Subject: Re: Jazz Lovers... new stuff
Posted by Manualblock on Tue, 17 Jan 2006 15:59:51 GMT
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I find that after putting down the sticks when my son was born I needed a solid year to get back into playing mode. Age really slows you down. I had to resort to all kinds of tricks to ressurect my abilities. I play one day a week for about 5/6 hours then I don't touch them for 24 hrs. Then practice a normal schedule. That was taught to me by a guy who knows and it works. I also have a pair of sticks in the car and I constantly do parradiddles and rolls on the dashboard. Embarrasses my son to death but it really sharpened and strengthened my wrists.On guitar I imagine that doing transcriptions for scales in different keys might help? Do you tape your stuff then play over the tape like a duet? I use a sony reel-to-reel with sound on sound for that and it helps.One thing that is very helpfull is videos. I use them now and they seem to work; I get one or two every couple months then learn them.It's hard to find players at this level but they are around; any jam nights in local pubs around by you?