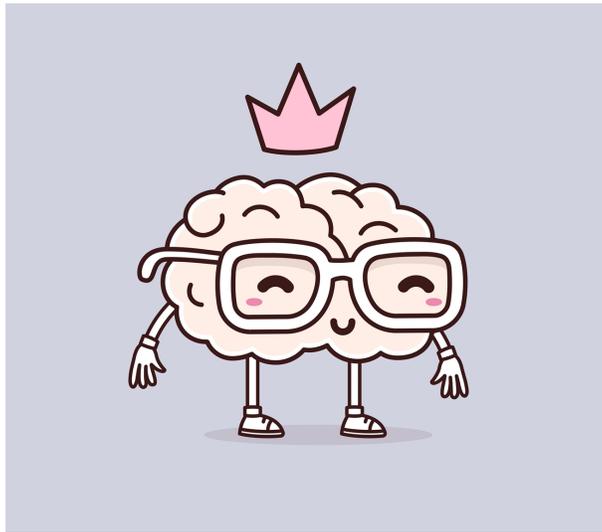


# Practicing Improvising Outside... with both brains



## The **ABABC** approach.



Combining **refinement** and **opening up** through systematic manipulation and open improvising.

### Objectives:

- Deep memory - **embed approach** through **repetition**, in **context**.
- **Combine** specific strategies with improvisational process from **both brains**.
- **Integrate** outside improvising within our **existing** improvisational approach.
- Adapt, **manipulate** and personalise outside techniques, progressing from **literal** to **nuanced** and **personal** use.
- **Smart practice**, combining left, right brain and whole brain.

## Practice Strategy

### Prerequisites

1. Familiarise yourself to music that attunes your ear to the sound you want to create. Do this regularly.
2. Select appropriate context for practice, either *simple* i.e. drone, single chord, extended II V, simple modal tune.
3. Be able Insert "**outside**" lick exactly. Be sure to keep the original "object" intact while "treating" it.

### Action

Insert "**outside**" lick exactly. Be sure to keep the original "object" intact while "treating" it.

- **A** (right brain) Play with dissonance, intuitively, be "outside".
- **B1** (left brain) Specific strategies, i.e. 4 NGs (4 note-groupings) with one deliberate transposition. Stick to 1 strategy at a time.
- **B2** When B1 is comfortable, select another strategy. Extend length of outside strategy. Do this progressively.
- **A** (right brain) again. Repeat intuitive playing "outside"..
- **B1 & B2** (left brain) again.
- **B3** (left brain, morphing in to right brain) If possible, use both strategies note; some in-out-in or out-in-out, in-out, out-in etc.
- **C** (whole brain/open awareness) - improvise in context, influenced by the previous work, but with *intuitive permission* to do as much or as little as you like. Sense instead of think. Be as literal, nuanced or curious as you like. Most important, be expressive. **5-10 mins.**

Remember that when you transcribe and work with vocabulary, it is a **\*reflection\* of you**, what you are attracted to and therefore already part of you (as embryonic expressive potential) before you begin to work on its realisation...



“It's all about creation and surprise. It just needs to be appreciated and watered like flowers. You have to water flowers. These peaks will come again.” Sonny Rollins