MEMORIZATION: Theory, Practice & Performance

NFA Annual Convention in New Orleans
August 10, 2013

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(clip n' save!)

Memorization *Cheat Sheet*

FIRST STAGE (metronome on the whole time)

1.Twice: read & play
2.Once: think only, from memory
3.Once: read & play
4.Twice: think only, from memory

SECOND STAGE (metronome still on)

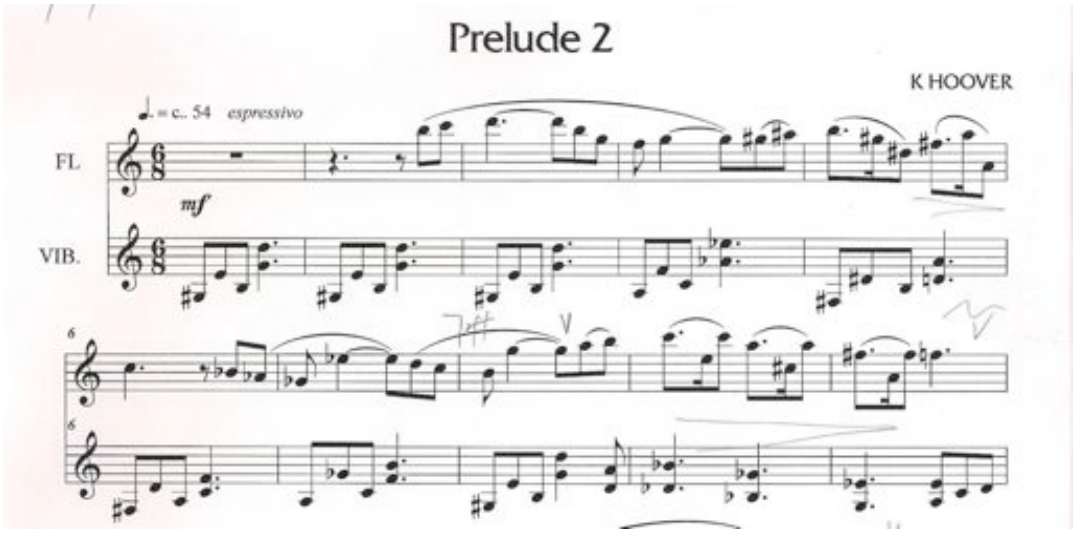
1.Twice: read & play
2.Once: play from memory
3.Once: read & play
4.Twice: play from memory

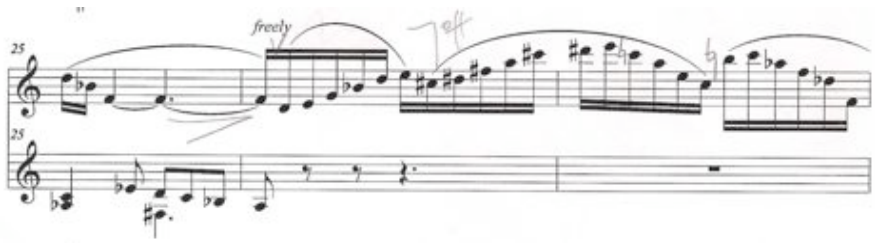
THIRD STAGE (when increasing tempo, repeat this stage at each successive metronome level)

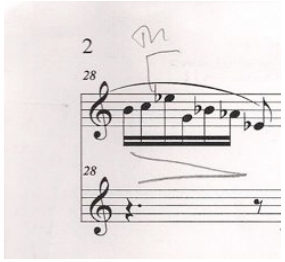
1.Once: think only, from memory
2.Twice: read & play
3.Once: play from memory
4.Once: read & play
5.Twice: play from memory

