

PART I. INTERACTIVE SESSION: IMPROVING DYNAMIC POSTURE FOR MUSICAL PERFORMANCE

Robert Friberg, Leigh Anne Hunsaker
Hardin Simmons University, United States of America
rfriberg@hsutx.edu
hunsaker@hsutx.edu

ABSTRACT

Given the almost universal assumptions in brass pedagogy that good posture allows freer air flow and reduces unnecessary tension, corresponding improvements in sound, flexibility, and articulation may be expected with improved posture. Published studies of posture in brass players, however, have not included systematic observations of the perceived quality of these aspects of performance. Recent work by Friberg and Hunsaker has explored this area of interest, finding significant results with short-term postural training. This session begins with a brief review of relevant research followed by an interactive session with audience participation. The neuromechanic of posture is the foundation for understanding efficient and effective movement. The biomechanics and more importantly, neuromechanics and their role in effective motor control, will be explained and demonstrated in a practical and usable manner for performers. Presenters will work with volunteers to establish efficient posture and movement while playing short excerpts of their choosing. Brass players are invited to bring both period and modern instruments. Other instrumentalists and vocalists are also welcome to participate.