

### **The 30 P's of a Wonderful Rehearsal**

from *Teaching Music With Passion* - Peter Loel Boonshaft

- Purpose - we should have goals that are clearly defined.
  - We have long range goals, the short range (rehearsal goals) are a means to reaching the long terms goals. Do your singers know what your goals are?
- Plan - We should detail the sequence in which concepts should be taught. Have a plan for every rehearsal.
- Pedagogy - Remember to teach something at every rehearsal. Are we teaching in every rehearsal, or are we just repeating a piece over and over again with the hope that it will improve? We don't usually need to do it again, we need to try to figure out WHAT to teach them to make it better.
- Possible - We want to make certain that what we are asking our singers to do is possible, realistic, achievable, and appropriate.
- Posture - Good posture is the foundation for correct breathing for singing.
- Preparation - Know your music. Be prepared with the music you want to work on at every rehearsal.
- Pearl - We need to make one beautiful pearl at every rehearsal. It can be one chord, one phrase, a well executed dynamic. We can say to our singers "Did you hear that?"
  - The pearl gives two things - First, it gives them an example of our expectations. It encourages progress.
- Peace - Learning cannot exist in chaos. If our rehearsals are not disciplined and quite, nothing will get done.
- Pace - Keep the rehearsals moving. Change the pace. Don't start every song at the beginning. Work the key change, the chorus, the verse.
- Perceive - We need to become aware of problems (challenges). We must work to hear pitch and tuning more attentively. We need to listen to and observe what is *really* happening, rather than what we want to see and hear. Make yourself better at listening and hearing what is going on.
- Pinpoint - Break learning and growth down into very small steps. Every long journey is made up of a thousand single steps.

- Polish - We must continue to grow as musicians. Roshi, a Zen Buddhist teacher said “Concentrate on polishing your own lantern so that others may follow it’s light.” We must make this a lifelong process of constantly getting better at our art. John Cotton Dana - “Who dares to teach must never cease to learn.”
- Precise - We must be precise as to what is wrong, what we want and what our singers can do to get there. We need to give specific information that they can act on.
- Positive - We need to use positive reinforcement all of the time. I don’t mean false praise. We must truthfully praise those things done well truly well. But it is equally important to acknowledge progress in ANY area. We have to be a positive spirit. We are the decisive element in our rehearsals. It is our personal approach that creates the climate.
- Pleasant - Do we create a rehearsal environment that is pleasant? Is it safe and comfortable? Do they have moments of success? Do you singers know they can try, confident in the knowledge that they will be told when it is not correct, but praised when it is correct?
- Pleasurable - Do you have fun in rehearsals? Do they have fun in rehearsals? Do our singers know that hard work can be very enjoyable?
- Pause - Breaks from intense work are necessary. A story, a joke, something to break the monotony and redundancy of relentless, intense work.
- Pass - There are those times when we have to just let go. Sometimes we have to change course in the midst of a challenging passage or section of a song. We don’t want to be counter productive.
- People - We have to remember that they are people. Our singers have entrusted themselves with us, they are must less concerned with our past accolades than they are about whether we care about them.
- Pep-Talk - We always need to bolster their confidence. We need to be the one to instill determination. We have to be the one to build their enthusiasm.
- Passage - the Letter Q Syndrome. We work so hard on letter Q that they won’t know how to get to Q in context. We always need to look at the big picture.
- Past - Always review what has been learned.
- Push- We always have to press them to be better, constantly raising the bar.
- Persevere - We must continue the course no matter what. “ Being defeated is only a temporary condition, giving up is what makes it permanent.”

- Praise - Allow them to achieve great results on a regular basis. We have to be encouraging along the way rather than wait until a goal is truly reached. If we don't praise them, they will not aspire. PRAISE - ASPIRE - same letters.
- Pride - We have to show them how proud we are of them along the way. "We must help them to take pride in how far they have come, and to have faith in how far they can go."
- Plant - We are farmers, we plant seeds.
- Perspective - Remember what's really important; that they love and appreciate music, themselves and their world.
- Productive - Do you and they feel the goals you establish have been accomplished?
- Passion - We can never be afraid to show emotion.
- Potential - Never underestimate their potential or your potential. "To achieve all that is possible, we must attempt the impossible. To be as much as we can be, we must dream of being more."
- Powerful - Never lose sight of the power of what we do. We help people express their emotions and feelings. We help people to experience heights of excitement they have never known. We have the ability to touch people's souls. We can change their lives.