Courtesy of The Practice Notebook
www.zaralawler.com

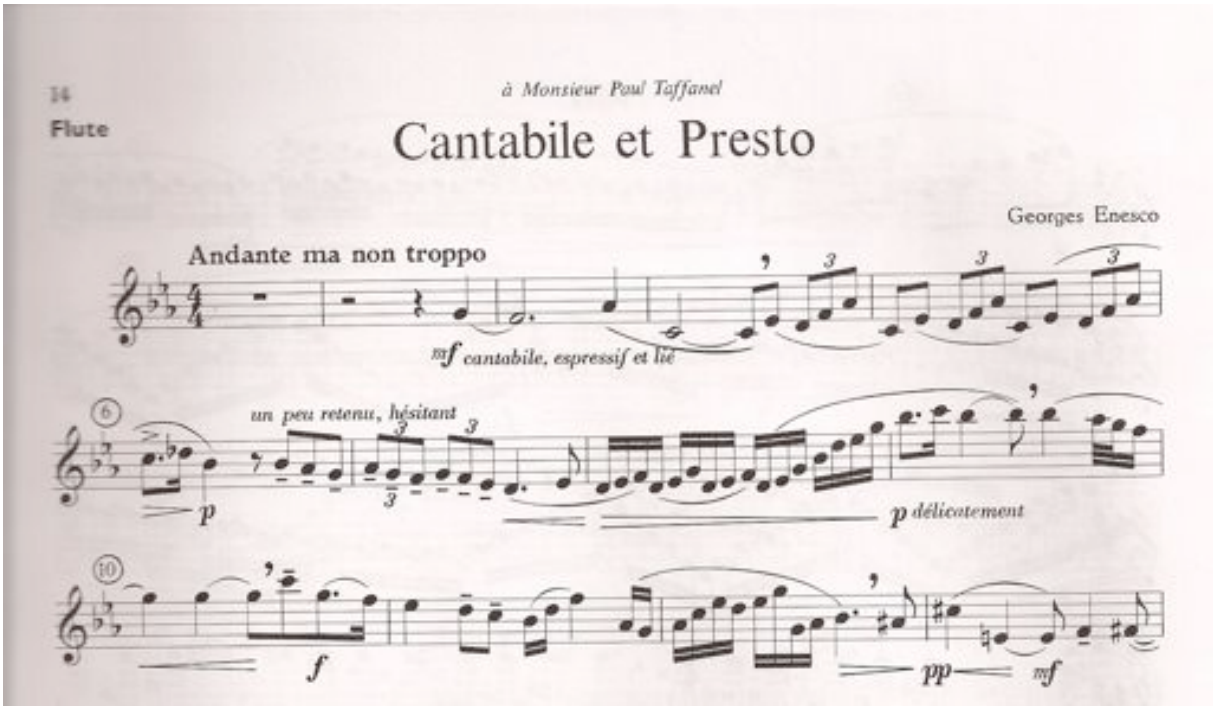
Hoover: Prelude 2 (Out of Town) for flute and vibraphone



