

Newsletter

Issue 21 September 2002

**The Musicians
Answering Service**

... The only real choice

Alexander Technique - A Tool for Life

You may be thinking 'yes, I know the Alexander Technique.' After all, most of you will have been fortunate enough to have had lessons at music college. But do you really know what it is, or how it can help you in your everyday life and music-making?

Here's my story: At age fifteen, I had an eight week course of Alexander classes in a small group of young musicians. What did I learn? Nothing more than that the Technique was pleasant when applied to me. It was relaxing and nice. So when I got to the Royal Academy of Music (RAM) I thought, 'I've done that. I don't need it.' Fortunately I had a very good friend who suggested I sign up, so I did. After a year of lessons, I read a book on the Technique, and for the first time ever I realised that it was something I had to LEARN. You may be thinking, 'well, yes, of course I know that!'. But do you really?

Several years on, and many, many hours of Alexander learning later, I understand a bit more. The effects are numerous, and great. I thought it would make horn playing easier. How? That I didn't know. Has it worked? You bet. No disrespect to my wonderful teachers at the RAM, but in my first term of training as an Alexander teacher, my horn playing improved more than in four years at the RAM. No exaggerating. And I have continued making leaps and bounds of improvement ever since. My Alexander teachers were not musicians, and never worked with me whilst playing. By freeing up excess muscle tensions, I freed up my mind. I started to think more clearly, and recognise ways in which I was causing my own difficulties. There is an old Chinese proverb saying, 'Why do you throw stones in your path, when the way is clear?'

I now have a renewed passion for my instrument, and find music to be not only far more enjoyable than previously, but also as my Alexander teacher at the RAM suggested it would be effortless. I don't know of any other method of learning that allows a person to say that!

Kerin Black is a London freelance horn player and teacher of the Alexander Technique. For more information on the Alexander Technique, or to arrange lessons, please call Kerin on 07958 648 698, or send an e-mail to kblack@frenchhorn.fsnet.co.uk

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Current Staffing :

Managers:

Abbie & Tania

Co-ordinators:

Amy

Angela

Ashley

Dominic

Mary

Oliver

Rosie

CV PUBLICATION

Fixers will be receiving our next full CV publication this month.

If you would like to update your current CV, or have not yet added it to our publication and would like it to be included, the deadline for entries is the 1st September 2002.

Remember it is *free* and goes out to all fixers, as well as going on our website.

