

PLAY GUITAR WORKSHOP DETAILS

INTRODUCTION

- 1.1. The Question - Play Don't Study
- 1.2 PDF List Of Workshop
- 1.3 Workshop Details - welcome to workshop 3

PRACTICAL

Let's Go

- 2.1 Posture PDF - a recap on why posture is important.
- 2.2 Posture Points - A look at the notion of sinking and how to practice it.
- 2.3 Preparation Exercises - Learning to swing and gather momentum to help your Tai Chi.
- 2.4 Footwork - The half-step, freeze frame work and silent stepping.
- 2.5 Breath - let the ocean in.
- 2.6 The Move: Playing the Guitar
- 2.7 Final Words

EMPTY YOUR CUP

- 3.1 Looking at the characters and the literal meaning.
- 3.2 Looking at the Application and how it works.
- 3.3 Applying the move to the 21st Century . looking at the notions of Grounding and Play

WRAP IT UP

- 4.1 What to Practice - 8 steps for good regular practice.
- 4.2 Sneak Preview of next workshop.