

### HEALTH, SAFETY AND LIFESTYLE ISSUES:

"Keep fit. Eat properly. The beer diet makes it difficult to perform for over an hour. Always stretch before performing."  
(*Marcus Powell*)

"Singers have the most work, because your body is your instrument. If you don't look after it, then you can't really go to the store and buy a new one..." (*Jeremy Mayall*)

"Don't accept free stuff from the audience (drugs, drink...)." (*Huia Hamon*)

"Pace your party-time!" (*Ladi6*)

"Playing live is demanding – look after yourself, don't be a drunken idiot when you're out playing – your opportunities will dry up fast if you do!" (*Brent Strathdee*)

"Sleep, eat and rehydrate." (*Hannah Howes*)

"Buy some custom moulded ear plugs. I only just did, and I wish I had 10 years ago."  
(*Mike Fabulous*)

"Just because it's free doesn't mean you need to drink it all. Much more than a couple of drinks makes most people play worse." (*Paul McLennan-Kissel*)

### FINDING OPPORTUNITIES TO PERFORM:

"Ask other bands, create your own gigs, be prepared to play for free, be humble and don't throw your weight around – if you're good, bigger and better opportunities will arise."  
(*Brent Strathdee*)

"There are always places to play. Word gets round pretty fast. Be an avid spectator too." (*Charlotte Yates*)

"Be proactive. Sitting around waiting for gigs to land in your lap is about as effective as buying a lotto ticket."  
(*Tama Waipara*)

"Be friendly and reliable with all you meet. There are plenty of bands to choose from out there, and most people can't be bothered dealing with arrogant or flakey folk."  
(*Paul McLennan-Kissel*)

"To start with my philosophy was never say no... now I get to pick and choose a bit." (*Hannah Howes*)

### OTHER COMMENTS RE PERFORMANCE(S):

"Treat each performance seriously regardless of the audience. Whether the audience is 1 or 1000 – GO HARD!" (*Brent Strathdee*)

"If people have come to your gig they must want to see you play. Every show should get your best, whether 10 people or 100 people are there. Lighting makes a bigger difference than you think. Tune those guitars up."  
(*Anna Coddington*)

"I've learnt to stretch before big gigs – hands, legs, arms, back, and then I jump up and down a few times to get the blood moving. Sometimes I feel a bit stupid, but the reality is if you don't, you'll spend the first three songs warming up instead. It can also help with nerves."  
(*Mike Fabulous*)

"Be aware of your gestures on stage as you can look like you don't care about being up there – that's the biggest turn-off for the audience..." (*Huia Hamon*)

"Use 'You-tube' – a great resource for looking at and learning from performances." (*Rio Hempopo*)

"Remember that when you're performing for an audience that they matter. They turned up to see you, so their part is done. Now you owe them." (*Tama Waipara*)



JEREMY MAYALL (ONE FAT MAN)



ANNA CODDINGTON



BRENT STRATHDEE (HANGMAN, DJ DEFINITE)



TAMA WAIPARA



GRAYSON GILMOUR (SO SO MODERN)

NZMC WISH TO  
THANK THESE GREAT  
NZ PERFORMERS (WHO ARE  
ALSO MUSICIANS MENTORING  
IN SCHOOLS) FOR THEIR  
CONTRIBUTIONS HERE.

# PERFORMANCE TIPS

## FROM NEW ZEALAND MUSICIANS MENTORING IN SCHOOLS



MIKEY ROCKWELL (THE FUNK CLINIC, THE SHADES)

RIO HEMPOPO (BREAKS CO-OP, FAT FREDDYS DROP)

JUSTIN FIREFLY (AGE PRYOR, FAT FREDDYS DROP)

BRENT STRATHDEE (HANGMAN, DJ DEFINITE)

LA MITCHELL (LA MITCHELL BAND)

PAUL McLENNAN-KISSEL (JU JU CREW)

MIKE FABULOUS (THE BLACK SEEDS)

GRAYSON GILMOUR (SO SO MODERN)

JEREMY MAYALL (ONE FAT MAN)

MARCUS POWELL (BLINDSPOTT)

SONYA WATERS (WHITE SWAN)

