

SAMA Monthly

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Having Confidence

We as musicians are our own worst critics. We hear all of our mistakes and dwell on them, often times, too much. Performing is a mental activity just as much as a physical one. Sometimes that mental aspect gets the better of us. Confidence comes with experience and although you can't gain experience overnight, here are some things that will ensure a better performance and build confidence in your playing or singing.

► **Practice** -This is probably the most

important of all. The more familiar you are with your music, the better your chances are for a good performance. Listen to your teacher and practice the way they tell you to. This usually involves slow tempos and repetition of difficult parts in the music.

► **Centering Yourself** -Never start a piece until you are mentality ready. Take a few seconds to breath and relax. This will seem like an eternity in front of an audience. Don't worry about it; just take that little bit of time for yourself and you will feel more comfortable, confident, and at ease during your performance.

► **Don't dwell on mistakes or missed notes** -Just keep going. Dwelling on a mistake will only have a negative effect on the rest of your piece. I am really impressed with SAMA students during recitals. Whenever a student makes a mistake, they just keep going.

► **Perform** -Take every opportunity to perform in front of an audience. It could be your family, friends, a talent show at school or especially our SAMA recitals.

-Randy Naranjo, M.S., *guitar instructor*



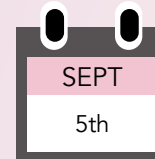
Guitar student: JOSE D.

STUDENT OF THE MONTH

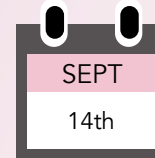
"Jose is a truly dedicated and enthusiastic student. Not only does he hold one of the longest running attendance records in the history of SAMA, at 9 years old he is already mastering college-level repertoire on guitar. Great job, Jose!"

-Jake Ramirez, M.M., *guitar instructor*

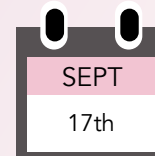
UPCOMING EVENTS:



Studio Holiday



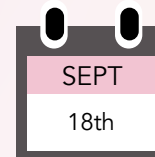
Yvette Mendoza's Birthday



Back-to-School Recital
@ RBC Sheet Music



Back-to-School Recital
@ LOL Comedy Club



Maria Crystalia's Birthday



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