

JAN. 2015 SITAR WORKSHOP OUTLINE

Session 1: Foundations of a Sitar Practice (3 hours)

- Roadmap: The musical journey ahead.
- Types of learning (Group practice, individual training, self-practice)
- Sitting posture and alternatives.
- Tuning the sitar for regular practice (tips and tools)
- Sargam: The building blocks of Indian Classical Music
- Practicing singing / vocal accompaniment to internalize sargam
- Basic foundational stroke and practice regimen
- Pitfalls / technique lapses to look out for and avoid
- Group practice session & Demonstration

Session 2: Repertoire of Strokes & Notes (3 hours)

- Review of previous session
- Understanding the role of strokes in developing the character of sitar music
- Different types of strokes (demonstration & practice)
- Essential patterns of notes
- Usage of note patterns in a musical composition
- Bending (meend) and basics of ornamentation
- Jhala, the rhythmic aspect of sitar
- Understanding basic Tabla, taals, bols
- Playing with tabla accompaniment
- Group practice session & Demonstration

Session 3: Integration -- From Notes to Songs (3 hours)

- Review of previous sessions
- Understanding ragas and categorization in Indian Classical Music
- Comparing 2 ragas (Bilawal and Ayman)
- 3 fundamental paltas and their importance
- Playing a song on the sitar in Ayman raga
- Demonstrating variation and ornamentation within a song
- Group practice session & Demonstration
- Tips for the journey ahead