

## Orchestral Excerpt Process Cues

### *In-the-moment preparation for each excerpt you will play in an audition*

Auditions can challenge our nerves in more ways than we can imagine. If we allow fear and worry of the moment to overtake our weeks of preparation and practice, we encounter an inconsistency in technique. Using process cues can help us hone in on our true goal and quiet our minds enough to succeed in the audition process without distractions. These are especially useful if you find yourself thinking too much or not enough during stressful performance situations. You may change these techniques to fit your personal preparation styles, and paste the short version somewhere you will see it every time you play an excerpt. Keeping a notebook for every audition with these process cues in it creates a steady workspace and a solid process of preparation, resulting in a consistent and confident performance.

#### 1. Posture

- Bassoon should be almost too highly placed. *Pull seat strap!*
- Sit up straight
- Head back
- Back on sit bones
- Shins perpendicular to floor
- Legs and abs engaged, prepped
- **Shoulders down!!!**
- **Fingers relaxed!**

#### 2. Choose **ONE GOAL** for this one time you are playing this excerpt.

- Line?
- Air?
- Relaxed?
- Open?
- Character/Story?
- *Don't think 'quiet', 'soft', 'fast', 'slow'.*

#### 3. Breathe in, out same durations x3:

1. **Cleansing Breath** relaxed nose breath for feeling breathing muscles move
2. **Core Breath** open mouth yoga breath for feeling core (w/ abs) and open throat
  - Hold a few seconds while breathing in relaxed; sing beginning of excerpt in your head and feel at least 3 beats of tempo AND where you will breathe at least once.
3. **Performance Breath** full for starting excerpt; make sure it is **energized** and **in tempo**

#### 4. **BREATHE – SET – GO!**

- This can vary. Depending on what meter and tempo the excerpt is in, it could change the exact placement and length of the BREATHE and the placement of the SET.
- BREATHE should be two beats (or durations) before the start of the excerpt
- SET should be one beat or duration before the start. The term "SET" refers to not only preparing the embouchure, but also to preparing your air pressure and throat for the first note of the excerpt.

#### 5. Perform!

- Solid attack
- Performance Ideas present in phrasing/dynamics
- Tempo!

### Excerpt Process Cues: SHORT version *(paste this in your excerpt notebook!)*

1. Posture
2. Choose a goal
3. Three Breaths, in and out
  - a. Cleansing
  - b. Core
  - c. Performance
4. Breathe – set – go!
5. Perform!