

Delayed-continuity (by Frank Merrick)

This is a variation in which inner hearing is combined with physical practice.

- Imagine the sound of a phrase
- Play the imagined phrase
- Think the next phrase
- Play the next, imagined phrase

Important with this exercise is that each segment of silent imagining lasts precisely as long as the phrase when played. Furthermore, it is important not only to hear the music, but also to incorporate sight and motion as well.