



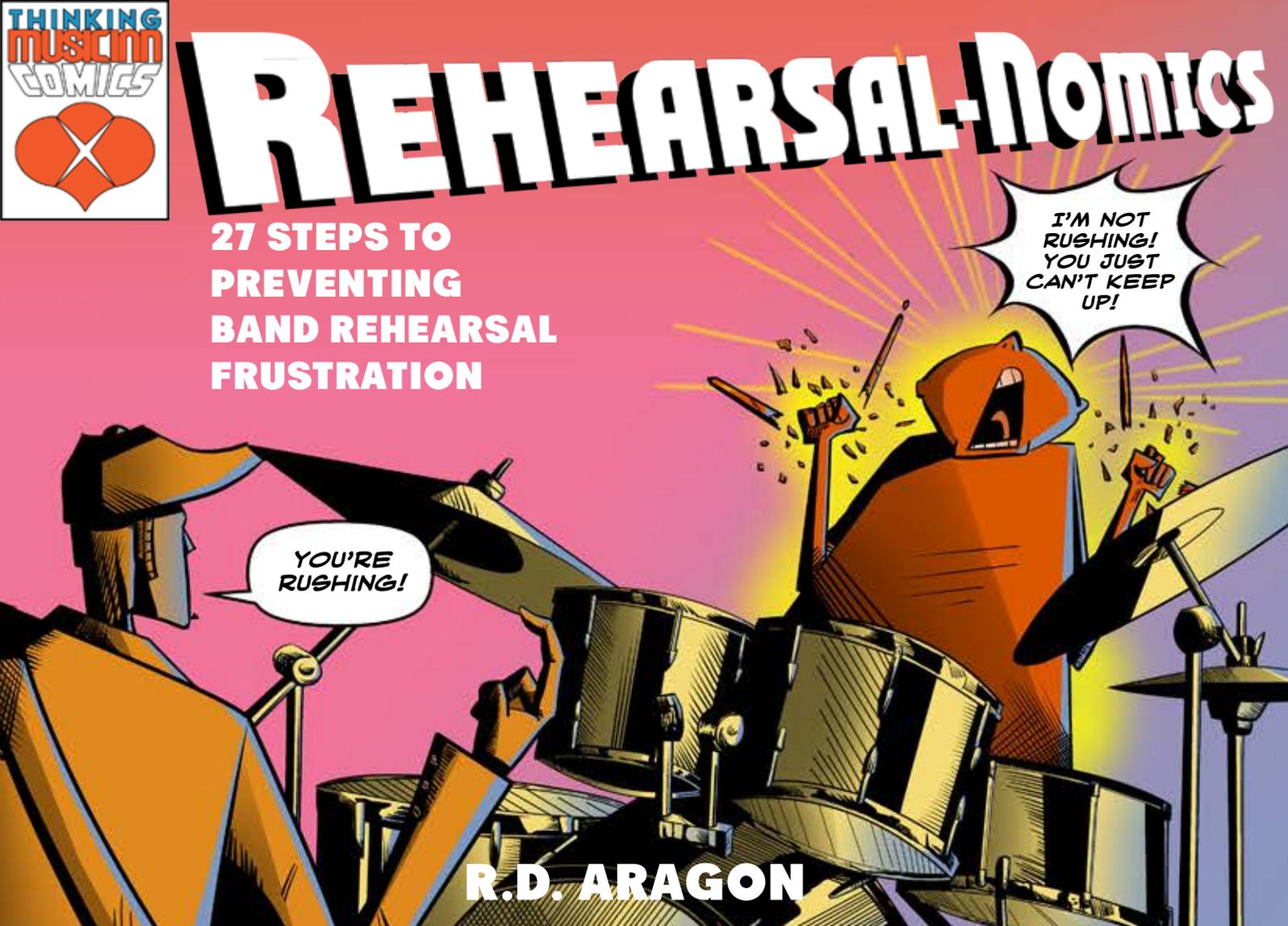
# REHEARSAL-DOMICS

**27 STEPS TO  
PREVENTING  
BAND REHEARSAL  
FRUSTRATION**

**I'M NOT  
RUSHING!  
YOU JUST  
CAN'T KEEP  
UP!**

**YOU'RE  
RUSHING!**

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# **BEST MUSIC CAREER ADVICE NEWSLETTER**

HEY FRIEND, WHAT'S CRACKIN'? MY NAME IS ROLAND DE ARAGON FOUNDER OF THINKING MUSICIAN AND AUTHOR OF THE "14 COMMANDMENTS OF MUSIC PRACTICE"; HAVE YOU EVER ASKED YOURSELF?

