

## Miming

This exercise involves miming some of the motions involved in playing. The musician must be able to feel the muscles and his arms and legs as they move. First the musician can practice this with simple scales, then moving on to a simple excerpt of a piece. It is important that the music is heard while miming. When you have difficulty hearing the excerpt, you can play it normally once. Furthermore, it is important to notice and release any tension in the body. When this is mastered, the musician can rehearse completely mentally, without any motion involved. Then it is important to think of the sound, the exact placement and feeling of hand and feet and the movement of the muscles.