

PRACTICE AND POSTURE FOR THE NOVICE AND BEGINNER



THE SHEPHERD WAY

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AS WELL AS REQUIRING A CERTAIN DEGREE OF FINGER DEXTERITY, PERFORMING ON THE GREAT HIGHLAND BAGPIPE REQUIRES A HIGH LEVEL OF MUSCULAR CO-ORDINATION.

ASSUMING YOU HAVE LEARNT AND MEMORISED A FEW TUNES AND DEVELOPED A CERTAIN DEGREE OF FINGER DEXTERITY, PROVES YOU HAVE APPLIED PATIENCE AND ADOPTED THE NECESSARY STRUCTURE REQUIRED TO LEARN THIS UNIQUE INSTRUMENT.

WHEN PRACTICING AND DEVELOPING YOU'RE FINGERING TECHNIQUE WITH THE PRACTICE CHANTER, YOU WERE PROBABLY INSTRUCTED, OR OBSERVED THE NEED TO ACQUIRE A RELAXED FINGER DEPARTMENT, IN OTHER WORDS MOVEMENT OF YOUR FINGERS WITHOUT CREATING TENSION. THE SAME CRITERIA MUST BE APPLIED WITH YOUR BODY POSTURE WHEN PERFORMING WITH THE BAGPIPE.



FIRST PRACTICE TO ACHIEVE A COMFORTABLE DEGREE OF CONTROL AND BALANCE OF THE INSTRUMENT AS THE PICTURES ABOVE SUGGEST

THEN WHEN IN THE PLAYING POSITION
(STANDING IN FRONT OF A MIRROR WILL HELP
YOU TO DEVELOP GOOD POSTURE)
VERIFY IF YOU ARE STANDING IN YOUR
NATURAL STANCE AND NOT CREATING
TENSION IN ANY PART OF YOUR BODY

**REMEMBER THE LENGTH OF THE BLOWPIPE
AND SIZE OF THE PIPE BAG ARE IMPORTANT
FACTORS IN HELPING YOU TO ACHIEVE GOOD
POSTURE.**



YOUR NEXT OBJECTIVE IS DEVELOPING MUSCULAR CO-ORDINATION OF YOUR ARM PRESSURE ON THE PIPE BAG. THIS IS THE SECRET OF PRODUCING A WELL INTONATED INSTRUMENT.

ASSUMING THE BAGPIPE IS AIRTIGHT AND THE REEDS ARE REASONABLY BALANCED THE EXPERIENCED PIPER SHOULD EASILY PLAY BETWEEN 4 AND 8 BARS OF A TUNE IN MARCH TIME USING ONLY ARM PRESSURE.



AS AN EXERCISE AND MEASUREMENT OF YOUR PROGRESS, MAKE TIME IN YOUR PRACTICE SCHEDULE TO;

- 1. AFTER FILLING THE BAG, ALLOW THE BLOWPIPE TO LEAVE YOUR MOUTH WHILST CONTINUING TO PLAY A TUNE***
- 2. FIND OUT HOW MANY NOTES YOU CAN ACHIEVE, IN THIS SITUATION.***
- 3. TRY AND BUILD ON THIS INITIAL ACHIEVEMENT***
- 4. DON'T BE ALARMED IF AT FIRST YOU ONLY ACHIEVE A MINIMAL NUMBER OF NOTES. SOON YOU WILL START TO DEVELOP STRENGTH AND CO-ORDINATION IN YOUR ARM PRESSURE AND WITNESS AN APPRECIABLE IMPROVEMENT IN YOUR PLAYING TECHNIQUE***