HOW CAN I LAND A GREAT PAYING GIG?  
HOW DO I KEEP MY BAND TOGETHER?  
HOW DO I BECOME A BETTER PERFORMER?  
HOW CAN I PRACTICE MORE EFFECTIVELY?  
HOW DO I MANAGE MY GIG MONEY SO IT WON'T RUN OUT?  
HOW CAN I SURVIVE IN THE MUSIC INDUSTRY JUNGLE AND STILL PAY MY BILLS?  
HOW DO I CONDUCT BAND REHEARSALS MORE EFFECTIVELY?  
HOW CAN I INCREASE MY MUSICAL KNOWLEDGE IN TECHNIQUE AND THEORY?  
HOW CAN I NETWORK MORE EFFECTIVELY?

THIS IS WHAT THE THINKING MUSICIAN NEWSLETTER CAN DO FOR YOU.

OUR QUEST IS TO BRING YOU THE STORIES, INSIGHTS, ADVICE, LESSONS, AND PSYCHOLOGY ONE NEEDS ON HOW A THINKING MUSICIAN APPROACHES A GIG, PRACTICING, REHEARSAL, NETWORKING, LEADERSHIP, MUSIC THEORY, PERFORMANCE, CAREER, HEALTH AND FINANCES, SO YOU WON'T HAVE TO FIGURE IT OUT.

DO YOURSELF A FAVOR AND SUBSCRIBE TO THINKING MUSICIAN (IT'S FREE), AND YOU'LL GET PROVEN TACTICS AND STRATEGIES THAT I'VE EXPERIENCED AND RESEARCHED FROM THE MOST SUCCESSFUL MUSICIANS IN THE WORLD, AND OF COURSE, ME.

GO HERE NOW! [THINKINGMUSICIAN.COM/NEWSLETTER](https://thinkingmusician.com/newsletter) AND SCROLL TO THE BOTTOM.

