

Hession Sessions Guide To Consistent Reliable And Sometimes Invincible Chops

Have you ever wondered how some musicians manage to consistently deliver amazing performances with reliable and sometimes invincible chops? If you are eager to improve your music skills and take your chops to the next level, you are in the right place! In this comprehensive guide, we will delve into the renowned Hession Sessions method to help you achieve consistent and reliable success in your musical endeavors.

Whether you are a seasoned musician or a beginner starting your musical journey, consistency and reliability are key elements in achieving excellence and standing out from the crowd. The Hession Sessions approach focuses on a variety of techniques and strategies that will enable you to enhance your musical chops, no matter what instrument you play.

The Importance of Consistency and Reliability

When it comes to impressing an audience and leaving a lasting impression, consistent and reliable chops are crucial. Consistency ensures that you are able to replicate your performance, note for note, time after time. Meanwhile, reliability ensures that you can be counted on by your fellow band members or collaborators to deliver your part flawlessly. These qualities not only make you a more sought-after musician but also build your reputation as a reliable professional.

Hession's Sessions Guide to Consistent, Reliable and Sometimes, Invincible Chops!

by Patrick E. Hession (Kindle Edition)

★★★★☆ 4.4 out of 5



Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 94 pages
Lending	: Enabled



Now, let's dive into the Hession Sessions method and explore the various steps to achieving consistent, reliable, and sometimes invincible chops.

Step 1: Master the Fundamentals

The first step in any musical journey is to master the fundamentals. This means getting a firm grasp on the basics of playing your instrument. Focus on proper technique, hand positioning, and finger dexterity. Developing a strong foundation will provide you with the necessary skills to build upon as you progress.

Hession Sessions recommends practicing scales, arpeggios, and chord progressions regularly. These exercises will help you develop muscle memory and familiarize yourself with different patterns and movements on your instrument.

Step 2: Train Your Ear

One of the key secrets to consistently delivering impressive musical performances is having a well-trained ear. This involves developing your ability to recognize and reproduce melodies, harmonies, and rhythms accurately.

Hession Sessions advises aspiring musicians to regularly practice ear training exercises. This can involve listening to and transcribing songs, identifying intervals, and practicing sight-singing. By sharpening your ear, you will become more attuned to nuances in music, allowing you to replicate them effortlessly.

Step 3: Build Your Repertoire

Building a diverse repertoire is essential for any musician aiming for consistency and reliability. By learning and practicing a wide range of music styles, genres, and techniques, you expand your musical vocabulary and improve your overall understanding of music.

Hession Sessions encourages musicians to experiment with different genres, play along with recordings, and learn songs from different eras. This exposure to varied musical styles will enhance your versatility and adaptability, enabling you to perform consistently in various musical contexts.

Step 4: Embrace Technology

In today's digital age, technology plays a significant role in music production and performance. Embracing technology can greatly assist in achieving consistent and reliable chops.

Utilize music software applications and digital recording tools to practice, record, and analyze your performances. These tools allow you to identify areas for improvement and track your progress over time. Additionally, using a metronome or a drum machine can help you maintain a steady rhythm and develop impeccable timing.

Step 5: Seek Feedback and Collaborate

No musician grows in isolation. Seeking feedback from fellow musicians and collaborating with others can be incredibly valuable in improving your chops.

Participating in jam sessions, joining bands, or forming a musical group can expose you to different perspectives and challenge you to adapt and perform consistently in a collaborative environment. Constructive criticism and feedback from experienced musicians can offer fresh insights and help you identify areas where you can further hone your skills.

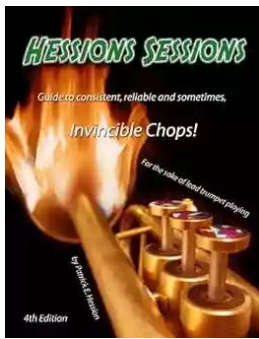
Step 6: Practice, Practice, Practice

Consistency and reliability are achieved through dedicated practice. Hession Sessions emphasizes the importance of regular and focused practice sessions.

Set aside dedicated time each day to work on your chops. Break down challenging passages and focus on them until you can play them flawlessly. Gradually increase the difficulty of your practice material and set specific goals to challenge yourself. Remember, consistent practice is the key to unlocking your potential and developing invincible chops.

Consistent, reliable, and sometimes invincible chops are within your reach if you adopt the Hession Sessions guide. By mastering the fundamentals, training your ear, building your repertoire, embracing technology, seeking feedback and collaboration, and dedicating yourself to practice, you can elevate your musical skills to new heights.

Remember, achieving greatness in music requires discipline, perseverance, and a passion for continuous improvement. So grab your instrument, follow the Hession Sessions method, and unleash your consistently reliable and sometimes invincible chops upon the world!



