

How to Prepare Your Child for the Recital (continued from page 1)

Welcome New
MozArt Students
in July!

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So let's talk about it.

Everyone gets nervous on stage it's just that the intensity of it varies among individuals. At extreme, nervousness can cause physiological changes such as palpitation, high blood pressure, sweaty palms, nausea, and severe headache. But with proper preparation technique and mental training, most students can overcome their fear of being on stage.



Here are some things you can do to help them with nervousness.

1. Practicing at slower speed – most musicians use this technique to prepare for a performance because it allows for accurate practice without picking up unexpected bad habits and creates a clear picture of the music in the mind. It also conditions the hand for playing with control at the faster performance speed and improves technique.

2. Practice recovering from mistakes – even professional musicians make mistakes. So the most important thing is to know how to keep going and complete the performance. The best preparation for possible mistakes

during performance is by making an intentional mistake and picking up from either before or after the mistake. Be ready to react appropriately with each mistake. If you have a black out, don't try to restart from where you blacked out. Restart from a preceding section or a following section that you know well.

3. Casual performances - give an impromptu performance in front of friends, grandparents, or strangers. Go to a local piano store and play a little snippet (short segments from a composition) that sounds the best. You might get applauded or people might just walk by you without noticing. This is a great way to help with nervousness and experiment how you perform in front of people. Playing snippets has great advantage because this allows students to pick up from anywhere in the piece. Providence Tarzana Medical Center has a beautiful grand piano in the lobby that you can go and play on – just ask the front desk receptionist for permission.

4. Have a good practice routine – The WORST way to practice is to imagine that you are performing in front of an audience and playing your heart out, at full speed, playing the entire piece from beginning to end, many times. This technique might encourage retaining bad habits and engrain repeated errors in your memory. Practice playing at medium speed, then slow speed, before quitting practice. Try to engrain a perfected version of the piece in your mind. Relax while you practice.

5. Keep your mind fresh on recital day – A typical recommendation for practice routine for the recital day is to play at full speed once, then medium speed once, and finally once slowly. That's it! No more practice! And never ever play faster than actual recital speed at any point.

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