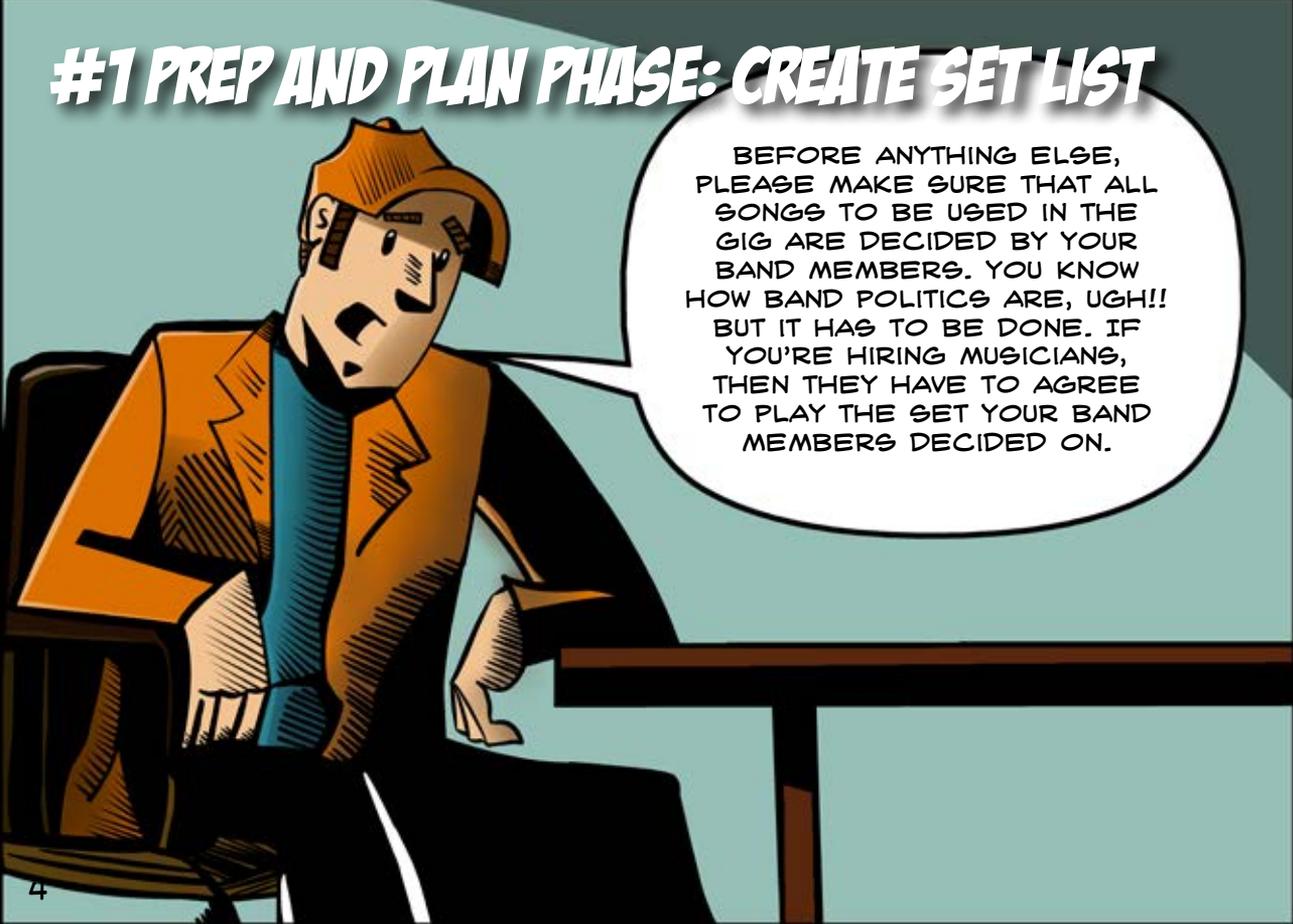


WELCOME FRIEND TO REHEARSAL-NOMICS!  
DOES IT SEEM THAT YOU REHEARSE WITH YOUR  
BAND EVERY WEEK AND CAN'T SEEM TO GET IT  
TOGETHER? DON'T FRET, MY PET, THIS GUIDE  
WILL STEER YOU AND YOUR BAND IN THE RIGHT  
DIRECTION. PLANNING IS KEY TO A PRODUCTIVE  
REHEARSAL.

