

Learning the Didgeridoo

with Sound Village 

By Troy C



WHAT PLAYING THE DIDGERIDOO MEANS TO ME -

(Words of the heart from Existing Students)

"Didgeridoo is a rock for me. Something I can jump on and play when I feel the call and know I am going to feel physically, emotionally and Spiritually stronger and more connected through playing it"

Troy (49) - Sunshine Coast, Qld

"Learning Didgeridoo has had a huge impact in my life. It has taught me how to breathe & made me more aware of my spiritual side."

Harry - Gympie (70) , Qld - In Person Lessons

"For me playing the didgeridoo is a deeply relaxing experience that connects me to the primitive rhythms of ancient cultures. The deep, resonant sounds it produces have a soothing effect, helping me unwind and find peace. Its also deeply addictive once you master the circular breathing process, so much so you will soon find that you are on the constant look out for a new didge to master. I highly recommend this as a way to step outside your comfort zone."

Phil (55) - Melbourne - Video Lessons

"I never thought I would be able to play a musical instrument. It's been a massive injection for my confidence and creative expression, & has also positively affected other areas of my lifetoo. I even share it with friends when camping and they love it. "

Dom (34) - Sydney - Video Lessons

"Learning to play the didgeridoo, slowing down and that feeling when you finally close the gap showed me that I'm never to old to learn a new skill!"

Patrick - Yandina - Video Lessons

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TECHNIQUES AND COURSE NOTES

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Acknowledgement

First and Foremost, I pay my respect to Indigenous Australians, who walked this land of Australia for tens of thousands of years before the settlement of Europeans.

I pay my respects to Elders Past, Present, and Emerging, and thank this beautiful culture for the gift of the didgeridoo. My current understanding is that the didgeridoo was invented and primarily played by the tribes of the Northern Territory, Australia.

About Troy

My name is Troy. I've been playing the didgeridoo since 2015.

I initially went to a casual circular breathing class on the Gold Coast in 2014 with a handful of men. It was one hour and I didn't think about it again until 2015 when I was walking through the Eumundi Markets (Sunshine Coast) a year later. I spotted a market stall full of painted didgeridoos and ended up sitting for about 2 hours playing. I was hooked!

I went home with a fine specimen (photo to the right) and immediately set about conquering the circular breathing. I remembered most of the class the year before and was on it as many times a day as I could to master the breathing.

I progressed through the gateways (see the course notes to understand this term) and after 3 weeks of spit and struggle, I remember the full circular breathing "turning on." There was a warm sensation as "Energy" started flowing and a lot of spit started being generated and flowing into a big puddle on the ground. I later learned that this was due to the activation of digestive organs through the Vagus Nerve.

I played very intensely for the first 5 years, including every day between 30 and 60 minutes, and quickly learned rhythms and animal sounds. Once I learned rhythms, I was able to bring it all together in a coherent beat structure and build "Soundscapes" with Voice and Phrasings. The refinements and subtleties of this instrument are endless.....



My First Didgeridoo - 2015

My Philosophy with the Didgeridoo

There are mixed views on who has the right to play didgeridoo. Personally, I am happy to teach those who have felt the call to learn, as I did. I believe the didgeridoo is a powerful healing and energy management tool and as such the more people playing the better. There is a strong assertion from indigenous Australian Culture that this instrument is not to be taught to women and this course has been written for men.

I use the didgeridoo as a tool for deepening my connection to myself and to the land and encourage all students to use this instrument to help make their lives better and to positively affect the lives of those around them also.

About the Didgeridoo

Yidaki? Yes, the name for the didgeridoo in indigenous Australian language is Yidaki. I have retained the word didgeridoo in this course, as it is most easily recognised by those who are new to the instrument and to avoid confusion. The didgeridoo is one of the worlds oldest and simplest wind instruments.

The first evidence of the didgeridoo in cave paintings appeared approximately 1500 years ago according to date cave paintings, however other sources have dated it over 40,000 years old. * The Didgeridoo has long been used by indigenous Australians in ceremony and for personal expression. I once asked an indigenous man what the didgeridoo was traditionally used for and he replied “personal energy maintenance for the men”.

Personally, my own journey with the didgeridoo has provided many highs and it has helped to manage my energy and emotional well-being ever since I started playing in 2015. In fact, I vividly recall many moments on the didgeridoo learning path. When the buzzing sound first switched on, when I first tipped into the correct circular breathing, and that moment after 2 years of playing when I realised I had not touched my asthma puffer for the 2 years since starting to play.

I have many testimonies from past students about sometimes miraculous changes in their lives since learning the breathing and playing daily. One student gave up a 5+ year marijuana addiction without effort, another believes the didgeridoo and the unlocking of nervous addictive energy after retirement from running his business saved his marriage and maybe his life, countless other students maintain that their didgeridoo practice has offered them a safe space to come back to themselves, shed unwanted emotions and stay present and connected within busy lives.

