

UNCOVER EFFORTLESS WAYS OF PLAYING THE DOUBLE BASS

a systematic approach to educate the mind and body

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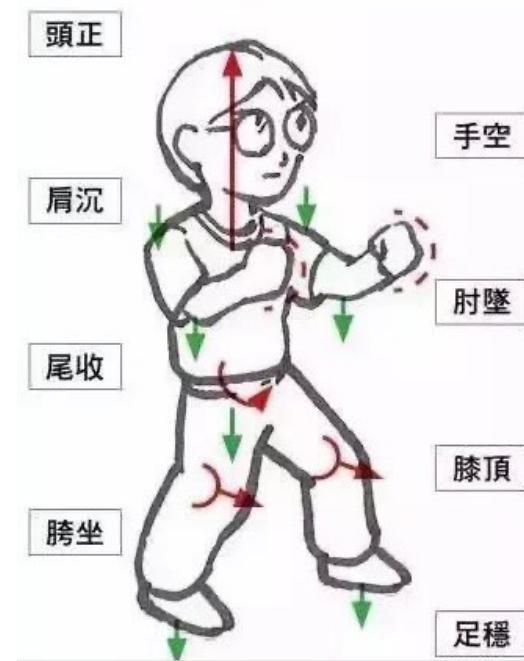
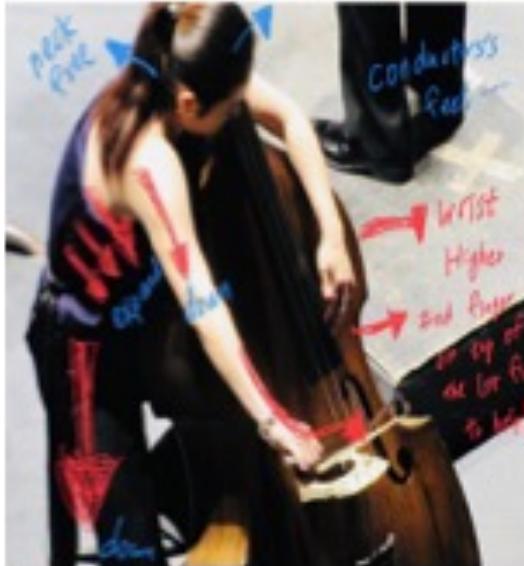
Step by Step Approach Outline

- ▶ 1 動作 Body Movement
- ▶ 2 練氣 Breathing Technique
- ▶ 3 意念 Imagination/Mind
- ▶ 4 力量 Strength and Power

Focus on playing the instrument with natural body movements first, then practicing breathing technique. After establishing breathing technique, focus on connect natural body movement with breathing technique and imagination on the instrument. Then work on strength and power after the way of connecting body movement, breathing technique, and imagination becomes habitual.

Incorporate the Horse Stance on playing the bass

- ▶ Make this the **GOAL** of every practice session to establish a good habit of playing and focus on listening without any concern.
- ▶ Keep your neck free, eyes closed, face soft, upper back light and free, and breath freely all the time.



Breathing Method

Natural breathing: This is a form of breathing that makes people not add any interference in the process of practice.

Abdominal breathing: This breathing method consciously forms breathing in the lower abdomen with the movement of inhalation and exhalation. When breathing abdominally, we must gradually achieve the six key words of "deep, long, thin, even, slow, and quiet."

Vocalized breathing This is the form of breathing that uses exhalation to make sounds. In the process of exercise, the short touch of the ventilator is used to inhale and exhale, so that the breath produces "hum", "ha" and "cough" sounds when the breath is turned into strength and vigor.

Systematic Approach to Educate Mind and Body

-a technique routine centered in developing natural body usage, breathing technique and imagination

HOW

- ▶ 1. Incorporate breathing through the core technique (natural breathing, not normal breathing) to develop connection of your body/muscle to your core controlled by your mind.
- ▶ 2. Breath in the character of musical content and how we incorporate the breathing technique into tension releasing and power/energy building.

*** Daily warm up routine for 1. and 2. !!**

WHO

- ▶ This concept of developing the most natural way of playing, use of body, flexibility, and breathing technique is applicable for all instrumentalists, not only limited for smaller built bassists.

Listening and Imagination

- ▶ Sharpening your senses, practicing mentally, and practicing positive mindset is as important as practicing the instrument. Truly believe that there must be a way to overcome difficulties. Even though the journey can be painful and long, it is the most valuable experience.
- ▶ What I have learned and done is always turning any disadvantage into advantage.



Tone Production

- ▶ **Butterfly Stroke**
- ▶ **Long Tone**
- ▶ **Bow Change**
- ▶ **Weight Exploring Long Tone Exercise**

Think:

How to incorporate the horse stance to ensure you are in a more relaxed state of mind?

What can you imagine to find the sweet spot of playing the bass in order to get a healthy, full, resonant, beautiful, and projective tone?

Oneness

“The act of playing-physically and spiritually-must be one of relative balance and completeness in our whole being.” (William Pleeth)

“Oneness” in playing is the highest standard of performance, and it should be the goal for all of us. My approach is to allow your body to find the most effortless way of playing so that a variety of color and imagination can be expressed through creative left-hand and expressive right-hand technique, to ultimately achieve “oneness.”

Take Away

- ▶ Practice mind control, breathing and imagination: connect with emotion and imagination on all markings on the page.
- ▶ Proper Posture and balanced posture.
- ▶ Power Yoga (breathe technique: effort “less”: long, easy, even, slow, silent.)
- ▶ Taichi Horse Stance (breathe technique: effort “less”: long, easy, even, slow, silent.)
- ▶ Effortless Ways Technique Routine
- ▶ Incorporate Taichi Horse Stance when warming up.
- ▶ Diaphragmatic breathing: Breathing tips: keep the belly expanded while breathing with Effort “less” (long, easy, even, slow, silent.)
- ▶ Vocalized breathing: sing “hah” when playing soft. Imagine or shout “hah” when needing strength.

Take Away

- ▶ **Warm up: power yoga**
- ▶ **Taichi Horse Stance: Direct your mind to find total relaxation and to increase internal energy.**

<https://balancedlifetaichi.com/blog/how-to-negotiate-a-strong-horse-stance>

Chengfu Yang, creator of Yang Style Taichi on 10 essential principals:

<https://www.thetaichilife.com/yang-cheng-fus-10-essential-principles.html>