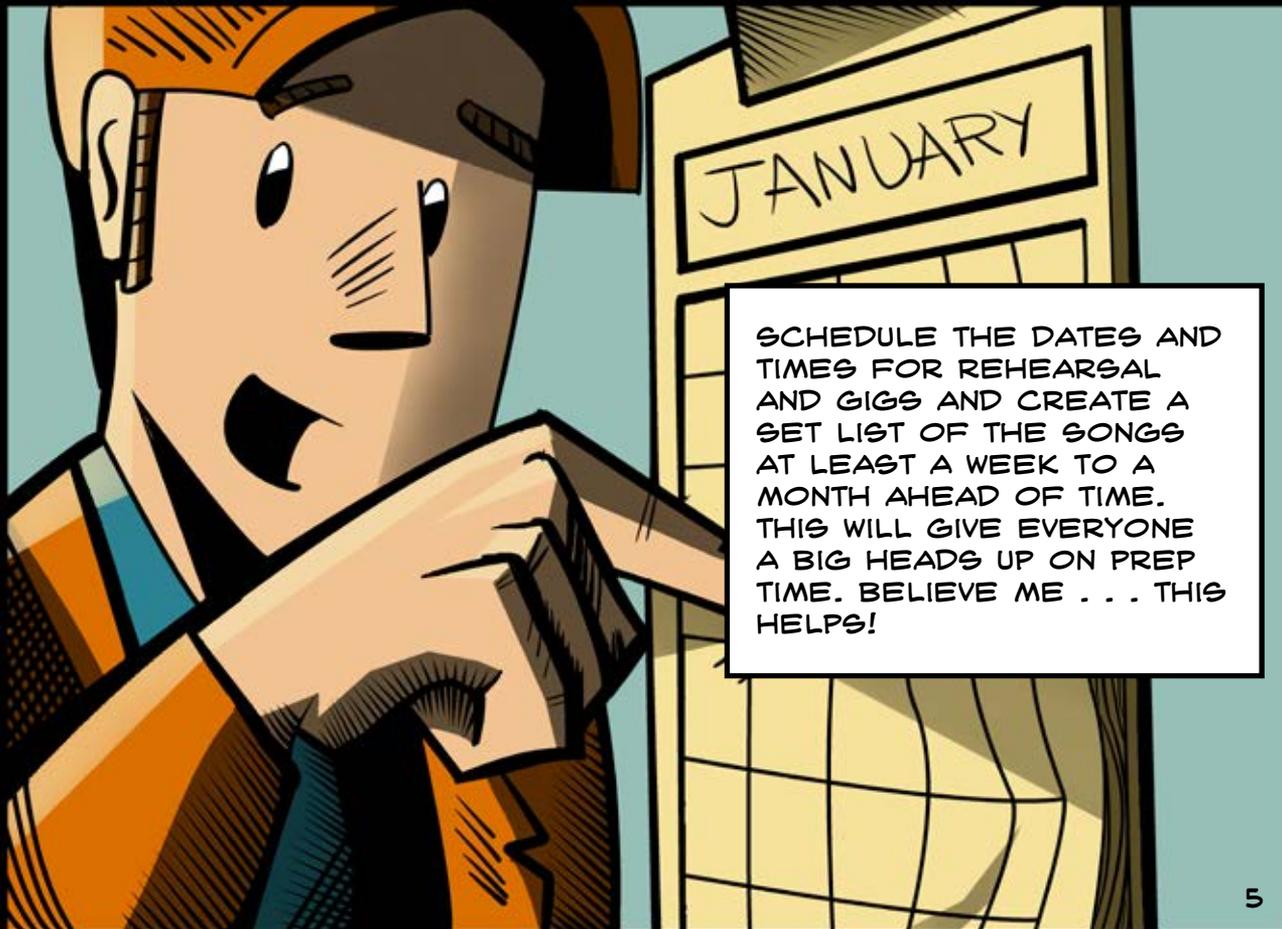
THERE ARE THREE PHASES:

1. PLANNING AND PREP PHASE.
2. REHEARSAL PHASE.
3. GIG PHASE.

# #1 PREP AND PLAN PHASE: CREATE SET LIST



BEFORE ANYTHING ELSE,  
PLEASE MAKE SURE THAT ALL  
SONGS TO BE USED IN THE  
GIG ARE DECIDED BY YOUR  
BAND MEMBERS. YOU KNOW  
HOW BAND POLITICS ARE, UGH!!  
BUT IT HAS TO BE DONE. IF  
YOU'RE HIRING MUSICIANS,  
THEN THEY HAVE TO AGREE  
TO PLAY THE SET YOUR BAND  
MEMBERS DECIDED ON.



SCHEDULE THE DATES AND TIMES FOR REHEARSAL AND GIGS AND CREATE A SET LIST OF THE SONGS AT LEAST A WEEK TO A MONTH AHEAD OF TIME. THIS WILL GIVE EVERYONE A BIG HEADS UP ON PREP TIME. BELIEVE ME . . . THIS HELPS!

