Metaphors relating to fire & heat

Metaphor	Idea	Experience	Outcome
smouldering fire No. 1	*"keep the smouldering fire alive"*	daring to be dramatic	+ interpretation
smouldering fire No. 2	*"the smouldering fire is always alive, a base of power"*	Every tone feels charged	+ interpretation
smouldering fire No. 3	*"trying the smouldering fire"*	works as a reminder for using the support system	+ air stream
smouldering fire No. 4	*"to think about something as smouldering fire works well"*	activiating oneself physically, taking bigger breaths, finding engagement for phrase endings	+ interpretation
smouldering fire No. 5	*"a warm, cosy,* smouldering fire"	**another sound color, dark and warm**	+ Sound development
fire/flames No. 1	*"keeping the fire alive"*	works, but it is harder to start phrases	not sufficient
fire/flames No. 2	*"as if it is a flame underneath"*	sufficient for a big and fast air intake	+ breathing technique
fire/flames No. 3	*"dancing flames"*	sufficient for a big and fast air intake	+ breathing technique
fire/flames No. 4	*"you are the fire!"*	sufficient for a big and fast air intake	+ breathing technique
fire/flames No. 5	*"the fire needs oxygen"*		
fire/flames No. 6	*"blowing as if starting up a fire"*	too intense	not sufficient
fire/flames No. 7	*maybe now the fire has started*	**more drama**	+ interpretation
stove No. 1	*you become the stove*	you don't let go in softer dynamics	+ interpretation
stove No. 2	*you can increase and decrease the heat on the stove but not turn it off*	helps in diminuendi	+ air stream
stove No. 3	*the stove always has to be on*	not loosing air in phrase starts and endings	+ air stream
stove No. 4	*I think more about an gas stove, than an oldfashioned* electric stove	I really enjoy the new sound	+ Sound development
stove No. 5	*A slow stove, not one of these with induction. The heat doesn't leave. You have to imagine being the lever rather than the heat itself. That the heat doesn't leave, you keep it. You hold the heat in the air*	**giving life to long notes all the way to the end**	+ air stream / + interpretation

Metaphors relating to setting objects in motion

Metaphor	Idea	Experience	Outcome
bellows	*"my lungs were like a bellows"*	I could relax	+ breathing technique
air balloon No. 1	*"Think of a hot air balloon as a large lung, when I take a breath I fill the balloon, when I sing a note it lifts"*	Good because it highlights the airspace within me that I often don't utilize. It helps with the air: expansion, direction, and engagement.	+ breathing technique
air balloon No. 2	*"Traveling speed – I have time to see a fire pumping gas".*	I like that the metaphor can be twisted and turned	+ breathing technique
"move"	*"I will not lose the tone, the core, the sound"*	the airstream becomes static (in a good way)	+ air stream
springboard	*"I'm doing everything I can with that springboard".*	**I exaggerate the leaps, and can handle the ascending phrase endings in Mozart**	+ air stream
gymnastics band	*"The gymnastics ribbon that must never fall to the ground".*	It swirls with the piece and thus also with the air.	+ interpretation / + air stream
Rubber band No. 1	*"Never allowed to touch the ground, [the rubber band] was extended in the ascent".*	you already are prepared + calm breaths	+ breathing technique
Rubber band No. 2	*"Not letting the rubber band come together, so to speak, but it shouldn't snap either."*	*"You have to resist and not run out of air so it doesn't break."*	+ air stream
Rubber band No. 3	*"A larger rubber band, so you stretch it all the way, more evenly."*	**more even air stream**	+ air stream
roller coaster	*"If you've been going fast, you don't want it to stop abruptly."*	*"You control it, you steer in some way."*	+ air stream
Bow No. 1	*"I was thinking a lot about an arch or bow form; the air follows all the way through the air passage".*	an even airflow	+ air stream
Bow No. 2	*"The air passage that curves like a bow; the air should flow all the way through the arch".*	an even airflow	+ air stream

Metaphors relating to water

Metaphor	Idea	Experience	Outcome
waves	*These* waves *come very naturally*	**beautiful flow in the semidemiquavors**	+ air stream
SUP No. 1	The phrase is floating along	slim and strong sound	+ Sound development
SUP No. 2	I paddle, and float along the stream	It works - I don't tense - I can use more air	+ air stream
water	Great	The air stream is not doing what I want it to do	not sufficient
water tap		An even flow	+ air stream
water fall No. 1	*"Very turbulent water"*	I blow a lot	+ air stream
water fall No. 2	*"Warmer and more dynamic metaphors."*	I find it easier to breathe, and using an active support	+ breathing technique
a gentle stream	*"Perhaps more dynamics in the brook? A stone comes along and splashes in the brook."*	**the person is playing more dramatic**	+ interpretation
heavy rain	*"A heavy rain shower."*	"It creates activity, difficult to be frugal with the air."	+ breathing technique, sound development
snow No. 1	*"The falling snow is the air"*	"Easier to take deep breaths, thick, steady airflow."	+ breathing technique, sound development
snow No. 2	*"A sea of waves, but made of snow."*	a tranquility	+ breathing technique
snow No. 3	*"An oceanful of snow, and it's like this: 'chop chop'! The air hacks through the snow."*	**beneficial for the staccati notes in Fauré fantasy**	+ air stream

Metaphors relating to creatures & taste

Metaphor	Idea	Experience	Outcome
a panther No. 1	*"The panther is good, it helped me to take it a bit easy"*	good but I have to breath more	not sufficient
a panther No. 2	*"make it more mysterious!"*	The air grows thicker, you don't seem surprised	+ air stream
a panther No. 3	*"This time, I test the panther."*	Plays with more drama	+ interpretation
a swan	*"I thought about the swan"*	It didn't work out that well	not sufficient
a dragon	*"The dragon flies in the air."*	It works well when I play – when the dragon flies – but I forget to take a proper breath	+ - breathing technique
children	*"All children have equal worth!"*	**Even staccato with good sound**	+ Sound development
honey	"The melody/ the air coils forward."	I needed something more proactive today.	not sufficient
sirup	*We can try to outdo each other in syrupy playing*	**Everyone plays with a darker tone.**	+ Sound development
a piping bag with frosting No. 1	*"A pastry with icing – the icing is the air, the piping bag was where all my air was kept."*	Came to terms after being frustrated by poor airflow, it improved after the metaphor.	+ air stream
a piping bag with frosting No. 2	*I like that I'm reminded of the texture*	**darker sound**	+ Sound development
a piping bag with frosting No. 3	*...so you get the softness of the icing when you change register. Icing isn't like iron... that it's hard...*	**a better legato, nicer phrasing**	+ interpretation

Explanation of the chart

Types of data

- logg book journal quotes — Quotes from logg book journal writing in grey boxes, normal text
- collaborative workshops quotes — Quotes from collaborative workshops has a black border around the grey box
- **also confirmed in video analysis + stimulated recall** — The video analysis and stimulated recall sessions confirm the data - marked in bold, underlined text

Types of result

- + interpretation — A red box indicates that the outcome was beneficial for the interpretation
- + Sound development — A purple box indicates that the outcome was beneficial for the interpretation
- not sufficient — A grey box indicates that the outcome was not sufficient at all
- + air stream — A light blue box indicates that the outcome was beneficial for the airstream
- + breathing technique — A dark blue box indicates that the outcome was beneficial for the airstream