Lesson Book

MMXVI

This book belongs to:

_____

INSTRUCTIONS

Perform each exercise in numerical order and record. Live with each page as long as needed; practice as desired. Recordings need not be edited nor of high audio quality.

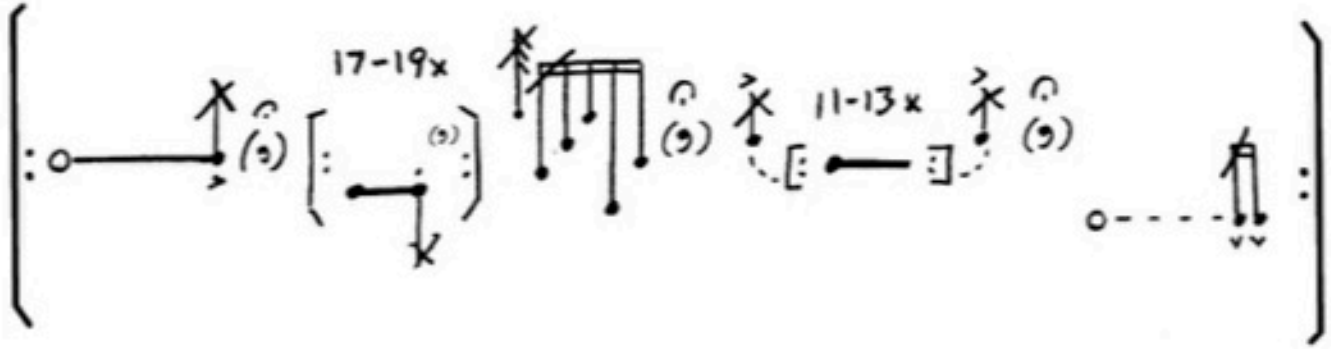
Send recordings to:

dclaymusic@gmail.com

(or)

466 10th Ave.,
Apt. B
San Francisco, CA 94118

MANTRA



EXERCISE No. 1

DURATION : 2 minutes or less

(A) say "hello." sing "hello."

(B) hum MANTRA. say your name.

(C) sing MANTRA using only your name.

(D) whistle MANTRA. *

(E) sing "goodbye." say "goodbye."

(*) if you cannot whistle, hum in an exaggerated, high voice.

EXERCISE No. 2

DURATION: open

one long tone, treading the threshold of sound and silence until you have lost time.

EXERCISE No. 3

DURATION: 5 minutes or more

omit/remove a component of your instrument that is crucial to the production of ideal sound/tone.

perform MANTRA.

EXERCISE No. 4

DURATION: 5 minutes or less

connect the dots with arrows; Perform.

(three different soft sounds)

•

(one very long, soft sound) •

• (a high sound eight times in a row)

•

(the same short, low sound, twice in quick succession)

EXERCISE No. 5

DURATION: open

(A) play the same sound many, many times, attempting to adjust one element of the sound infinitesimally on each iteration.

(B) play the same sound many, many times, until you have lost time completely.

(sound may or may not be an excerpt of the MANTRA)

EXERCISE No. 6

DURATION: 5 minutes

Devise a situation in which your instrument accidentally/unintentionally makes sound.

EXERCISE No. 7

DURATION: 10 minutes or more

"BLOOM"

- Find a sound occurring in your surroundings.
- Using your instrument, attempt to blend seamlessly into and out of that sound.
- Repeat ad lib.

EXERCISE No. 8

DURATION: 1 minute

"home."

(3 individual sounds.)

EXERCISE No. 9

DURATION: 3 minutes

"Silent time."

Sit in a quiet room
with the lights off.

EXERCISE No. 10

DURATION: 3 minutes or more

Find 3 objects in your immediate surroundings; perform MANTRA.

EXERCISE No. 11

DURATION: open

- Find a piece of music that is extremely important to you.
- Listen to it on headphones.
- Play or hum along if desired.

EXERCISE No. 12

DURATION: 5 minutes or longer

Integrate one foreign object
into the playing of your instrument;
perform MANTRA.

EXERCISE No. 13

DURATION: 5 minutes or more

find exterior sound sources that match 3 or more of the following sounds:

P T K Ch S Sh Z M

perform MANTRA using this vocabulary.

(alt: perform MANTRA using only the above consonant sounds.)

EXERCISE No. 14

DURATION: 15 seconds / open

121 ? 12 ? 121221 ? 2 ? 12 ? 1212 ?