## #3 CONTACT BAND MEMBERS

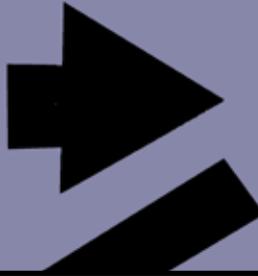
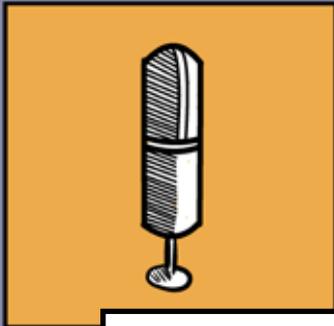


EMAIL EVERYONE A FEW DAYS  
TO A WEEK BEFORE THE FIRST  
REHEARSAL.

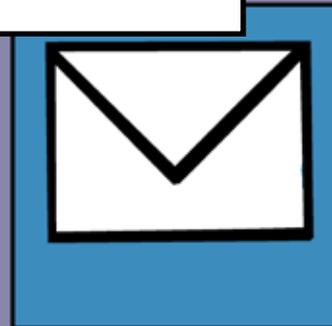
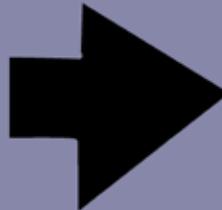
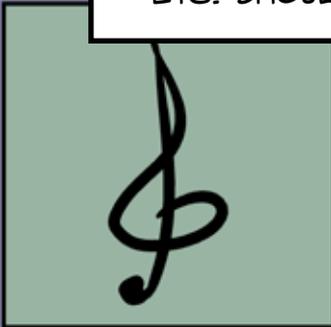
## #4 SEND FULL DETAILS

THE EMAIL SHOULD GREET EVERYONE, GIVE EXPECTATIONS AND ENCOURAGE ONE ANOTHER. IT SHOULD ALSO GIVE A DESCRIPTION AND ORDER OF THE SONGS AND DON'T FORGET CALL TIME REMINDERS.

# #5 SEND LINKS AND ATTACHMENTS



RECORDINGS, YOUTUBE LINKS, MUSIC LEAD CHARTS,  
ETC. SHOULD BE ATTACHED TO THE EMAIL.



## #6 SEND DETAILS AHEAD OF TIME

ALL EMAILS SHOULD BE RECEIVED BY EACH MEMBER WELL AHEAD OF TIME GIVING PREP TIME FOR PERSONAL PRACTICE BEFORE BAND REHEARSAL.





LET US MOVE ON TO  
THE REHEARSAL PHASE.

## #7 REHEARSAL PHASE: SET UP TIME.



REHEARSAL PHASE: BEFORE A SINGLE NOTE IS PLAYED, MAKE SURE EVERYONE IS SET UP, TUNED UP AND SOUND CHECKED. IT SHOULD TAKE NO MORE THAN 10-15 MINUTES.

# #8 WARMUP



# #9 2 HOUR MINIMUM REHEARSAL



I RECOMMEND PLAN-  
NING ABOUT 2-3 HOURS  
OF REHEARSAL TIME.  
IF YOUR BAND IS NOT  
TIGHT, YOU MIGHT NEED  
ANOTHER REHEARSAL.

