MAKE THE ROUNDS

Once you have the music well-learned, or memory is complete, play it through while “making the rounds” to check for relaxed, loose muscles. If, while playing, you can concentrate on and relax all of the parts of your body, chances are good that you will be able to recreate this sensation in a more stressful situation like an audition, recital, or competition.

Feet

Eyes

Knees

Butt/Back

Jaw/Teeth

Head

Fingers

Thumbs

Arms (relaxed weight)