21 ? 2121 ? 23 ? 1213 ? 21231

32 ? 31 ? 23123123 2 ? 23 4

Decide on a single sound for each number (1–4). perform:

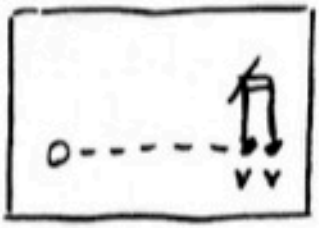
(A) in strict time, each # = 1 beat at 240 BPM, with ? = 1 beat rest

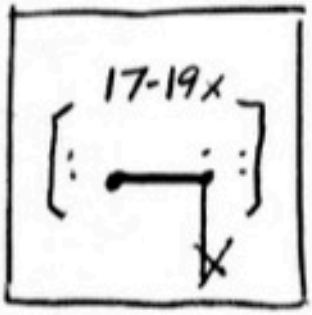
(B) freely, phrasing ad lib.

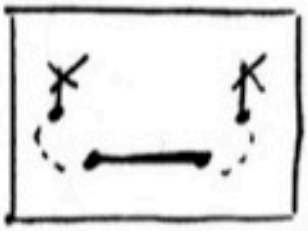
EXERCISE No. 15

DURATION: 3 minutes or more.

Connect the boxes with arrows; perform.







EXERCISE No. 16

DURATION: 1 minute or less

Write down a secret that you have never told anyone.
Match the syllables to sounds on your instrument; perform.

(destroy copy; save recording)

EXERCISE No. 17

DURATION: 3 minutes or less

connect the dots with arrows; Perform.
(draw sounds from MANTRA)

(a quiet passage)

(the softest sound one can make)

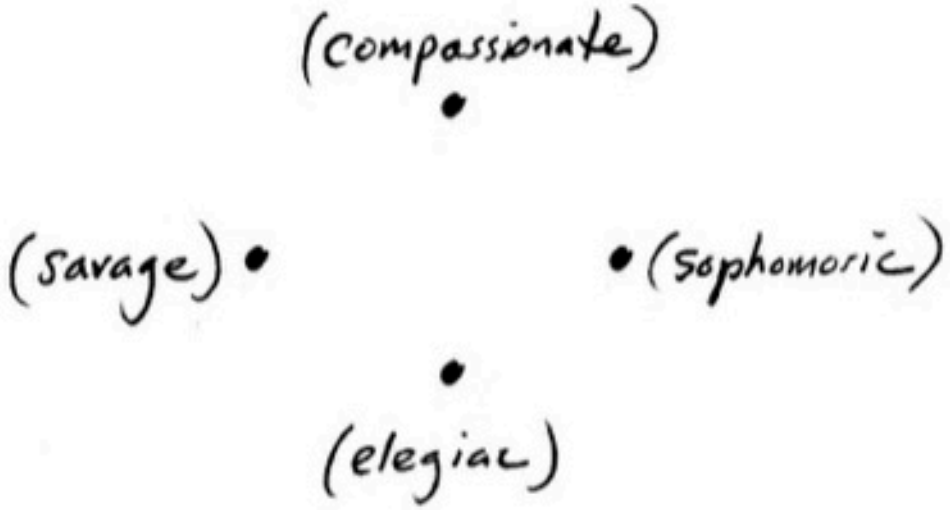
(barely breaking silence)

(a gentle hum between stations)

EXERCISE No. 18

DURATION: 2 minutes or less

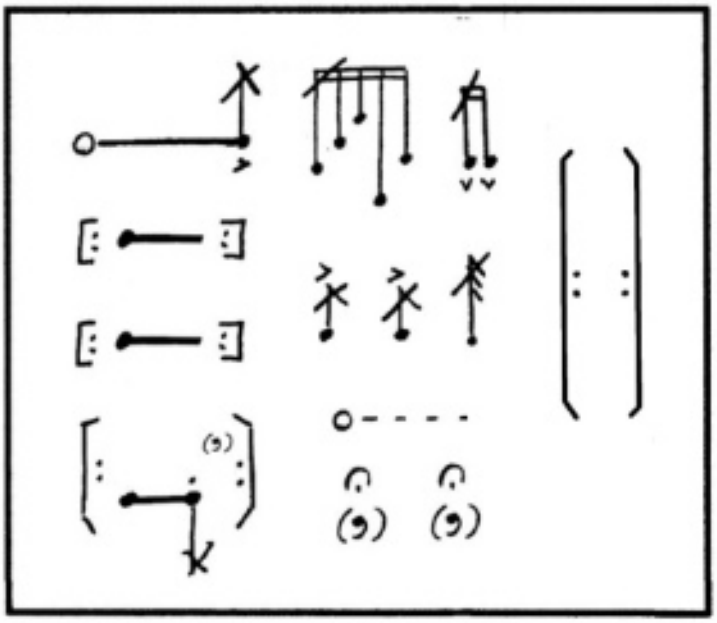
connect the dots; perform.
(all the same sound; drawn from MANTRA)



EXERCISE No. 19

DURATION: 3 minutes or less.

cut and paste; perform.



EXERCISE No. 20

DURATION: 1 minute or less.

complete this sentence in three different ways:

"The sound of _____"

Read aloud.