HUIA HAMON (KOG STUDIOS)

CHARLOTTE YATES

ANNA CODDINGTON

HANNAH HOWES

TAMA WAIPARA

TYNA KEELAN

LADI6



# PERFORMANCE TIPS FROM NEW ZEALAND MUSICIANS MENTORING IN SCHOOLS

## THINGS TO CHECK BEFORE A PERFORMANCE:

“Are my guitars tuned? Are my effect-pedals set up and on the right settings, enough picks? Muscles armed up and stretched? Vocals and fingers are exercised? Clothes looking slick (enough to show off my Element sponsorship...), shoe laces are tight?” (*Marcus Powell*)

“Nowadays I always write a checklist before a performance. This includes the set list and song order, and what I need to take to the gig. There is nothing worse than running around last minute before a performance and trying to find things like music stands, guitar stands/straps, 9 volt batteries and so on...” (*Tama Waipara*)

“That everything is tuned, plugged in and working! There’s nothing worse than starting a show and having something go wrong during the first song, all it takes is a double check of everything while setting up!” (*Grayson Gilmour*)

“Make sure you go to the toilet – it sounds silly, but it can be excruciating needing to go while on stage!” (*Ladi6*)

“To feel comfortable going into a performance – for me that’s being well prepared and well rehearsed so I can relax and enjoy the relationship with the band and the audience.” (*LA Mitchell*)

## THINGS I ALWAYS TRY TO DO DURING A PERFORMANCE:

“Always check my tuning in breaks where our singer speaks. Very important. Check pedals before every song. Always interact with the crowd. Look as ferocious as possible!” (*Marcus Powell*)

“Turn off the internal critic. There is no point in analysing your performance while you’re doing it, this is the audience’s moment, not yours!” (*Tama Waipara*)

“Enjoy myself and make it obvious that I do. Plenty of looking at the other members of the group not only helps you pay more attention to the music and play more responsively and dynamically, but it also helps makes the band more exciting to watch.” (*Paul McLennan-Kissel*)

“During performances, I try to be aware of sound and technical issues (such as feedback and how the music is sounding). I can be proactive in asking the sound tech for improvement during the show if necessary, and be instrumental to achieving a great sound.” (*Mikey Rockwell*)

## WAYS TO DEAL WITH NERVES:

“I’m usually OK until I step on stage. If I’m nervous I try and talk slowly and clearly as I tend to rush what I am saying and mis-pronounce words when I’m nervous; and I look just over the audience, they still think you’re looking at them and you don’t have to look them in the eye.” (*Tyna Keelan*)

“If you play a wrong note, don’t screw up your face and let the audience know that you made a mistake.” (*Jeremy Mayall*)

“Sometimes better than others – I don’t eat just before hand but stoke up during the day. Try and be well rehearsed. Try and be somewhere quiet before playing.” (*Charlotte Yates*)

“Use it to my advantage – nervous energy lends to intensity!” (*Brent Strathdee*)

“I do a few handstands, star-jumps and stretches before a show. This loosens me up and brings me back to earth if I’m getting nervous. Sometimes I need time out, to go outside, run around the block and breath deep.” (*Hannah Howes*)

“I focus on doing my best performance and giving everything to the crowd at hand – and this focus also helps with nerves, as nerves are often linked with thinking about how you are going to be perceived by the audience.” (*Mikey Rockwell*)

## MY PHILOSOPHY RE PERFORMING:

“To enjoy myself, knowing that if I am, then it may rub off on the audience too.” (*Ladi6*)

“Remember that live music is as much a visual thing as it is an aural thing. The audience has come to look at you, to be immersed in the vibe you and your band can create, to let go of stress in their life and just have a good time enjoying your music. If you get up on stage and look bored, or look like you hate what you are doing, that will transfer into your audience and everyone will end up having a bad time.” (*Jeremy Mayall*)

“Always be open to the environment you’re in. Things may not always go your way so you have to be prepared to match the tone of your audience and meet them halfway if necessary.” (*Tama Waipara*)

“Play for yourself, play for your audience. If you are not enjoying it, there is no point.” (*Anna Coddington*)

