

FREEING THE CAGED BIRD



Developing Well-Coordinated,
Injury-Preventive Keyboard Technique
with
BARBARA LISTER-SINK

TECHNIQUE EVALUATION VIA VIDEO OR DVD Barbara Lister-Sink, Instructor

The video lesson format is very useful for an initial evaluation and assessment of your technique and body use at the keyboard (piano, organ, electronic keyboard, etc.). It includes making a short video of your playing, a video evaluation from me, 2 telephone consultations, and suggestions for follow-up. Following is the format for making the video, as well as an itemization of what you can expect in my return video analysis:

I. FORMAT FOR MAKING THE VIDEO/DVD

Specifications for the video lesson/evaluation are as follows:

- 1) INFORMATIONAL FORM: Please print out, complete and include the form below with your videotape.
- 2) VIDEO TAPE: Please film the video on standard VHS or a mini-tape that can be used with a converter on a standard VHS camcorder.
- 3) LENGTH: Length should be 10 minutes minimum and up to 30 minutes maximum.
- 4) INTRODUCTION: Your verbal introduction should include a brief outline--facing the camera--of your pianistic background; your history of injury, if pertinent; your present technical concerns; and anything you think I need to know to assist you technically.
- 5) CAMERA ANGLES: If possible, please set up the camera for 3 angles.
 - A side-angle shot of the torso from the bench to the top of the head.
 - A close-up of the arm and hand. Both sides would be best.
 - A camera angle from the back while playing.
- 6) CONTENT/REPERTORY: Please play whatever you like, but it is best to include fragments of pieces, both slow and fast. I do not need to see a great deal, but please play as much as you wish to play to feel that you have represented yourself satisfactorily, both technically and musically. During or between pieces or fragments, feel free to comment or

ask specific questions.

7) CONCLUSION: After playing, please ask specific questions and express any special concerns.

II. VIDEO ANALYSIS/LESSON PROCEDURE

My video analysis/lesson includes the following:

- 1) Watching the video twice and taking notes on general alignment, muscle efficiency, potentially harmful overall body-use habits and tension patterns, and more specific arm/hand/finger use. If the sound is clear enough, I may also comment on sound production.
- 2) A 15+ minute follow-up call within one week of receiving the video (please include your telephone number with the video) or email (whichever you prefer) giving a synopsis of what I saw. It may take a bit longer if I am out-of-town or otherwise professionally engaged.
- 3) A video evaluation (approximately 30 minutes) usually continued on your original video, in detailed response to your concerns and questions. Suggestions will then be made for general and specific improvement. You should receive my video analysis within 2 weeks of your sending me your video.
- 4) A further follow-up call or email from you, if you wish, to answer questions after you have viewed the video.

III. FEE: \$100

This includes time spent on viewing, recording the lesson and telephone consultation, as well as cost for video mailing. You may pay by check (included with your video), VISA or Master Card, or via my website via PayPal.

IV. ADDRESS:

Barbara Lister-Sink
WINGSOUND International
P.O. Box 575
Lewisville, NC, USA 27023

NOTE: If you have further questions about the Video/DVD Evaluation, please email me at wingsound@gmail.com or call 336/945-3051 in North Carolina. Also, please inform me by email if you are sending a video/DVD for evaluation.

VIDEO EVALUATION FORM

Date_____

Name_____Date of Birth (optional)_____

Street Address_____

State/Country_____Zip_____

Telephone (____) _____Cell Phone (optional) (____)_____

E-Mail_____

Brief Description of Musical Background (degrees, schools, number of years of study)

Present Musical Activities and/or Music Employment

Main Technical Concerns & Questions