# #10 BEGIN REHEARSAL

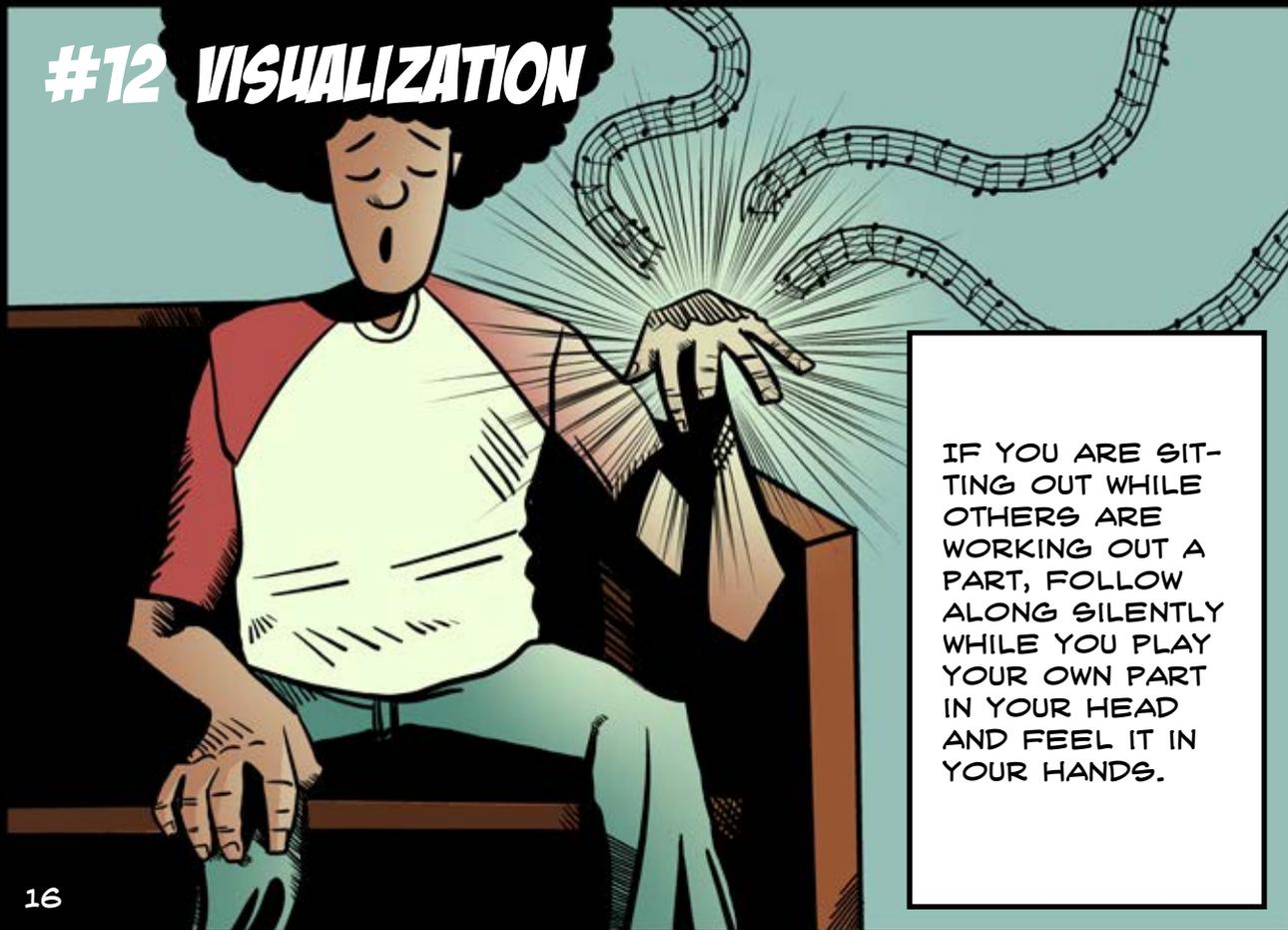


NOW IT'S TIME TO  
START PRACTICING AND  
WORKING OUT SONGS,  
CREATING INTERPRE-  
TATIONS, FIXING UP  
PARTS, AND GETTING  
READY TO PERFORM.

