

SPEECH EXERCISE

Just as in phrasing, in musical form exercises we begin by finding the right energy, which is then expressed through singing and playing.

To feel the energy of each form element, say a short phrase out loud that matches its level of intensity.

<i>Element</i>	<i>Energy</i>	<i>Air</i>	<i>Phrase</i>
I	Still energy	Calm air	"Once upon a time"
B	Still energy ("not here" energy in phrasing)	Light air	"Nothing is happening"
D	Motion energy	Gentle breeze	"Movement begins"
Int	Deeper energy	Fresh breeze	"More intense"
R	Deeper energy	Strong breeze	"Something is about to happen"
C	Exhaled energy ("right here" energy in phrasing)	Storm	"This is it, it's happening right now"
Con	Still, exhaled energy	Calm air	"And the moral of the story"

In this exercise, we bring together musical form and the energy of your personal needs or dreams—whether it is to feel accepted, recognised, or unconditionally loved. This is the same energy you have already been bringing into your playing. From this point on, we will refer to it as your musical image.

Now that you have explored the speech exercise and felt the contrast between the energies of different form elements, bring your musical image back and integrate it with the form.

Repeat the same exercise, this time first connecting to your musical image, and then adding the energy of the form elements.

This helps keep the energy of your needs or dreams connected to the musical form, while maintaining clarity of the structure.

<i>Musical image</i>	<i>Form element</i>	<i>Phrase</i>
<i>Peaceful</i>	I	<i>"Once upon a time"</i>
<i>Peaceful</i>	B	<i>"Nothing is happening"</i>
<i>Peaceful</i>	D	<i>"Movement begins"</i>
<i>Peaceful</i>	Int	<i>"More intense"</i>
<i>Peaceful</i>	R	<i>"Something is about to happen"</i>
<i>Peaceful</i>	C	<i>"This is it, it's happening right now"</i>
<i>Peaceful</i>	Con	<i>"And the moral of the story"</i>

SINGING EXERCISES

Sing a full sentence out loud, and then internally. As you sing, feel how the energy of your musical image, musical form, and phrasing is reflected in the vibration of your portamento singing.

Combining these elements may feel confusing at first. For example, you might be singing a climactic moment within a calm or peaceful musical image. Or, when adding phrasing, you may wonder how to feel a lighter, more fluid “not here” within a more present “right here” moment of the form.

To make this process clearer, divide the exercise into three steps.

Step 1

Sing the sentence focusing only on musical form, without adding musical image or phrasing.

Fully embody the energy of each form element through your portamento singing. At this stage, it is natural to sing the climactic intervals louder and the beginning ones softer. Allow these differences if they help you sense the contrast between energies.

Sing at a slow tempo (about one note per second), giving yourself space to feel the energy between notes. Breathe after every two intervals (four notes).

C-D-C-E BREATHE C-F-C-F# BREATHE C-G-C-A BREATHE C-B-C-C BREATHE C-B-C-A BREATHE C-G-C-F# BREATHE C-F-C-E BREATHE C-D-C-C

Step 2

Now begin to integrate the musical image with the form.

First, connect to the energy of your musical image, and then layer the form onto it as a sense of direction or storyline. Continue singing at a slow tempo, breathing after every four notes.

Step 3

Finally, combine musical image, form, and phrasing within the full sentence.

Sing at a faster tempo, in one breath, keeping a steady tempo. Do not vocalize the connection between notes, but feel the inner portamento carrying the energy of image and form. If the phrasing work from the previous chapter was done consistently, your body will naturally retain the sense of phrasing energy, without the need for detailed analysis.

The order of the elements is important to keep them all present.

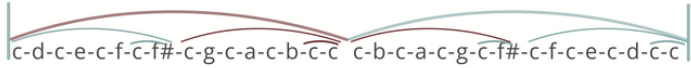
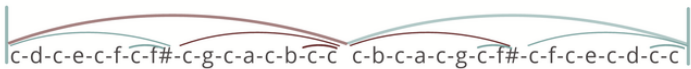
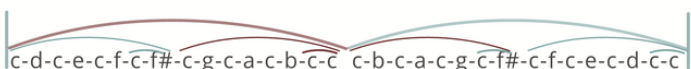
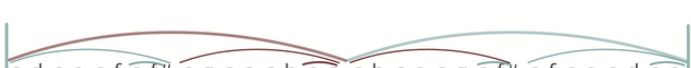
First, briefly imagine the phrasing structure. Then tune into the energy of your musical image, and add the layer of musical form.

<i>Musical Form</i>								
I ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
B ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
D ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
Int ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
R ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
C ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
Con ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C

<i>Musical Image + Musical Form</i>								
I ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
B ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
D ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
Int ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
R ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
C ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C
Con ·	C-D-C-E	C-F-C-F#	C-G-C-A	C-B-C-C	C-B-C-A	C-G-C-F#	C-F-C-E	C-D-C-C

Phrasing

Musical Image + Musical Form

I .	
B .	
D .	
Int .	
R .	
C .	
Con .	

PLAYING EXERCISES

If you have completed the singing exercises and can sense both phrasing and form together, you are ready to move directly to the playing exercises with phrasing.

The goal of this exercise is to bring together musical image, musical form, and phrasing.

To make this more manageable, begin by dividing the process into two parts:

Step 1

First, play the full sentence focusing only on the elements of form.

At this stage, tempo, pulse, and dynamics are flexible. Allow them to change freely—whatever helps you feel and express the differences between the form elements.

It is important to move from one sentence to the next with minimal pause, so you can sense how they connect into a continuous storyline. This sense of flow and direction is the focus of the exercise.

As in phrasing, where larger hand motions support more prominent moments, you may also allow greater amplitude of motion in form elements such as Rising and Climax. By increasing inner energy together with the amplitude of movement, you allow the energy to flow freely without building tension.

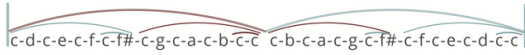
Step 2

Next, integrate the musical image. First, tune into this energy, and then add the layer of musical form. Play all the sentences in the same way as before.

The changes within the form elements may become more subtle, but they will still be present.

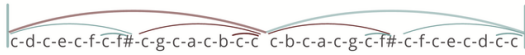
Phrasing

Musical Form

I ·	
B ·	
D ·	
Int ·	
R ·	
C ·	
Con ·	

Phrasing

Musical Image + Musical Form

I ·	
B ·	
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OPEN LESSONS