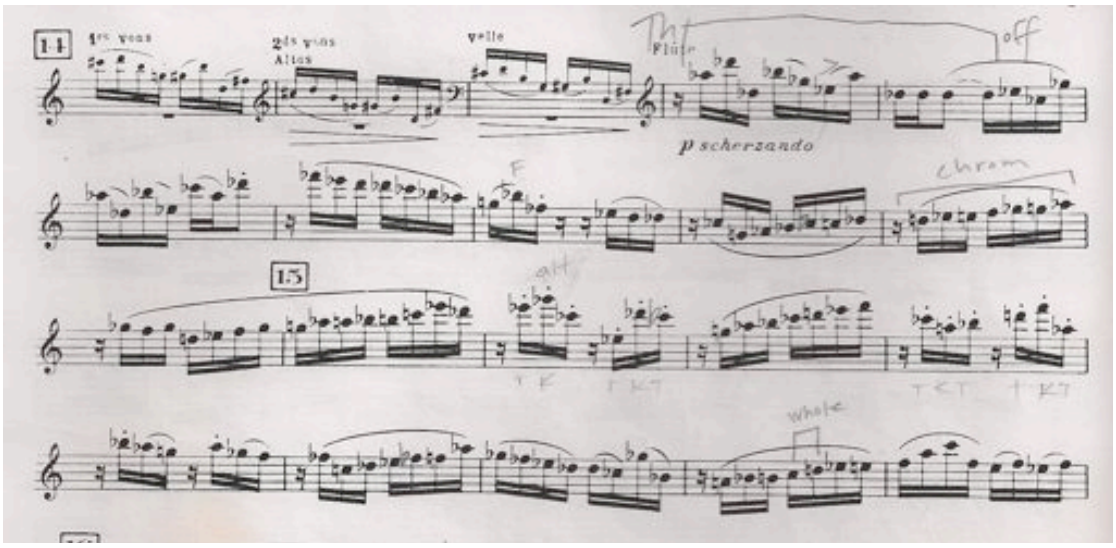




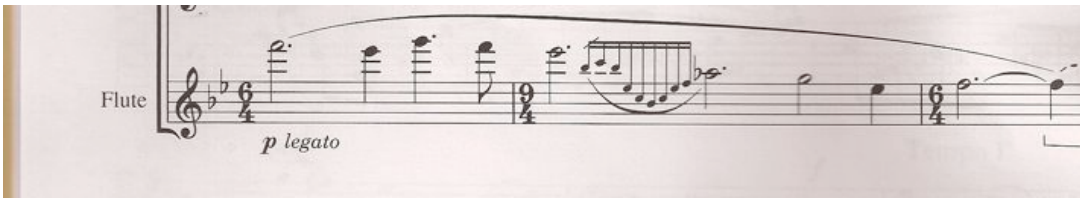
Enesco: Cantabile

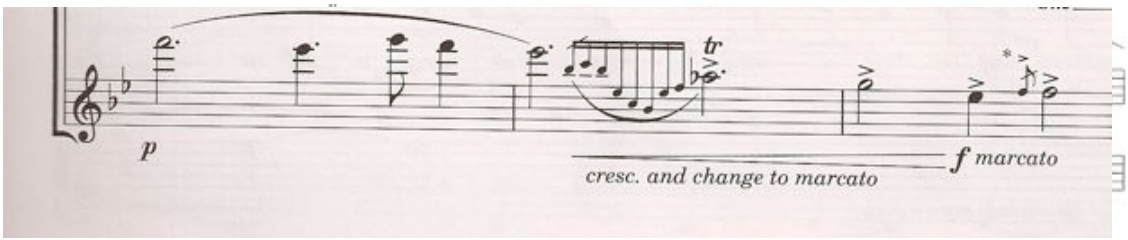


Ibert: Concerto, 1st Movement



Corigliano: She Moved through the Fair





Amateur Neuroscience

1. Converting Working Memory to deeper, more reliable memory
2. Adding left-brain consciousness to right-brain image thinking
    a. Close observation of detail
    b. Separating mental practice from physical practice

The Technique in Practice

1. Choose a SMALL section that is
    a. Small enough you can memorize it in one or two sessions
    b. Musically logical
    c. NOTE: If a and b are in conflict, smaller is more important than musically logical.
2. Appropriate sections will be a bit longer in slow music, a bit shorter in fast music.
3. If at first you don't succeed, try again with a SMALLER section.
4. Use the POST-IT TRICK to keep your focus on your small section.
5. Slow passages can be memorized in one or two times through the whole routine of 12 repetitions.
6. Fast passages will take longer—see STAGE 3 on the cheat sheet.
7. Ideal time to memorize: when you know a piece enough to know the tune but you have not yet developed strong muscle memory.

Supporting Practice Habits/Ideas

1. SCORE STUDY: for both small sections and stitching the whole piece together
2. Separate like from like.
3. Time limits.
4. Close the door.
5. Use this technique with any mental approach that works for you:

visual	note names
melodic	abstract shapes of
harmonic	phrases
narrating	etc!

6. Use the technique as a structure/framework against which to measure your progress. If you don't feel, after 12 repetitions, that you have it, go through the whole process again.

Memorization Mantras

- Process, not progress.
- Practice, don't test.