



Practicing using "PORA"



Principles of Rotating Attention

Ariane Cap • Music Theory for the Bass Player

The SetUp

Choose a short piece of music, such as a bar or two, a short melody, a scale, a groove or an arpeggio...

STEP 01

Write down up to 4 items to focus on, such as
1) RH item ex: fingers rounded
2) LH item ex: 1-finger-per-fret
3) Posture item ex: relax shoulder
4) Timing ex: observe click

The Process

Put your attention on one item at a time exclusively

STEP 02

Play (up to) four times, rotating where you put your attention each time

The Evaluation

or 5 second pause



STEP 03

Did your attention drift?
What were you aware of?
Observations? Ideas?

Answer for each of the four items from Step 1. Stay non-judgmental, encouraging. If self evaluation is hard for you, take a five second pause instead, just breathe, realign.

The Repetition

Confirm the four items you are working on
Repeat Steps 2, 3 & 4

STEP 04

Repeat for up to five rounds total



Advantages

- Organized & systematic
- Excellent mental training
- Sharpens focus
- Trains awareness
- Fast results are addictive
- Self-observation and listening

Tips

- Take small musical bites
- Do fewer rounds if mind wanders
- Distraction-free zone/mindset
- Take care to execute step 3
- Be gentle, supportive, patient
- Do at start & end of practicing