

# **LISTENING & ANALYSIS TOOLS FOR EXTREME PERFORMANCES**

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## **TOOL 1: Basic Listening Sheet — “First Encounter”**

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Use this for your initial listening to ANY recording featuring vocal or instrumental extremity

### **Recording Information**

- Artist/Performer: \_\_\_\_\_
  - Track Title: \_\_\_\_\_
  - Year/Context: \_\_\_\_\_
  - Duration: \_\_\_\_\_
  - Your listening setup (headphones/speakers, volume level): \_\_\_\_\_
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### **PART A: Immediate Impressions (First Listen)**

Don't analyze yet — just capture your gut reactions:

**1. What grabbed your attention first?**

- Roughness/distortion in the sound
- Physical effort you could hear
- Unusual timbres or textures
- Moments where something “broke” or failed
- Other: \_\_\_\_\_

**7. Emotional/physical response:**

How did your body react? (Tension, discomfort, excitement, moved?)

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**1. One sentence description:**

If you had to describe this sound to someone who hasn't heard it:

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### **PART B: Identifying Extremes (Second Listen)**

Listen again. Mark the timestamp whenever you hear:

Type of Extreme	Timestamps	Brief Description
SATURATION (pushed to maximum volume/intensity)		
DEPLETION (running out of breath/energy)		
INTERFERENCE (something interrupting the sound)		
FAILURE (voice cracks, can't track changes)		

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## PART C: The Body Made Audible (Third Listen)

### What physical processes can you HEAR?

Check all that apply and note specific moments:

- Breath sounds** (inhales, gasps, running out of air)
    - When: \_\_\_\_\_ What happens: \_\_\_\_\_
  - Vocal strain** (roughness, cracking, pushing beyond range)
    - When: \_\_\_\_\_ What happens: \_\_\_\_\_
  - Physical impact** (hitting, percussion on body/instrument)
    - When: \_\_\_\_\_ What happens: \_\_\_\_\_
  - Muscular fatigue** (sound degrading over time)
    - When: \_\_\_\_\_ What happens: \_\_\_\_\_
  - Instability** (pitch wavering, can't hold steady)
    - When: \_\_\_\_\_ What happens: \_\_\_\_\_
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## PART D: Reflection

1. **Is the extremity intentional or accidental?**
2. Intentional (performer chose this sound)
3. Accidental (limitations of the recording/performance)
4. Both/unclear

Evidence: \_\_\_\_\_

1. **What does the extremity communicate?**  
(emotion, intensity, authenticity, struggle, power, vulnerability?)
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1. **Could this be performed "cleanly"?**
2. Yes, the performer has the skill but chooses roughness
3. No, this is at the edge of physical capability
4. Unclear

How do you know? \_\_\_\_\_