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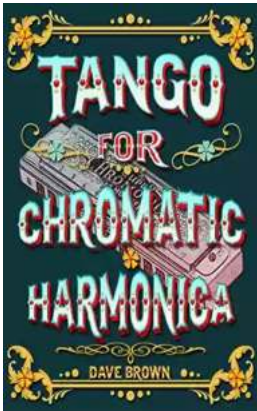
Tough Crowd! Patrick wows a crowd of almost 1000 trumpeters at the 2012 ITG Conference in Columbus, Georgia using his Monette PRANA BL4 S6 and MF STC without a microphone. https://www.youtube.com/watch?v=-mlyP_UfVbU ----- "Hession's ability to "power-up" the trumpet in the highest register and still play a nice melody in the middle and extremely low registers is astounding. Maynard fans got exactly what they wanted, and audience members who might not have been familiar with that type of trumpet playing got a true initiation into what that special fraternity is all about. The last tune of Hession's set, "Rocky," really brought me back to my youth as a high school trumpet player in mid-1970s suburban Chicago, and to the many times I went to various area high schools to see Maynard with his big band perform for his fanatic following (of which I was a fully-vested member)." ----- This text is presented as an approach that can help all brass players and musicians on any level in their desire to play well, please themselves, make music, and maybe even earn a living. It is a routine that I used and developed for ten years with yoga breathing exercises and zen trumpet philosophy to improve embouchure, endurance, flexibility, power, range, and tone

quality. Developing the mind, body, and spirit for high-caliber trumpet playing. -----

***** ITG Journal - International Trumpet Guild Review Vol. 33, No. 4 June 2009

Hession, Patrick E. - Harrison Township, MI: Author 2004. Softcover, 77 pp. Most noted for his extensive work as lead trumpet for Maynard Ferguson, Patrick Hession developed his formidable abilities through years of playing in the UNLV Jazz Ensemble, Las Vegas show bands, cruise ship bands, and the bands of Lionel Hampton and Glenn Miller. This book contains lessons and exercises that he has developed in a continual pursuit of self-improvement. Before delving into exercises, Hession writes about his approach to music and identifies some key issues with regard to playing in the upper register on the trumpet. The tone of Hession's writing is very informal, almost conversational. His approach is mindful of both the physical and mental components necessary for success. More specifically, he discusses trumpet players as both artists and athletes, with the idea that each day should bring the player closer to his or her goals. Hession also emphasizes the importance of maintaining focus while practicing and performing. He refers to being "in the zone" and playing with 100 percent concentration for each note. The importance of air is also discussed at length, with an emphasis on efficient breathing and a supported airflow. Hession developed the 25 original exercises contained in this book through his practice and preparation in the professional world. The first exercises address breathing, pedal tones, and relaxation. From there, further exercises use chromatics and lip slurs to emphasize the importance of using air properly to produce sound. Centering pitch and tone are also covered. As the book progresses, Hession frequently revisits exercises that are intended to refocus and relax the player. Some of the later exercises address controlling the air stream, glissandos, and lip trills. Overall, Hession's book presents a very broad and developed mental approach to the upper register. It does not espouse a "one size fits all" mentality, but rather encourages persistence, focus, and an emphasis on the basics of trumpet playing. If there are two points that Hession is insistent upon, they are that both

airflow and focus are crucial to success on the trumpet. This book does not claim to make you a lead trumpet player overnight, but it does give you some great insight into the mind and methods of a great lead trumpet player. When played according to Hession's instructions, I found these exercises to be very beneficial. (Ben Peterson, trumpeter. USAF Band of Mid-America)



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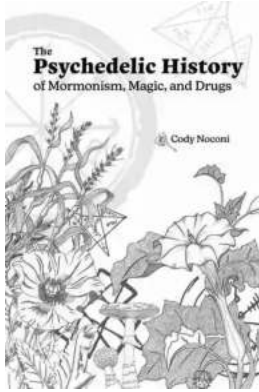
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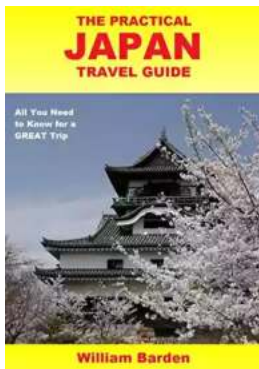
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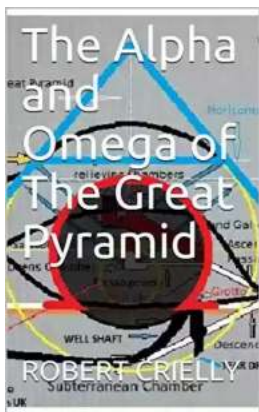
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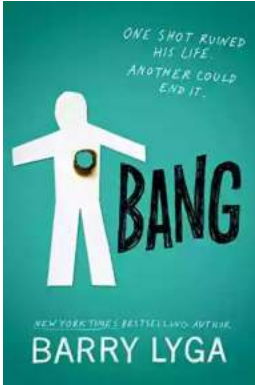
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