# #11 MUST KNOW TUNES



## #12 VISUALIZATION



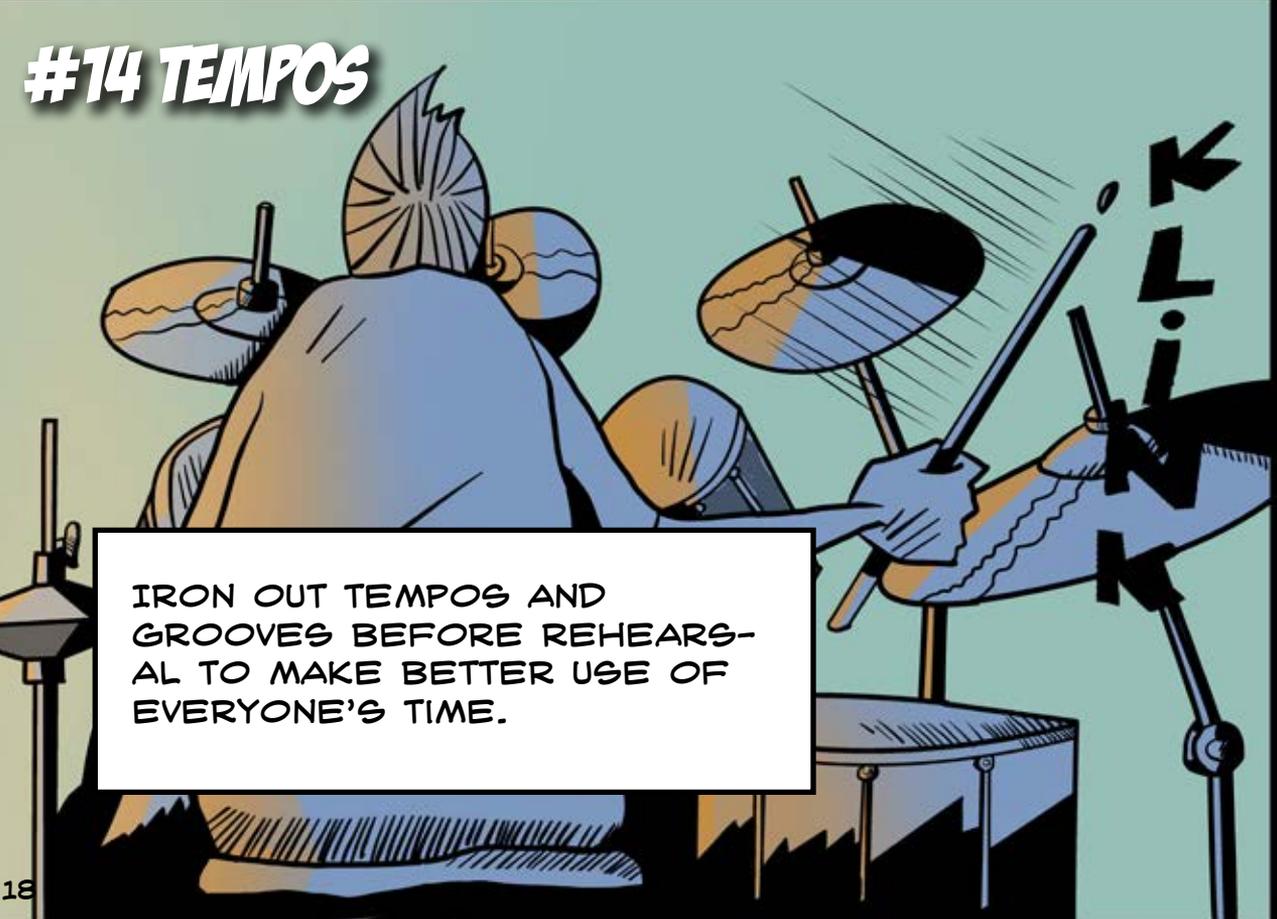
IF YOU ARE SITTING OUT WHILE OTHERS ARE WORKING OUT A PART, FOLLOW ALONG SILENTLY WHILE YOU PLAY YOUR OWN PART IN YOUR HEAD AND FEEL IT IN YOUR HANDS.

# #13 STOP WASTING TIME



AVOID SPENDING TOO MUCH TIME ON INDIVIDUAL PARTS WHEN THE WHOLE BAND IS TOGETHER; IT WASTES EVERYONE ELSE'S TIME. A LITTLE BIT OF THIS IS IMPORTANT WHEN WORKING OUT A GROOVE, BUT TRY TO MINIMIZE IT.

# #14 TEMPOS



IRON OUT TEMPOS AND GROOVES BEFORE REHEARSAL TO MAKE BETTER USE OF EVERYONE'S TIME.