“Maintain eye contact with the audience, and smile. If the audience sees you’re enjoying yourself, it gives them licence to as well.” (*Mike Fabulous*)

“Some gigs are great, some are average, but each one is a building block. Remember who you are and try to be true to yourself.” (*Hannah Howes*)

“Different crowds react differently – you can play the exact same song to three different crowds and their reactions can be completely different.” (*Mikey Rockwell*)

“Performing is the most honest and immediate way you can connect with a listener, and its comprised of more than just you... its the stage, your band members, the space between you and them and the audience, the audience themselves, the lighting, the sound... if you can create these to your advantage, do so!” (*Grayson Gilmour*)

## HOW I PRACTISE PERFORMING:

“Blindspott practise everything. Leading up to a show we will rehearse four hours every night for 2 weeks beforehand. That includes stage act, what we say to the crowd. Breaks in the set, everything.” (*Marcus Powell*)

“In the mirror with NO shame!” (*Ladi6*)

“The best way to practice performing is to actually do it. Put on your own little concerts for friends and family, get involved with school concerts and performance opportunities, watch what other bands do and let that influence your own style of performance. Often it is through trial and error that you can discover the best techniques to truly ‘perform’ your music.” (*Jeremy Mayall*)

“Treat it as the real thing. From the moment you are visible, you are ‘performing’ so playing songs through without stopping is one to way to start. Find a space where you can make your entrance if necessary. Grab friends or other musicians to perform for, the more practice you get performing for other people, the better.” (*Tama Waipara*)

“Do it. Do it again!” (*Anna Coddington*)

“Have a CD in the car and practise all lyrics, all day.” (*Huia Hamon*)

“Focus on the smaller moments that get overlooked. Starts and finishes especially.” (*Tama Waipara*)

## EFFECTIVE PRACTISING IN GROUPS: (IS JAMMING DIFFERENT?..)

“The most effective way to practise in groups is to decide before hand what you are going to actually be doing that session, and then try to achieve that plan. Don’t just waste time mucking around playing songs that you aren’t going to perform – there is plenty of time for that when you have a jam. Jamming can be super fun, and is often a good tool in developing arrangement or composition ideas.” (*Jeremy Mayall*)

“It’s good to practise by yourself before rehearsing with the group.” (*Sonya Waters*)

“Use your time wisely – accept that there’s a time to jam and a time to get into your music and suss it out! Be prepared for the odd boring session, its all part of it. Nothing worth achieving comes easily...” (*Brent Strathdee*)

“Depending on your group and how many people there are, it can be tricky sometimes to keep everyone on task. If you have multiple vocalists that need to rehearse, then rehearse separately so your band are not waiting around for you to figure things out. Everyone’s time is precious so planning the order of a rehearsal is a good idea.” (*Tama Waipara*)

“Eating together beforehand is good for strengthening the band’s connection.” (*Hannah Howes*)

“Jamming is a great way to discover a group’s sound’... one which shares equal parts of its members, and makes everyone happy. The trick is to know how to turn jamming into constructing a song... all that takes is good dialog!” (*Grayson Gilmour*)

## WHAT I WISH I’D KNOWN EARLY ON...

“I wish I knew how approachable and helpful artists are.” (*Tyna Keelan*)

“Staying fit is essential.” (*Marcus Powell*)

“Go out to lots of live music gigs and see how other people perform.” (*Justin Firefly*)

“The more musical education you can get, the more raw data you have to make the music you want to. More practice, less stress!” (*Charlotte Yates*)

“I wish I had known how much waiting there is in the entertainment industry. You have to be ready to wait. Whether it is waiting to develop your ‘fanbase’, waiting for work, or even just the waiting at gigs. A lot of the time sound-check/setup will be hours before you actually perform, so you will end up waiting backstage for your time. There is a lot of waiting in this industry.” (*Jeremy Mayall*)

“I wish I’d understood more about ownership and licensing” (*Sonya Waters*)

“That music is work you have treat it like your work and have a proper schedule, goals and investment.” (*Huia Hamon*)



MARCUS POWELL (BLINDSPOTT)



HANNAH HOWES



MIKE FABULOUS (THE BLACK SEEDS)