



TRAIN RHYTHM & IMITATION

GUIDELINES & RULES - 6/6/20

From my experience, it's my strong belief that the best possible way to expedite ones playing progress is by *smartly practicing the Train. Committing 5 minutes a day to this is the most direct path to building better rhythm, tone, blues breath control, dynamics, relaxation, and throat tremolo. It's also the easiest thing to do because it can be played using ONLY chords.

GUIDELINES for *SMARTLY PRACTICING & PLAYING

1. Always begin and end with a whistle - Use lots of whistles with different durations!
2. DON'T break the rhythm whether it's accel, decel or effects - Try and "Sway" or "twist"
3. Always include holes 1 & 2 in the Rhythm and don't play chords flat.
4. Use a MIRROR! Check yourself for tension and discomfort and air buildup. (air-jam)
5. Accent the first **exhaling** breath to keep that air moving out and not building up.
6. Use a metronome to check yourself while maintaining constant groove.
7. As you speed up you should get slightly quieter. Play loudest at the start and finish.
8. Articulate from the throat using a gentle cough, not the diaphragm
9. Improvise with the countless variations of the effects, whistles and head & hand tones.

WHISTLES (*when in doubt, inhale*) Four ways and levels to think of them

1. No bends on any combination of inhaling on holes 2, 3, 4 & 5
2. Ornamental bends
3. Advanced Bends
4. Tremolo - hands or throat

RHYTHM EFFECTS

1. The Attack -
 - a) Throat (*cough*) - **Who Who Huh Huh** - your BIG SOUND & TONE TRAIN
 - b) Tongue - **tuc kuh tuc kuh** - best for speed and accompaniment playing
 - c) Combinations of Both
2. Dynamics (*volume*) tunnel effect - Suddenly getting very quiet
3. Head Tone - Priority! Practice going from biggest to smallest - Wide open to closed
4. Hand Tone - Last priority - Practice going from no resonance to max resonance
5. Steam - **Sssh Who Huh Huh** - Best during accel and decel

SPECIAL EFFECTS

1. Wheels Slipping - Use during acceleration
2. Trestle - Two rhythms - Don't break the main rhythm
3. Model T Race
4. Dogs barking / whooping - Fox Chase or other narration

BREATH VARIATIONS

1. 2/2 - Simplest - 2 exhaling & 2 inhaling - Best to accent the exhale breath
2. 4's Best with the tongue attack - Great for accompaniment playing - Use accents!
3. 1/3 Usually an inhale followed by 3 exhales - **Uh who do do** - **Uh he yuh duh**
4. FoxChase LostJohn - **Who - - - puh duh** or **Who - - - uh duh**

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“Who Who Huh Huh” - articulate from the throat with a gentle cough - 6/6/20