What these Lessons are About

Firstly, these lessons are for every day men who feel the call to learn and express on this instrument. When the call happens is not as important as “that you follow it.” These lessons are designed to support Men of all walks of life, timetables, level of skill, capacity and musical experience to play the didgeridoo.

My commitment to you in our time together is to offer you a supportive container to help safely shepherd you from being a non Circular Breather, to being a competent Circular Breather.

Elements of this include:

- Live Lessons (in Person or on Video Link Up)
- Simple Printed Exercise Sheets to practice in Between lessons
- Video Recordings of the exercises being demonstrated
- Short check-ins between longer lessons to ensure correct technique (10 week package)

You will be taken through a series of steps or “Gateways” sequenced in a certain order to allow you to gradually master each individual component of the circular breathing practice before combining them together. The greatest downfall of students to date has been the inclination to try and rush to the end result without mastering the basics first. For this reason, the lessons are supplied gradually over the 3 foundation lessons.

*<https://www.ididj.com.au/didgeridoo-history/> Plus other online sources

My Notes

Learning the Didgeridoo

Best Attitude for Success

You have been given 2 gifts in relation to the didgeridoo.



Firstly, you have been touched by the spirit of didgeridoo and heard the call to play. This doesn't happen for everyone.

Secondly - You are about to receive a detailed process which has the capacity to turn you into a confident circular breather and Didgeridoo player.

In order to reach your goal and truly receive and keep this gift, I'll be by your side until you get there, however you will need to put in the Effort.

- Learn the Exercises and practice them until they are second nature.
- Keep pushing through resistance and Doubt and Reach out if you get stuck.

I suggest following the below Guidelines to help you reach your goal of Circular Breathing Mastery.

Guidelines for Success on Didgeridoo

- Keep going until you get it.
- Practice every day if possible, or at least 5 days a week minimum.
- Practice the 3 Pillars in each and every session (in no specific order)
(1) Free Play (2) Circular Breathing (3) Core Strengthening - circles of 9.
- Don't jump ahead, but make sure you are doing each exercise reliably and correctly before going onto the next one.
- Prioritise Developing Correct form (technique), and be unconcerned with the sound coming out the bottom.

Not Getting it, or think you're not moving forward?

- Don't beat yourself up for not being where you want to be.
- Be gentle with yourself.

If you get stuck somewhere and frustrated for too long.

- Take a 24 hour break
- Contact me for guidance if it persists.

What's my Why?

The Process of Learning and Becoming can be made more potent by identifying WHY you are undertaking that process. Here are some useful questions to help you really hone in on What this experience means for you and where you want to go with it. Feel free to share this in your first lesson to help you get the most out of the didgeridoo journey.

Why Do you want to learn the Didgeridoo / Circular Breathing?

How will your life change from Successfully Learning the Didgeridoo?

How will Success in Learning Didgeridoo affect other people in, & Aspects of your life?

Where do you see yourself taking this?

For Example, where do you see yourself in 1, 3, and 5 years on this instrument

Recommended Practice Structure

- 5-7 Days Per Week
- 15-30 Minutes per day
- Best In the morning when you are alert (Playing the didgeridoo is a very activating activity and as such, doing the exercises at night may inhibit your ability to fall asleep)
- Elements of every practice should be:
 - (1) Activate and expand Core Strength - (at least 3x1 / 3x2 / 3x3)
 - (2) Practice Circular Breathing Exercises (Refine the Circular Breathing Techniques)
 - (3) Free Play - Spend some time gently exploring the instrument and playing with possibilities outside of the exercises set in lessons. This would include experimenting with mouth shape, voice coming through the instrument, blowing harder / softer, longer, shorter, etc!
- Keeping a diary of your practice to -
 - Document Progress
 - Document questions or concerns to be resolved
 - Evidence of how far you've come!
 - Purge negative thinking and beliefs.

My Practice Plan

Lesson Program

Week 1:	1 Hour Lesson #1 Circular Breathing Basics / Is your instrument suitable to learn on? Introduce Core Activation Exercises
Week 2:	15 Minute Video Check-in (10 Week Kick-start Package only) <i>Ensure correct techniques maintained</i>
Week 3:	1 Hour Lesson #2 Teach Further Circular Breathing Techniques and refine Practice & Refine Core Activation Exercises
Week 4:	15 Minute Video Check-in (10 Week Kick-start Package only) <i>Ensure correct techniques maintained</i>
Week 5	1 Hour Lesson #3 Bringing it all together - aiming towards a Continuous Breath Refine Circular Breathing Techniques Practice and Perfect Core Activation Exercises Set a plan for where to from here?
Week 6-10	<i>2 x 30 Minute sessions, or another 1 hour session</i> <i>Work on whatever you choose (10 Week Kick-start Package only)</i> Further Lessons as required

Your Investment for Didgeridoo Lessons:

One off Lessons \$100 / Hour

10 Week "Kick-start Package"

3 x 1 hour lessons

2 x 15 minute video check-ins

2 x 30 minute Lessons

\$355

(\$95 Saving)