
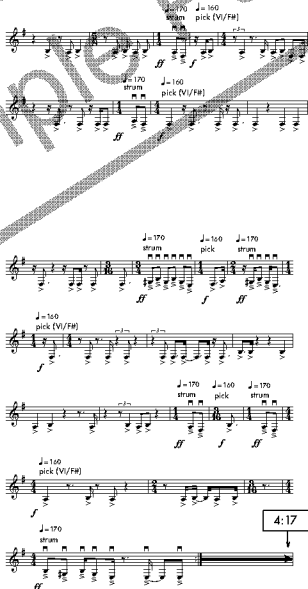


Time	Cello	Clarinet	Guitar	Trombone	D. Bass	DVD
0:00	<p>Start stopwatch. Move into starting position quickly and smoothly and hold.</p> <p><u>Starting position:</u> Sit up straight in your chair, your instrument and bow in position to play at 3:37. You are poised for action like a Zen monk – “a concentration of energy immediately available for anything.” Your eyes should be almost completely closed – open just enough to see your stopwatch.</p>	<p>Start stopwatch. Move into starting position quickly and smoothly and hold.</p> <p><u>Starting position:</u> Sit up straight in your chair, your <b>flags</b> on your lap, in position to move at 2:31. You are poised for action like a Zen monk – “a concentration of energy immediately available for anything.” Your eyes should be almost completely closed – open just enough to see your stopwatch.</p>	<p>Start stopwatch. Move into starting position quickly and smoothly and hold.</p> <p><u>Starting position:</u> Sit up straight in your chair, your <b>guitar</b> in position to play at 1:15. You are poised for action like a Zen monk – “a concentration of energy immediately available for anything.” Your eyes should be almost completely closed – open just enough to see your stopwatch.</p>	<p>Start stopwatch. Move into starting position quickly and smoothly and hold.</p> <p><u>Starting position:</u> Sit up straight in your chair, your <b>glo-sticks</b> on your lap, covered with a cloth or your shirt so the light can't be seen, in position to move at 1:29. You are poised for action like a Zen monk – “a concentration of energy immediately available for anything.” Your eyes should be almost completely closed – open just enough to see your stopwatch.</p>	<p>Start stopwatch. Move into starting position quickly and smoothly and hold.</p> <p><u>Starting position:</u> Sit up straight in your chair, your instrument and bow in position to play at 3:37. You are poised for action like a Zen monk – “a concentration of energy immediately available for anything.” Your eyes should be almost completely closed – open just enough to see your stopwatch.</p>	(Silent)

<b>0:15</b>	The ensemble begin breathing as one, inhaling through the noise and exhaling through the mouth. Breathing should be audible for audience, without being stagey.  0:15 inhale over 5"	The ensemble begin breathing as one, inhaling through the noise and exhaling through the mouth. Breathing should be audible for audience, without being stagey.  0:15 inhale over 5"	The ensemble begin breathing as one, inhaling through the noise and exhaling through the mouth. Breathing should be audible for audience, without being stagey.  0:15 inhale over 5"	The ensemble begin breathing as one, inhaling through the noise and exhaling through the mouth. Breathing should be audible for audience, without being stagey.  0:15 inhale over 5"	The ensemble begin breathing as one, inhaling through the noise and exhaling through the mouth. Breathing should be audible for audience, without being stagey.  0:15 inhale over 5"	
<b>0:20</b>	Exhale over 8"	Exhale over 8"	Exhale over 8"	Exhale over 8"	Exhale over 8"	
<b>0:28</b>	Inhale over 6"	Inhale over 6"	Inhale over 6"	Inhale over 6"	Inhale over 6"	
<b>0:34</b>	Exhale over 8"	Exhale over 8"	Exhale over 8"	Exhale over 8"	Exhale over 8"	
<b>0:42</b>	Inhale over 7"	Inhale over 7"	Inhale over 7"	Inhale over 7"	Inhale over 7"	
<b>0:49</b>	Exhale over 7"	Exhale over 7"	Exhale over 7"	Exhale over 7"	Exhale over 7"	
<b>0:56</b>	Inhale over 6"	Inhale over 6"	Inhale over 6"	Inhale over 6"	Inhale over 6"	
<b>1:02</b>	Exhale over 9"	Exhale over 9"	Exhale over 9"	Exhale over 9"	Exhale over 9"	
<b>1:11</b>	Inhale over 4"	Inhale over 4"	Inhale over 4"	Inhale over 4"	Inhale over 4"	

<p><b>1:15</b></p>	<p>Quick exhalation in your own time, gradually open your eyes, keep completely still.</p>	<p>Quick exhalation in your own time, gradually open your eyes, keep completely still.</p>	<p>Quick exhalation in your own time, open your eyes and begin playing. Guitar is set to <b>banjo</b> and played as detailed in notes above.</p> 	<p>Quick exhalation in your own time, gradually open your eyes, keep completely still.</p>	<p>Quick exhalation in your own time, gradually open your eyes, keep completely still.</p>	
<p><b>1:29</b></p>				<p>Holding a glo-stick in each hand, make movements with your hands. Alternate between <b>constellations</b> and <b>spelling</b>.</p> <p>For <b>constellations</b>, pick out the stars in the constellation indicated, alternating hands as you go, and freezing for a few seconds on your last position.</p>		

For **spelling**, hold your hands close together and draw the characters indicated in the air, very large, heavily, as if pulling the sticks through toffee. Freeze and hold for a few seconds at the end. Repeat sheet from beginning as necessary.

Ex. 1.29 Tbne.mov gives a rough example.

