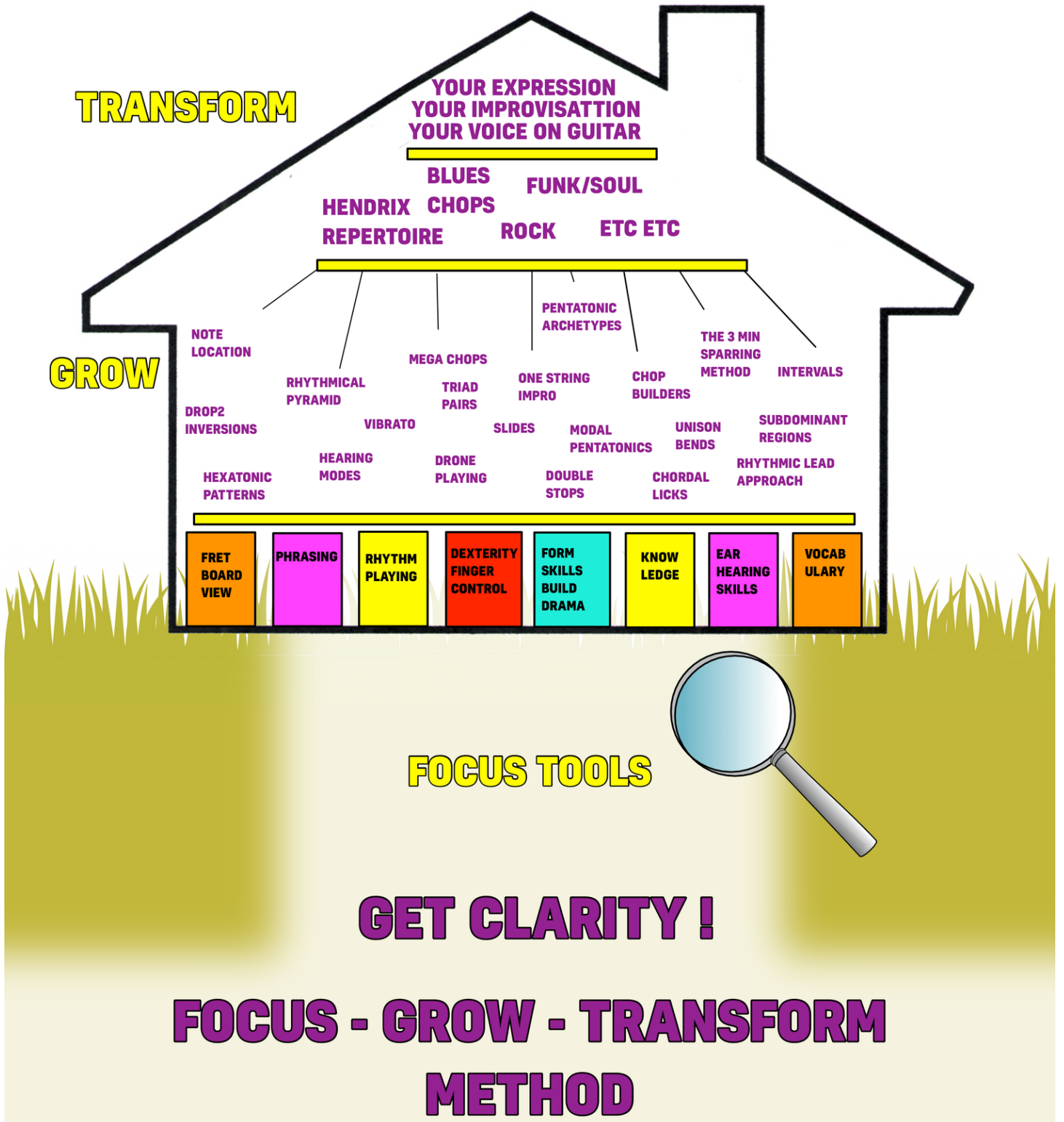




FOCUS - GROW - TRANSFORM METHOD





TGT Focus Tools Overview

Creating Focus #1: **Slowing Things Down**

Creating Focus #2: **The 3 min Boxing Round**

Creating Focus #3: **One String**

Creating Focus #4: **One Note Rhythm**

Creating Focus #5: **Drones – One Root Note**

Creating Focus #6: **Groove Only (No Harmony)**

Creating Focus #7: **Metronome Tactics**

Creating Focus #8: **One Bar Only**

Creating Focus #9: **Change One Accidental**

Creating Focus #10: **One Chord**



TGT GROW Tools Overview

GROW #1 – **"Looper Jam"**

GROW #2 – **"One String Improvisation"**

GROW #3 – **"Electric Subway"**

GROW #4 – **"Megachops"**

GROW #5 – **"Rhythm Motif Builder"**

GROW #6 – **"Pitch Axis"**

GROW #7 – **"Scat Man"**

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