


Mental Preparation for Piano Performance Using Principles of Aikido



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Abstract

Although much has been written about Music Performance Anxiety (MPA), very few of its many definitions and treatments can be holistically applied. Indeed, there is only limited reference to MPA in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders [DMS-IV TR (text revision)].[1] Broadly speaking, "MPA is considered a product of the interaction between fearful thought, autonomic arousal, and behavioral responses to a perceived threat,"[2] a "debilitating stress that has probably been around for as long as there have been musicians." [3] For these reasons, this thesis looks for answers in ancient wisdom, the Shinto[4] and Zen bases of the Japanese martial art of Aikido, which directly translates to "The Way of Harmony," for an innovative step-by-step approach to literally take the mental and physical violence out of MPA. Aikido is the refinement of a centuries-old quest to effectively deal with perceived internal and external threats - fear, anxiety, and ego - in an effort to reach a Zen state of awareness through its practice in everyday life. This holistic approach to the unification of mind and body through training is a way of disconnecting the threat of MPA to achieve optimal musical performance.

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Aikido comprises many techniques using a movement of only one upper limb. These techniques are executed following the same principles of mechanics as shown in Figures 5 and 6. There are many possibilities of mechanical motion versions, thus, their description can be too much expanded upon. Figure 7 presents an example of a more complex technique. The possibilities of using aikido exercises for the disabled have been confirmed by Rugloni [19]. Figure 9. Defence against a fist attack by doing kote gaeshi (published in [14]). Aikido is a peaceful martial art that focuses on using your mind in concert with your body in such a way that harnessing Ki energy becomes second nature. Aikido signifies "The Way of Harmony With the Spirit," and is rightfully recognized as a peaceful and non-aggressive form of martial arts. Don't be fooled by this statement! When aikido is employed in the right manner, it can be devastatingly effective. Seasoned practitioners can easily stop and neutralize powerful assaults from an adversary, as well as counter them with an equal and opposing force. Within the several philosophical teachings involving aikido, one of the most fundamental and critical ones is learning to control oneself. The word "aikidō" in traditional Start studying Mental preparation for performance. Learn vocabulary, terms and more with flashcards, games and other study tools. -When a performer gets mentally ready to give their very best. - attentions solely on performance/no distractions - helps manage nerves and control external pressures - there are different methods which individuals might choose for example ; positive self talk, use of trigger words to recall teaching points, listen to music, stretching/breathing/relaxation. Example of psychological warmup. In rugby getting into a huddle before kickoff. Mental rehearsal. Mental rehearsal is a technique that many high-level performers use before they perform skills that they have specific preparation time. What The great pianist Arthur Rubinstein is said to have learned Franck's Symphonic Variations by engaging in mental practice on a long train trip, playing it on a piano for the first time at the first rehearsal. Is this just the stuff of legend? Or are feats of learning like this possible for us "normal" folks? To what degree can we learn, memorize, and play pieces that are at our ability level without the benefit of an instrument to practice on? Mental practice vs. physical practice. A team of Italian and German researchers conducted a study with 16 pianists (ranging in age from 18 to 36, each wi Mental Preparation for Piano Performance Using Principles of Aikido Harumi Makiyama Chair of the Supervisory Committee: Professor Craig Sheppard School of Music Although much has been written about... Continue Reading. 1. Cite. Save. Feed. Direct observation of imploded core heating via fast electrons with super-penetration scheme.