

# SAMA MONTHLY

www.samusicacademy.com

November 2015

Issue 61



## Instructor Corner

### Warm-ups vs. Exercises: Does it Matter?

Think about your practice time. When you practice, do you immediately jump in to the piece you want to target? Do you spend time warming up first? Do you do specific exercises your instructor assigned first? Does it even matter?

A look into the field of exercise science indicates that, YES, warm-ups and exercises matter! Imagine your favorite athlete. What do you observe them doing before a game? You see Tom Brady tossing around the football. You see Michael Phelps swimming some light laps.

We as musicians are also athletes. Whether you play an instrument or sing, you are in the business of engaging and training various muscle groups in order to make music. Exercise science, which applies to the performing artist just as much as the athlete, reveals that



physical warm-ups and specific exercises prior to the "big game" (or in our case, the "big performance") are critical to success.

What's the difference? Think of warm-ups as a gentle way to wake up the muscles. Warm-up gently gets blood flowing to the musculature and synovial fluid to the joints used in playing your instrument or singing. Warm-ups prepare the muscles for more strenuous use. After a period of warm-up, you may then move into specific exercises. Exercises require more exacting coordination of the musculature and are tailored to skill-acquisition. Exercises are where you practice improving specific playing or singing techniques.

This progression through warm-ups, exercises, on to performance of a piece safely prepares the musician's musculature for vigorous activity and helps reduce fatigue.



-Randi Wooding  
Voice Instructor



## Student of the Month

### BELLA G.

"Bella is a wonderful student!

With time, patience, and practice

Bella has discovered her own natural, free voice. She is proof that a positive attitude can take you far!"

-Randi Wooding,  
SAMA voice instructor



## Recital Sign up!

**RBC Piano Recital 12/5/15**  
**LOL Comedy Club 12/6/15**

Now is the time to sign up for the Winter Recitals! Sign up is available in studio till November 21st! You may also sign up online. Online registration will be available the first 2 weeks of November only, so sign up quickly!



STUDIO  
HOLIDAY

11/23/15 - 11/30/15

We wish everyone  
a safe and happy  
holiday!



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