



# Organizing the “SHED”

Joseph L. Jefferson, DMA

Director of Jazz Studies

Southeast Missouri State University

Jazz Education Network Conference (2022)

# OVERVIEW

- **Organizing the “SHED”** - is a guide to help developing jazz musicians organize & focus their daily practice sessions. Prior to the session, the following topics should be considered: Changing Your Mindset, Honesty, Rest, Consistency, and Session Goals. This method is designed to help jazz musicians set goals and have meaningful practice sessions that will ultimately help developing jazz musician break down heavier topics into smaller chunks to make the content more accessible. This poster session will break down the following aspects of developing a jazz routine: the warmup, fundamentals, scales/patterns/triad pairs, phrasing, chord spelling, transcription, tune learning, guide tones, improvisation, and most importantly listening.





*THOUGHTS TO CONSIDER  
BEFORE WE HIT THE  
SHED....*



## CHANGING YOUR MINDSET:

### #1

- As with most musicians, the hardest part of practice is “SITTING DOWN” and getting started. Secondly, we begin to “THINK” about how much time we have to practice. In most cases, we begin practice without having clear goals in mind. Maximizing the time of each session will allow you to focus each “SHED” to address your deficiencies and goals. (Free from the distractions of your Cell Phone, Facebook, and Instagram etc.)



## HONESTY

### #2

- Be honest with yourself.... I know, I know.... This is the most difficult part of being a musician. Having these timed “SHED” sessions will allow you to clearly identify those “shaky” aspects of your playing and address them. In order to improve, we must constantly put our playing “under the microscope.” Address the issues DON'T run from them.

# REST

## #3

- Rest.... Something we wish we would have done but don't realize it until we start to "FEEL" it. The timed sessions allow you to "STOP" and rest your chops. This time will force you to get the horn "OFF YOUR FACE". This is your opportunity to get up, stretch, clear your mind and get ready for your next "SHED" session.







## CONSISTENCY

### # 4

- This only works if you do! Be diligent in your efforts and patient with your progress. Stay consistent with this regimen until it becomes a fixture in your daily lives. Results will follow!



## SESSION GOALS

### # 5

- I recommend that you keep a **practice journal** to track what you have practiced. Be specific, list tempo markings, issues with playing, things that went well, and what needs improvement? Before you start each session look back on your previous work and set goals and refocus goals for every task. Start each session with a focus to improve on items played previously. This helps keep you working towards accomplishing your goals for the session, week, month, year, etc.

Now, let's get to the SHED...



---

# THE SHED

---

## 1<sup>st</sup> 25 Minute Session (FUNDAMENTALS)

### (Set phone to airplane mode)

- Mouthpiece Buzzing (*Brass specific – establish a connection w/ embouchure and pitches*)
- Glissing (*Keep the air moving*) – Trombone Specific
- LONG TONES
- **SLOW** Lip Slurs, (focus on intonation)
- Lip Flexibility Exercises (Faster slurs, Larger Intervals)
- Scales, *Maj, Minor (All forms), Pentatonics– Maj, MIN – b3, b6*

---

# THE SHED

---

## 2<sup>nd</sup> 25 Minutes Session (TECHNIQUE)

(Set phone to airplane mode)

- Tonguing Speed/Development
- Patterns/Triad Pairs, Dominant 7 Chords etc. (All articulations Staccato, Legato, Marcato, Tenuto, DOUBLE Tongue etc.) *Make a conscious effort to differentiate between each articulation. If you can't, SLOW them down!*
- Etudes

---

# THE SHED

---

## 3<sup>rd</sup> 45 Minutes Session (LANGUAGE DEVELOPMENT)

(Set phone to airplane mode)

- Transcribe, Learn & Memorize Jazz melody from Recordings
  - 1 per week (if possible)
  - Includes Melody, Chords, Key, Form, Style and any stylistic characteristics commonly associated with the song
- If you don't have friends AROUND, you can play with, use a backing track, or play with the recording **EVERY DAY!** (Aebersold, iReal Pro App, YouTube)
- Work on Vertical Chord Tone Spelling & Voice Leading. (Helps w/ interpreting and making the changes)

---

# THE SHED

---

## 4<sup>th</sup> 45 Minutes Session ("GETTIN' YOUR EARS TOGETHER")

(Set phone to airplane mode)

- LISTEN!! Work on playing exact nuances of the MASTER'S and developing your language and desired sound concept. Listen to your HERO'S. **Recordings are your biggest asset.** (*Not just instrumentalist! Singers too!*)
- Transcribe, Aurally & Written. Start small (8, 12, 16, and 32 measures).
  - Play written Transcriptions

---

# THE SHED

---

## 5<sup>th</sup> 20 Minute Session (RECORDED SESSION)

(Set phone to airplane mode)

- SESSION OF APPLICATION  
(includes being on the bandstand)
- *APPLY* previously session materials to the selected tune in your improvisations.
- *\*\*At the conclusion of session, listen back, take notes, document areas of improvement and things that still need to be developed.*  
\*\*





# Questions?

Contact me at:

email: [jjefferson@semo.edu](mailto:jjefferson@semo.edu)

website: [josephljefferson.com](http://josephljefferson.com)

instagram: [josephljefferson\\_trombonist](https://www.instagram.com/josephljefferson_trombonist)