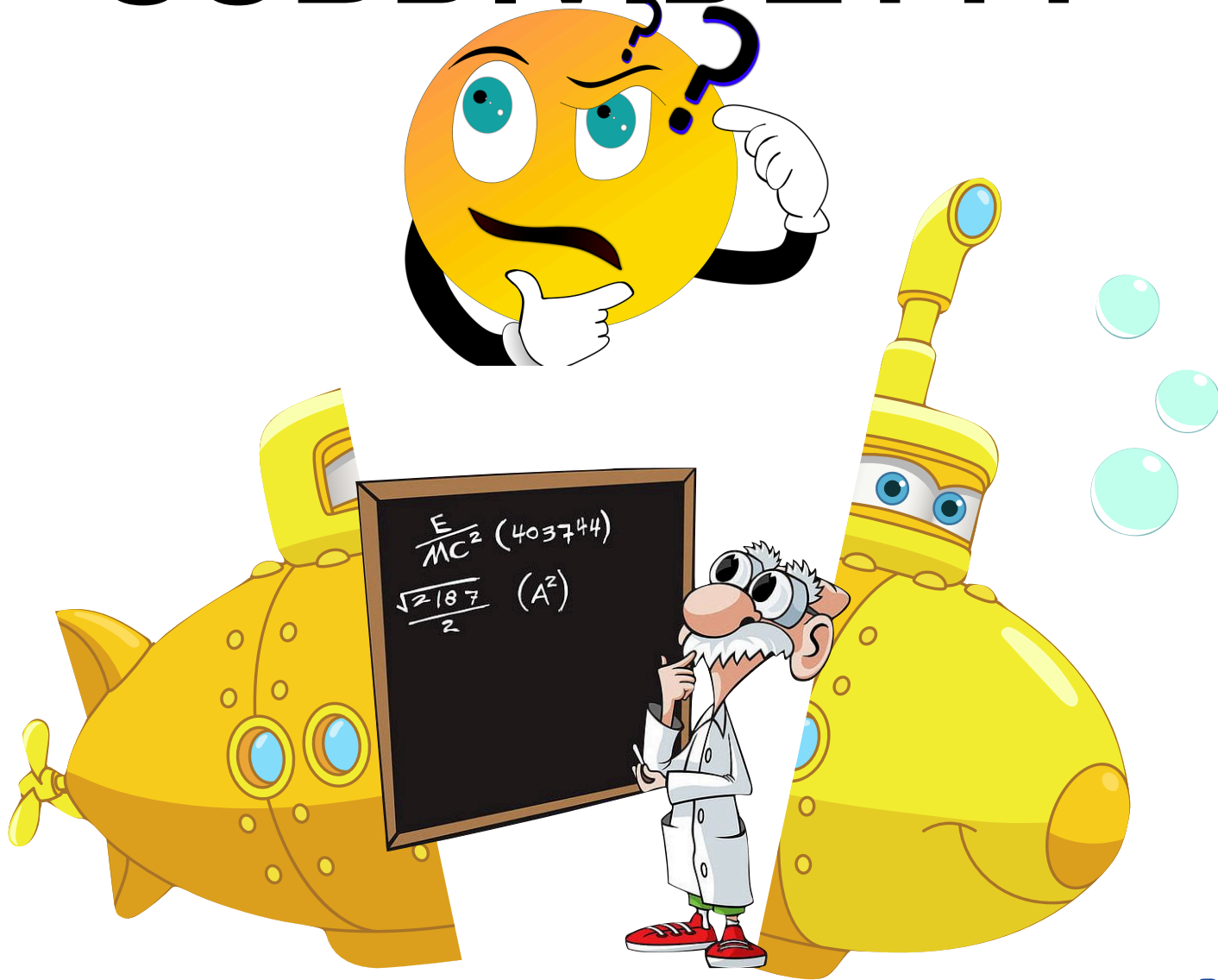
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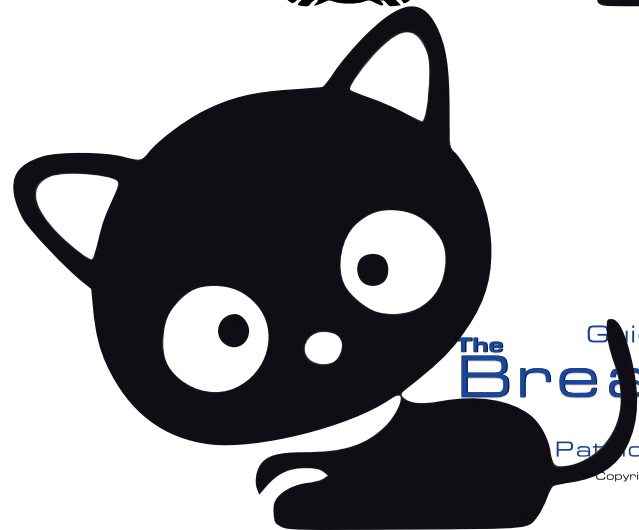
**How do WE solidify our TIME?**

**How do WE unify TIME in an ensemble?**

# SUBDIVIDE???



# The Groove gym



# Groove wars



**Woodwinds vs Brass vs Percussion**

**Melody vs Harmony vs Bass f(x)**



It is a **REQUIREMENT** of **LEARNING** to  
**PREPARE** the **BRAIN** to **LEARN**.

**EVERY DAY**

In music ensembles of every kind,

**WE** exist to make  
**EACH OTHER BETTER**

**SING, DANCE, PLAY**

with

**Flexible Ease & Dynamic Lightness**

We come to **MUSIC** needing to express something  
unspeakable...

Therefore in practice and rehearsal,

**MAKE IT FUN TO ATTEMPT!**  
**MAKE IT SAFE TO FAIL!**

**CELEBRATE** the **GIFT**  
of musical expression  
**EVERY DAY!**

*Patrick Sheridan*

Mistakes?  
**REMEMBER**

**IT'S  
FUNNY**

not frustrating

